# Cain and Abel

(Based on Genesis 4:1-15)
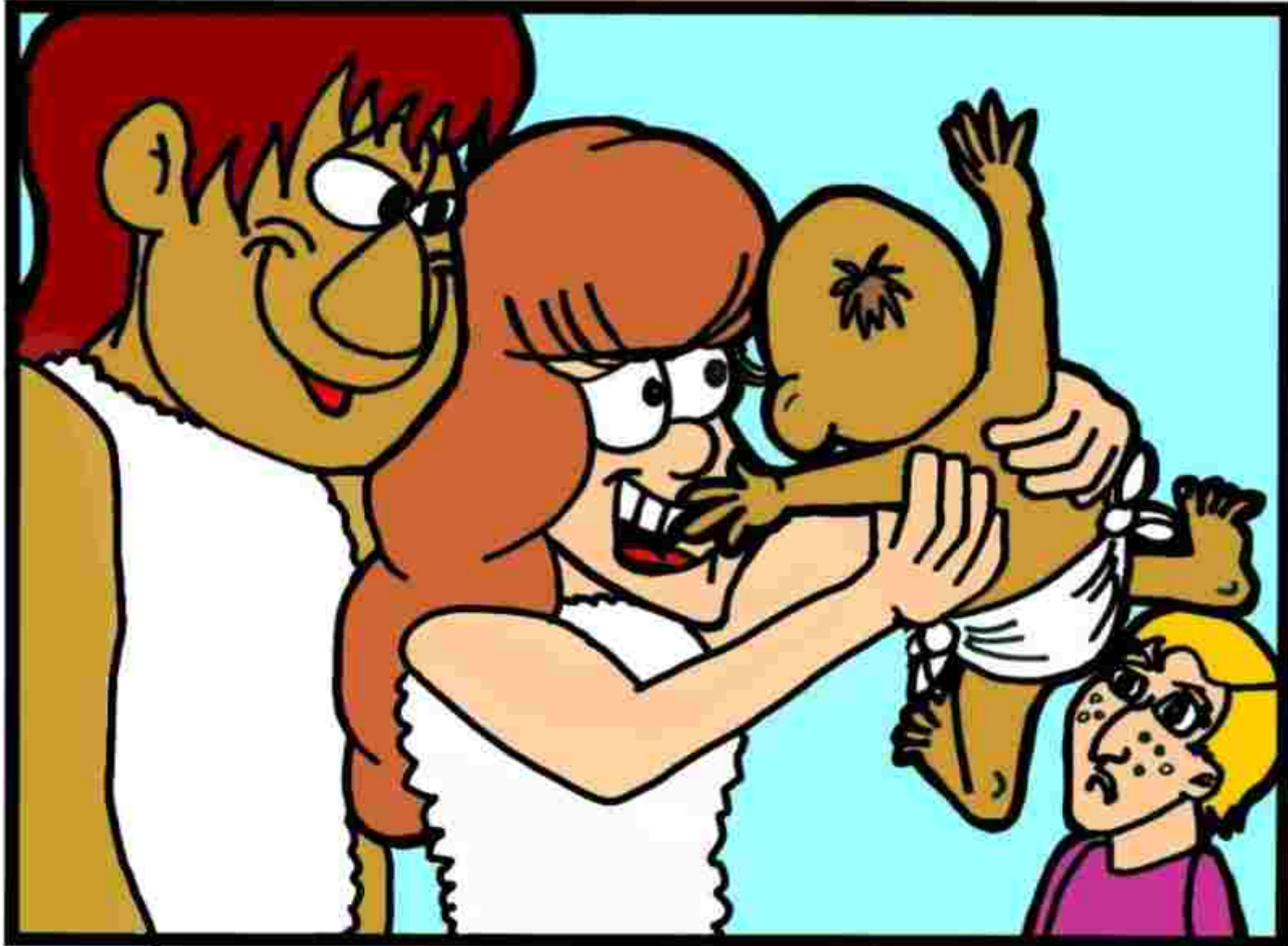
Adam and Eve had their first baby, a baby boy, and they called his name Cain. Then she had another baby boy and they named him Abel. Abel was a sheep farmer but Cain was a vegetable farmer.

