

FAMILY TIME WITH JESUS

SELF DISCIPLINE: ANGER! OUT OF CONTROL



Scripture Reference: From Genesis 4

Key Verse: “Don’t be proud but accept God’s teaching that is planted in your hearts. Do what God’s teaching says; do not just listen and do nothing. James 1:21 (b), 22

Introduction:

Adam and Eve had two boys, Cain and Abel. As they grew up, Abel took care of the sheep and Cain became a farmer. When it was time to give a sacrifice to the Lord, something happened. Out of control!

Scripture to Share:

“Cain brought a gift to God. He brought some food from the ground. Abel brought the best parts of his best sheep. The Lord accepted Abel and his gift. But God did not accept Cain and his gift. Cain became very angry and looked unhappy. The Lord asked Cain, ‘Why are you angry? Why do you look so unhappy? If you do good, I will accept you. But if you do not do good, sin is already to attack you. Sin wants you. But you must rule over it.’ Cain said to his brother Abel, ‘Let’s go out into the field.’ So Cain and Abel went into the field. Then Cain attacked his brother Abel and killed him. Later, the Lord said to Cain, ‘Where is your brother Abel?’ Cain answered, ‘I don’t know. Is it my job to take care of my brother?’ Then the Lord said, ‘What have you done? Your brother’s blood is on the ground. That blood is like a voice that tells me what happened. And now you will be cursed in your work with the ground. It is the same ground where your brother’s blood fell. Your hands killed him. You will work the ground. But it will not grow good crops for you anymore. You will wander around on the earth.’”

From Genesis 4

Children’s International Bible

Talking About It:

1. What do you think God meant when He told Cain that he must ‘rule over’ being tempted to commit sin? Did Cain have a choice whether or not to kill his brother?

2. Self-discipline is the willingness to correct or control yourself in order to make yourself a better person. Was Cain self-disciplined? How could he have changed the story’s sad ending?

3. Most of the time we don’t say to ourselves, “I’m going to murder my brother.” Usually sin starts as a small seed (such as Cain’s being jealous because Abel’s gift was accepted). Cain’s out-of-control anger grew until he committed murder. Do you have an area in your life where you feel things are getting out of control?

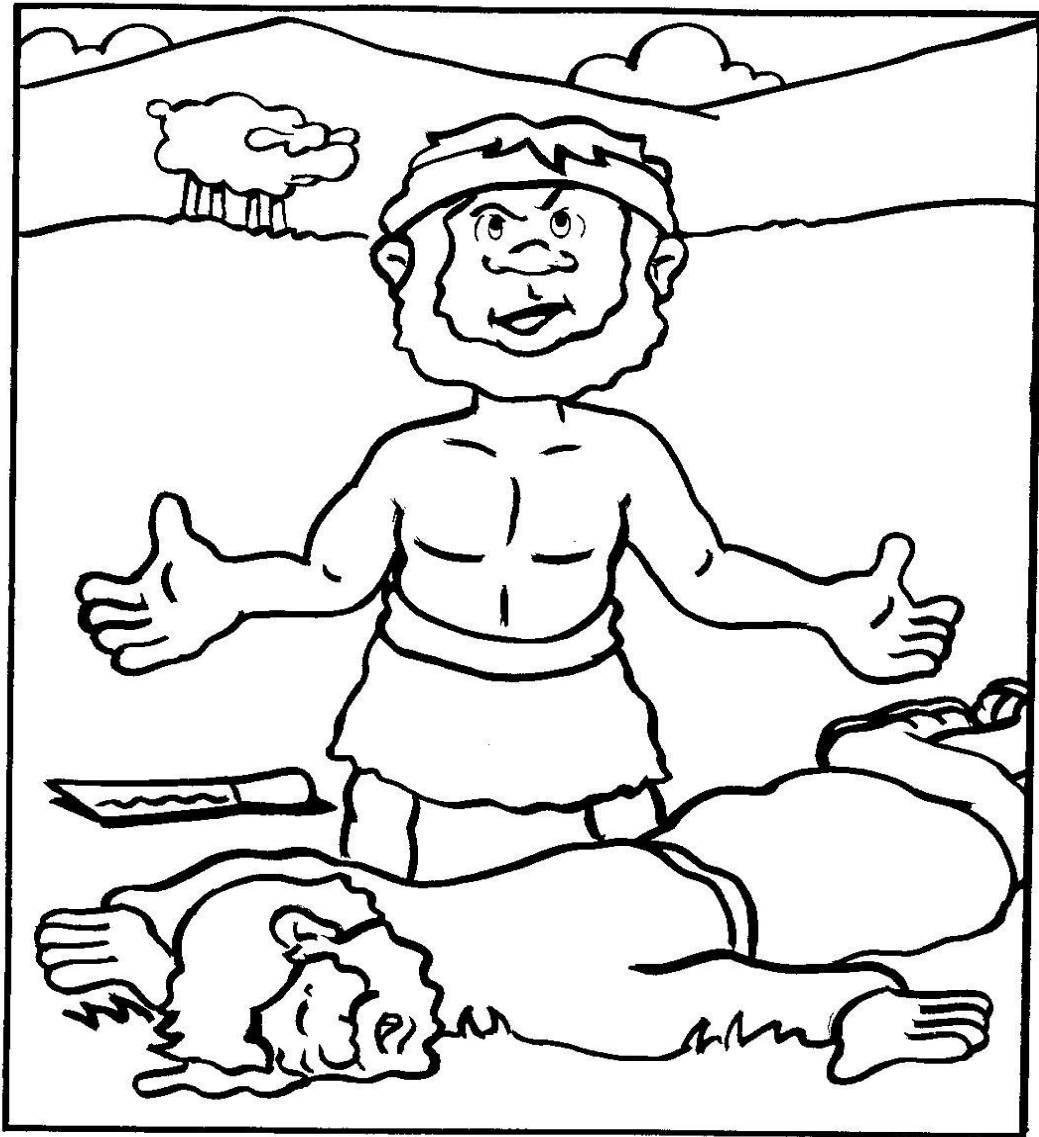


Do you have an area of your life where you think things are getting out of control? Some examples might be: you're not getting along with someone at school, or some other friends. Maybe you're arguing more with your mom and dad or brothers and sisters. If you do have an area like that or some other, write down one thing you could do to help that situation.

MY PROBLEM IS: _____

ONE THING I COULD DO TO HELP MAKE THE SITUATION BETTER IS:

WE HOPE ONE THING YOU COULD DO IS TO TALK TO JESUS ABOUT IT AS WELL.



Cain was jealous of his brother Abel and killed him. When God asked Cain, "Where is Abel?" Cain said, "Am I my brother's keeper?"

Genesis 4:8-9