



LESSON 2

Cain Gets Angry

Genesis 4:1-15

(KBC Study Bible, pages 6-7)

Character Word

Self-Control – *doing something even when I do not feel like it*

Cain lacked self-control over his emotions and actions.

I can have self-control over my emotions and actions.

Memory Link

“Therefore, whatever you want men to do to you, do also to them.”

Matthew 7:12a (KBC Study Bible, page 1033)

Weekly Challenge

Want to shock your parents? Use self-control. Challenge yourself to see how long you can continue to respect your parents with your obedience and attitude. An hour? A day? All week? Make notes of times you used self-control and tell your parents your surf team leader how well you did.

DAY 1 READ: Ephesians 6:1-3 (KBC Study Bible, page 1291)

THINK: God commands that you honor your father and your mother. That means treating your parents with respect by your self-controlled attitude and actions. Respectful obedience to your parents is also respectful obedience to God.

PRAY: God, help me to be respectful to my parents every day. I want to honor my parents and honor You, too. Amen.

[KiDsBeachClub.org](https://www.KiDsBeachClub.org)

Follow @KiDsBeachClub



LESSON 2

Cain Gets Angry

Genesis 4:1-15

(KBC Study Bible, pages 6-7)

Character Word

Self-Control – *doing something even when I do not feel like it*

Cain lacked self-control over his emotions and actions.

I can have self-control over my emotions and actions.

Memory Link

“Therefore, whatever you want men to do to you, do also to them.”

Matthew 7:12a (KBC Study Bible, page 1033)

Weekly Challenge

Want to shock your parents? Use self-control. Challenge yourself to see how long you can continue to respect your parents with your obedience and attitude. An hour? A day? All week? Make notes of times you used self-control to your parents and tell your surf team leader how well you did.

DAY 1 READ: Ephesians 6:1-3 (KBC Study Bible, page 1291)

THINK: God commands that you honor your father and your mother. That means treating your parents with respect by your self-controlled attitude and actions. Respectful obedience to your parents is also respectful obedience to God.

PRAY: God, help me to be respectful to my parents every day. I want to honor my parents and honor You, too. Amen.

[KiDsBeachClub.org](https://www.KiDsBeachClub.org)

Follow @KiDsBeachClub



DAY 2 **READ: Romans 12:10** (KBC Study Bible, page 1244)

DO: Gather two paper cups. Place a handful of dried beans in one of the cups. Each time you use self-control, and do what is right, move a bean to the other cup. Your goal is to use self-control so much that, over time, you move all the beans to the other cup.

PRAY: Dear God, please help me develop self-control. In Jesus' name, amen.

DAY 3 **READ: Genesis 4:6-8** (KBC Study Bible, page 6)

THINK: Cain didn't have self-control or treat Abel with respect. Cain let his jealousy get so out of control that he killed his own brother. We need God's help to live with self-control and treat others with respect even when it's hard.

PRAY: God, forgive me when I act out in anger. I need Your help to have self-control and treat others with respect. In Jesus' name, amen.

DAY 4 **READ: Matthew 7:12a** (KBC Study Bible, page 1033)

THINK: This week's memory link is sometimes called "The Golden Rule." How do you think it got that name? Maybe because these wise words have great value, like gold. But they're only words until you live them out. How will you use self-control and treat others with respect today?

PRAY: God, I want to treat others respectfully, the way I want to be treated. Please help me. In Jesus' name, amen.

DAY 5 **READ: Exodus 20:3-17** (KBC Study Bible, pages 85-86)

DO: Take a look at "The 10 Commandments" in your KBC Study Bible (before page 243). These important rules from God can help you know how to respect God and respect others. Which one will you work on today?

PRAY: Thank You, God, for giving us rules to help us know how to live. Help me follow them with self-control. In Jesus' name, amen.

DAY 2 **READ: Romans 12:10** (KBC Study Bible, page 1244)

DO: Gather two paper cups. Place a handful of dried beans in one of the cups. Each time you show respect, love or honor to someone, move a bean to the other cup. Your goal is to show so much respect that, over time, you move all the beans to the other cup.

PRAY: Dear God, please help me develop self-control. In Jesus' name, amen.

DAY 3 **READ: Genesis 4:6-8** (KBC Study Bible, page 6)

THINK: Cain didn't have self-control or treat Abel with respect. Cain let his jealousy get so out of control that he killed his own brother. We need God's help to live with self-control and treat others with respect even when it's hard.

PRAY: God, forgive me when I act out in anger. I need Your help to have self-control and treat others with respect. In Jesus' name, amen.

DAY 4 **READ: Matthew 7:12a** (KBC Study Bible, page 1033)

THINK: This week's memory link is sometimes called "The Golden Rule." How do you think it got that name? Maybe because these wise words have great value, like gold. But they're only words until you live them out. How will you use self-control and treat others with respect today?

PRAY: God, I want to treat others respectfully, the way I want to be treated. Please help me. In Jesus' name, amen.

DAY 5 **READ: Exodus 20:3-17** (KBC Study Bible, pages 85-86)

DO: Take a look at "The 10 Commandments" in your KBC Study Bible (before page 243). These important rules from God can help you know how to respect God and respect others. Which one will you work on today?

PRAY: Thank You, God, for giving us rules to help us know how to live. Help me follow them with respect. In Jesus' name, amen.