Time passed and Cain brought an offering of vegetables from the ground to the Lord. Abel killed the first-born lambs of his flock and brought them to the Lord. The Lord accepted Abel and his offering but he did not accept Cain and his offering.
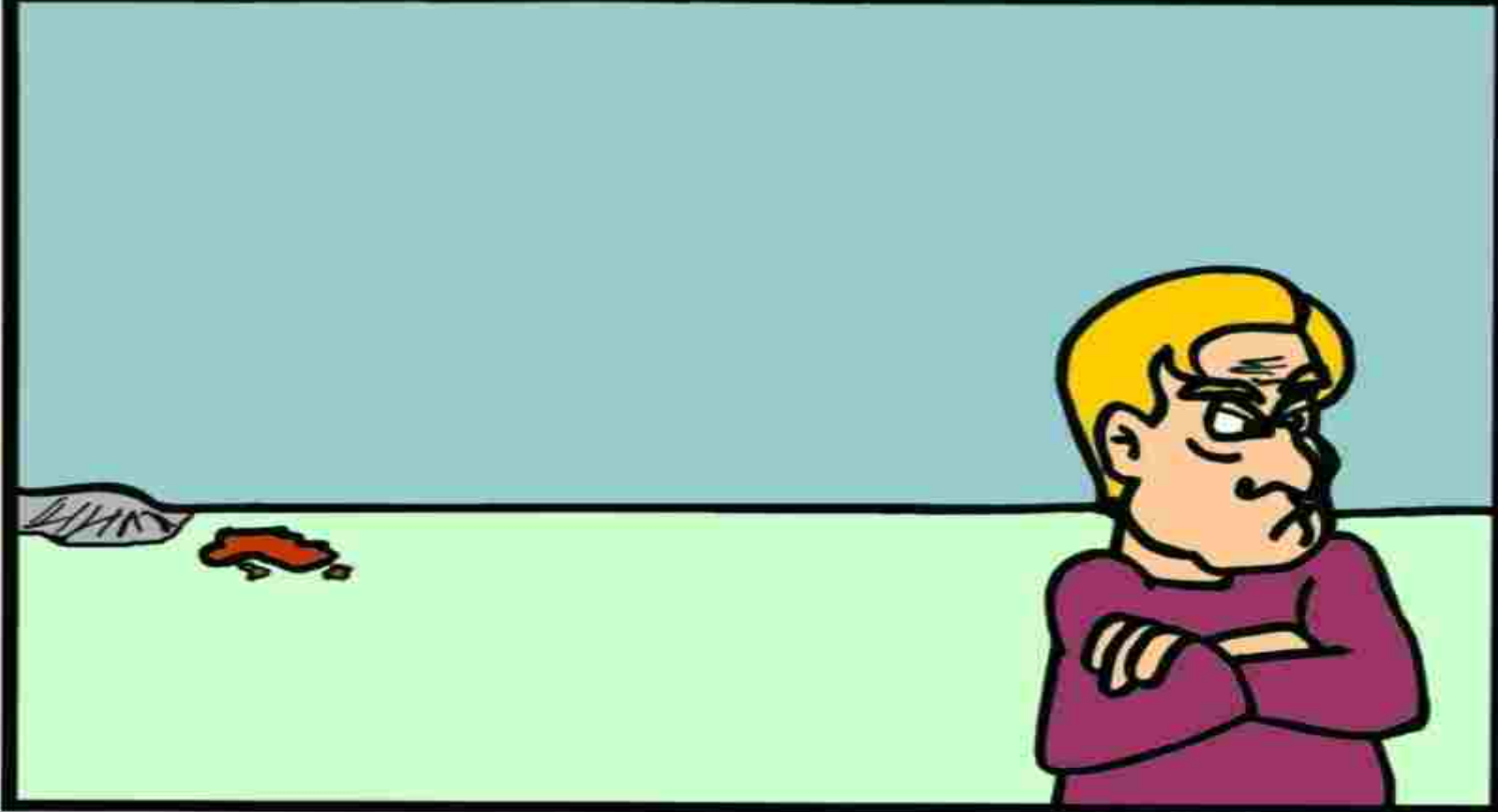
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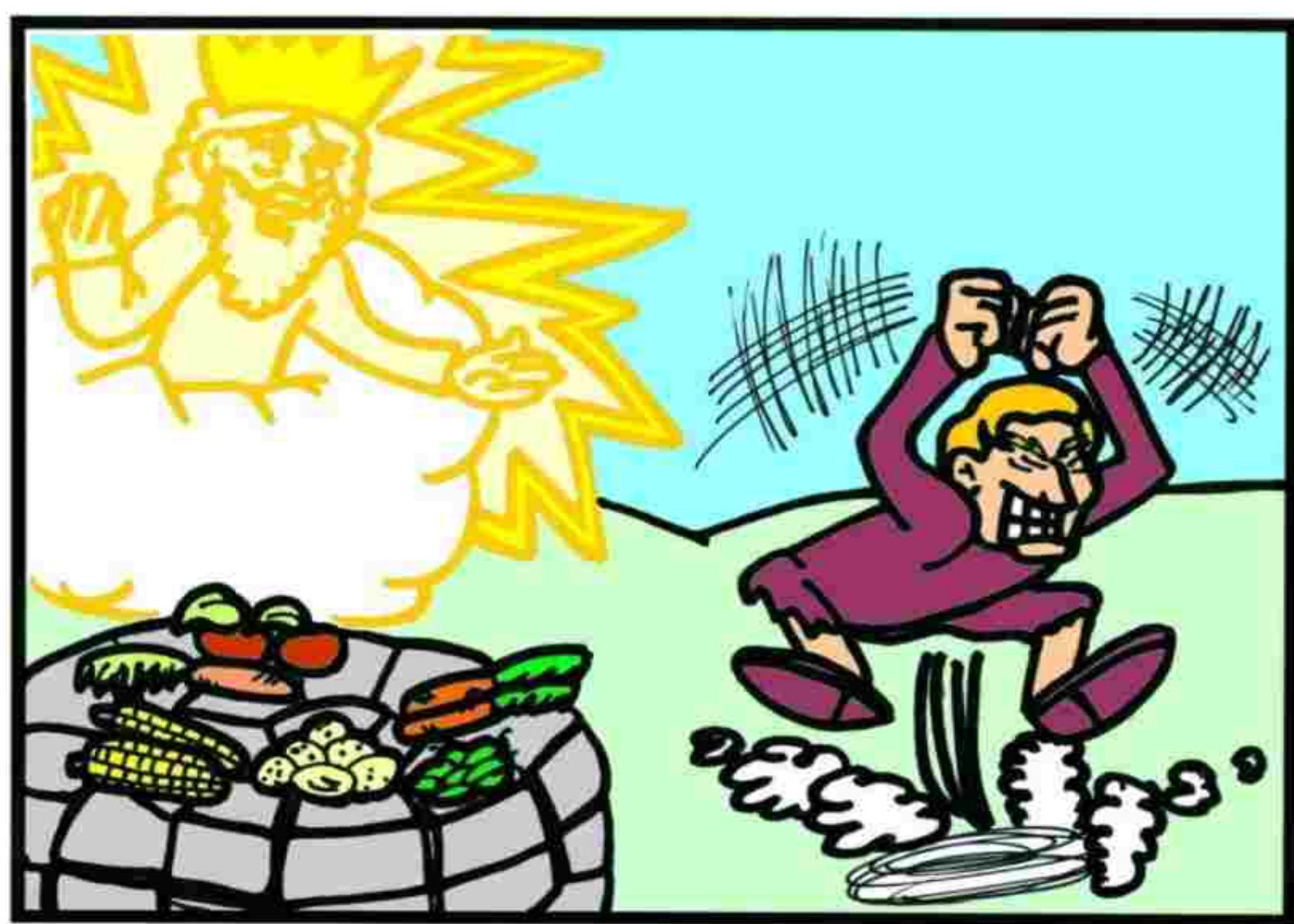
Cain became very angry. "Cain, why are you angry?" asked God. "Why do you have such a sad face? If you do the right thing, will you not be accepted? If you don't do the right thing, sin lies at the door. He wants to have you but you must be the boss over him."
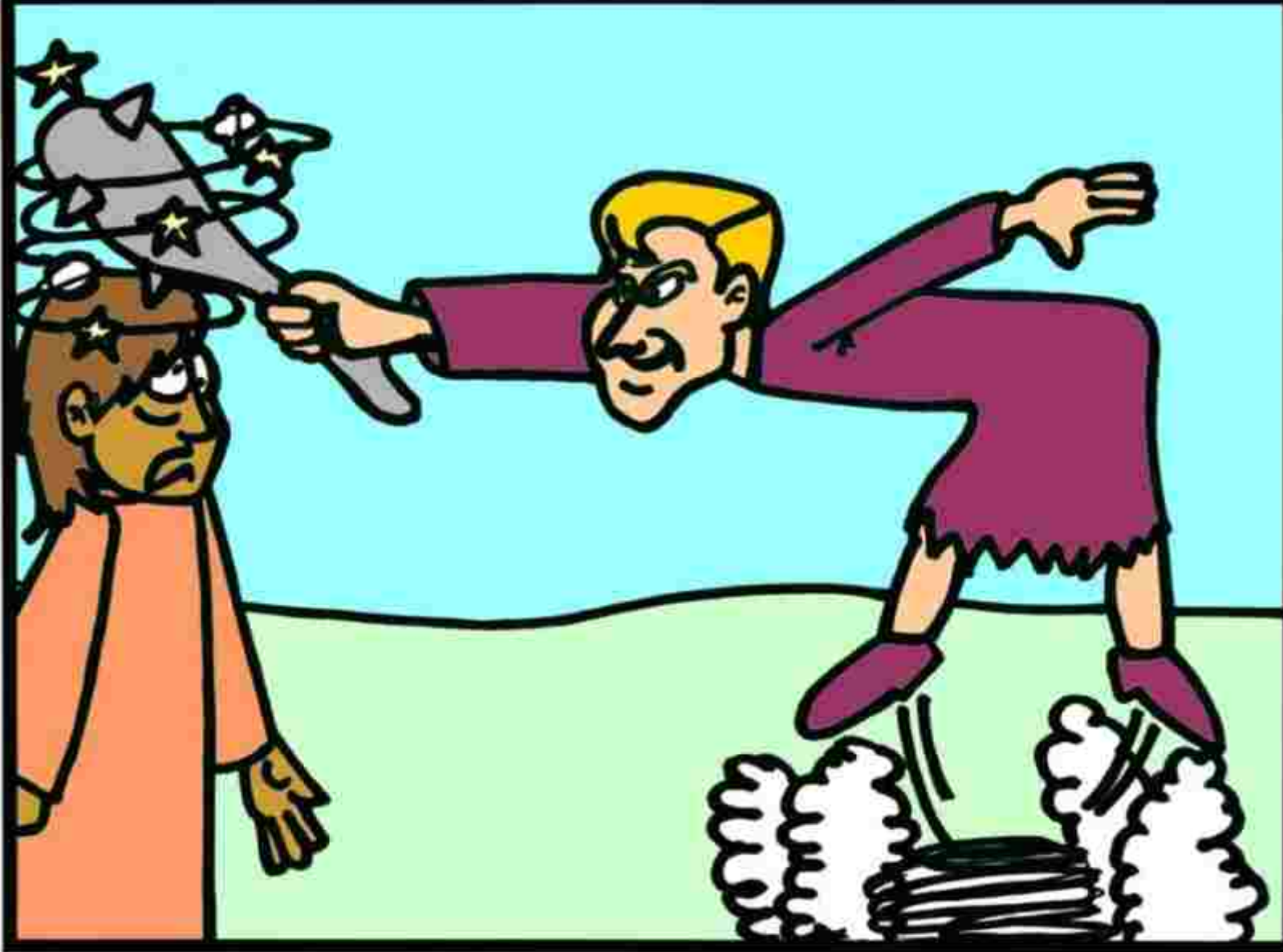
Cain talked with his brother Abel in the field. Then Cain rose up and killed Abel.

The Lord said to Cain, "Where is Abel your brother?" "I don't know," answered Cain. "Am I supposed to look after my brother?" "What have you done?" asked God. "The voice of your brother's blood cries out to me from the ground. The ground will no longer give you lots of fruit and vegetables. You will be on the run for your life and wander from place to place."
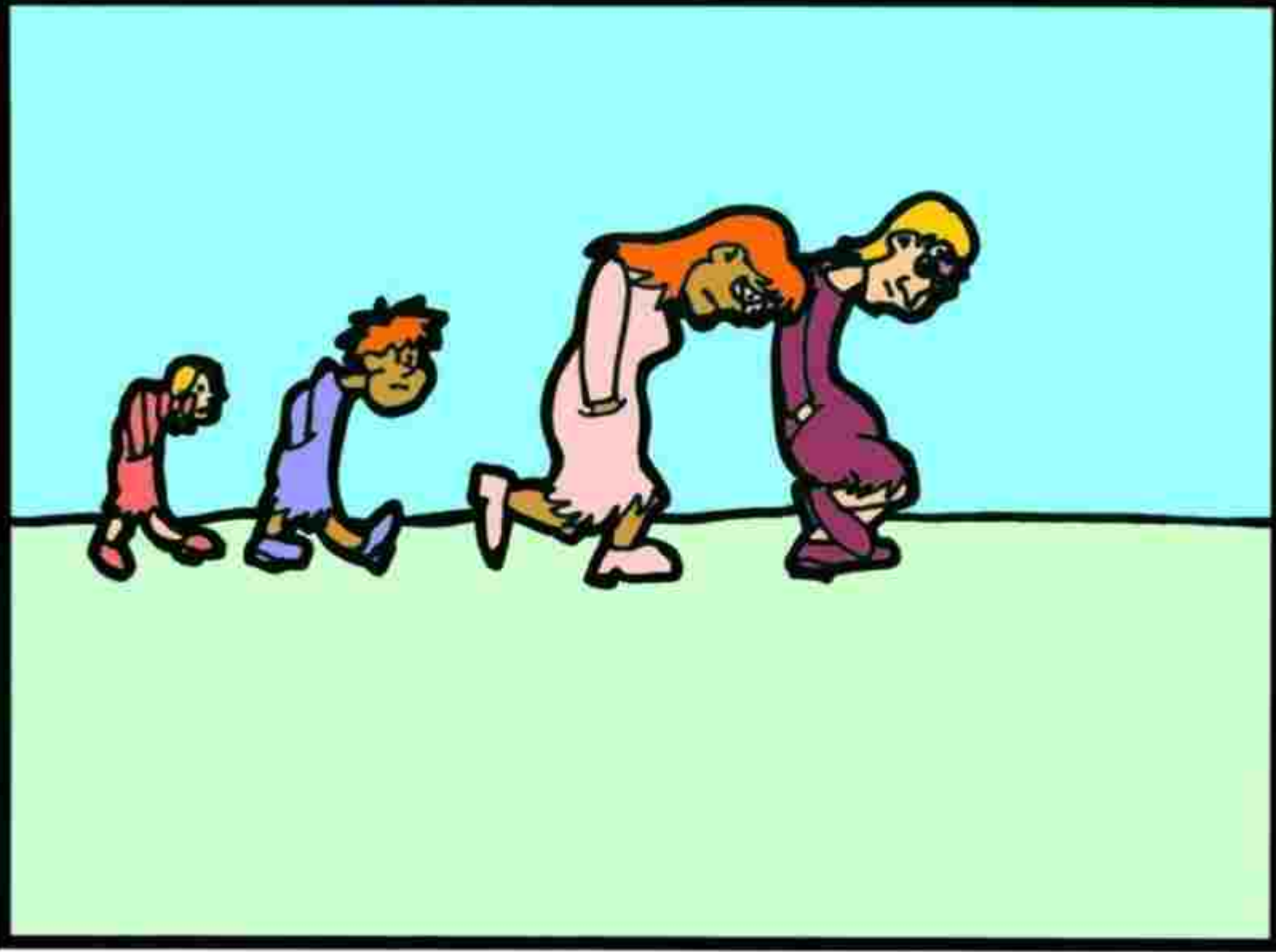
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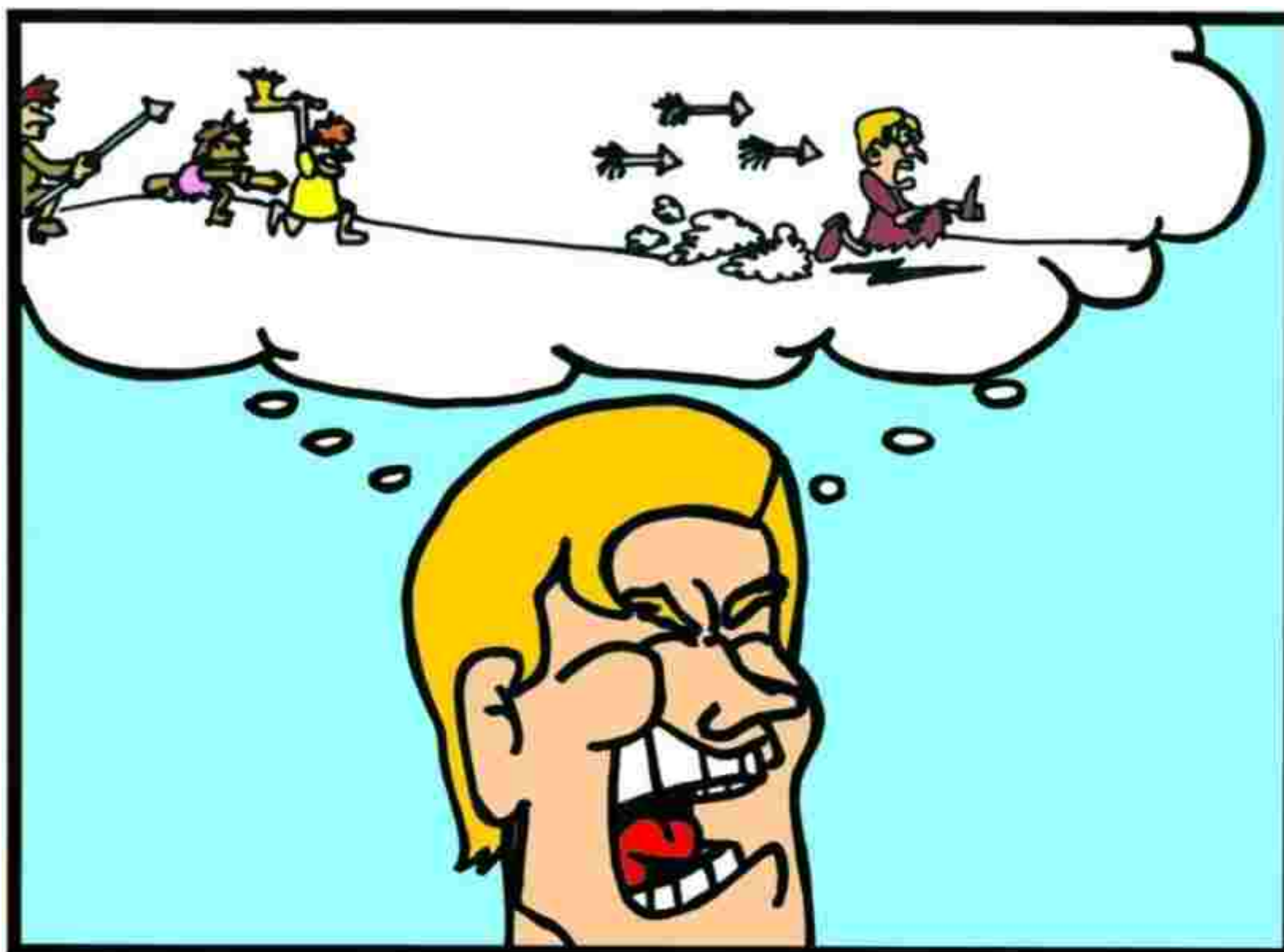
"My punishment is too hard for me," cried Cain. "I'll be away from the ground. I'll be away from you. I'll be on the run for my life. I'll be a vagabond, and everyone who finds me will want to kill me!"

04-07

The Lord put a mark on Cain in case anyone that found him would want to kill him. God also promised that anyone who ever did kill Cain would be paid back seven times as bad.

04-08

Cain went out from God's presence and lived in a land called Nod. He had children with his wife and he built a city.

Lord, help me to do the thing that pleases you. Thank you that with your help I can be the boss over sin. It doesn't have to control me.