

WEEK SEVEN

RULE 6: YOU MUST NOT COMMIT MURDER

BIG IDEA

DO NOT HURT OTHERS

A LESSON FROM CAIN AND ABEL

PREP: (Kids can help!)

- Lay out the first 6 commandment cards in order.
- Cut out the 'Stop' sign in the appendix, and tape it onto a stick (e.g. ice block stick, pencil, chopstick).
- Cut out 2 paper hearts (any size will do!) for each child.

WHAT GOES IN THE BOX?

- The 'Stop' sign.
- The cut-out paper hearts.
- A bag of small bikkies (Tiny Teddies, animal crackers or pretzels all work well).
- A glue stick.



INTRODUCTION

- Read through the first 5 commandment cards and ask the children to remember the stories for each one.
- Now bring out the 6th card and read it. "You must not commit murder."
- **What do you think it means?**
- **Why do you think a person would want to kill someone?**

In some ways, this seems like an easy commandment because most of us don't want to kill anyone. But what about if we hurt others by "killing parts of them", like their dreams, their self-worth, their joy or their trust?

OUT OF THE BOX

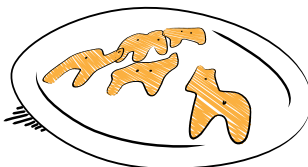
Game: Face Race

- Take out the packet of Tiny Teddies and give one to each member of the family.
- Everyone lean back on a couch and put it on their forehead.
- Now move the bikkie down into your mouths by scrunching up your face, moving your head all around and sticking out your tongue... but no hands!
- If the bikkie falls off, then put it back on your forehead and keep going.
- The winner is the first one who manages to get it in their mouth for a munch!
- **That was a fun game – who won? Who wanted to win?**

Whenever we have a game where we are competing with our siblings or friends, someone always loses.

Questions

- What does it feel like to lose?
- Who thinks they are a good loser?
- What does a good loser do?
- What does a sore loser do?



Sometimes we think of other people just as our competition or even “the enemy”, and we just want to beat them or get them out of our way.

Did you know hate can grow inside our hearts?

We must be careful and control ourselves, or else...



We can see this in the Bible story about two brothers named Cain and Abel.

It is the first-ever recorded murder.

READ

- Get out your stop sign and hand it to the youngest child. They can pass it on after every “Stop”.
- Tell them to hold up the stop sign every time they think Cain should stop himself.
- After every “stop”, pass the sign to the next child for their turn.

Adam and Eve’s first two children were brothers named Cain and Abel. They had other children too, and their children had children, and that’s how the world began to fill with people.

Cain grew up to be a farmer and Abel became a shepherd. One day they both brought gifts to God to thank him for all the good things he had done for them.

Cain brought some wheat, grapes and figs, and

Abel brought the first-born and best lamb. The Bible says that God was pleased with Abel’s offering but not with Cain’s.

That made Cain jealous and angry. [stop] God loved Cain, and said to him, “Why are you scowling? If you always do what is right, you will be happy. But be careful. Bad thoughts will ruin your life. Learn to control them.” [stop]

But Cain did not listen. He let the bad thoughts grow until hate simmered in his heart.[stop] He said to his brother, “Abel, come with me out into the fields.” [stop]

“Sure,” Abel said, because he loved his big brother, and trusted him. And so they walked together out into the fields. [stop] When Cain got Abel out where nobody could see or hear them, [stop] he took a rock and he killed his brother Abel. [too late to stop!]”



From Genesis 4:1-16

FAMILY TALK TIME

- What advice did God give to Cain when He saw how angry Cain was? God told Cain that He had made him with the power to stop himself and control anger without letting it control him.
- Do you think God gave us the same ability to control our anger?
- How many times in the story do we see that Cain could have stopped himself? (at least six)
- Can you think of a time when you were upset about something or told off for something?
- When we are angry, what can we do to control ourselves and stop that anger from growing into an argument or an awful action? (We can talk to the person. Try saying it this way:

“When you did/said _____ this, I felt _____. Could you please _____?”

We can also walk away and do something else until we feel calmer; pray to God, talk to a trusted person who can help, etc.)

ACTIVITY

What should I do?

- Read out the following stories and take turns telling what you think the person in it should do.

Story 1: Greg's brother, Joseph, had been annoying him all day. He wouldn't leave Greg alone. Greg had tried to nicely ask Joseph to leave him alone, but it didn't work. Greg went to his mum, and she got Joseph to do something else by himself. But then Joseph went back to annoying Greg when Mum wasn't looking. Greg is getting really annoyed. He thinks if he hits him, the message might get through and he will go away.

What should Greg do? (Walk away. Explain how he feels to Mum.)

Story 2: George and Jane are in the same swim squad. Jane is a better swimmer and often says mean things about the way George swims. Also in the squad is Jamie, and although he feels uncomfortable about what Jane says, he is scared about interfering.

What should Jamie do? (He could say something positive about George. Or invite George to sit with him at break. Talk to a grown up.)

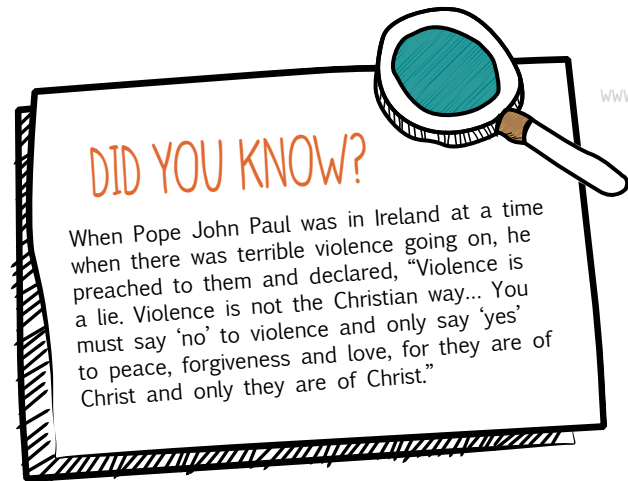
Story 3: Katie and Lisa got into an argument at recess. Katie thought one band was the best, and Lisa thought the other one was. They started to really argue about it, and then Lisa suddenly smacked Katie on the arm. It hurt, and Katie really wanted to smack Lisa back.

What should Katie do? (Stand up for herself and say "You shouldn't hit people!", or walk away for a while, talk to a teacher or her parents, etc.)

Questions:

- Does anyone remember why God gives us rules?
- What would happen if you touched a hot stove?

The 10 Commandments are God's pathway to goodness and blessing and he puts his rules around things he knows will protect us from getting into trouble.



They also protect other people – God wants us to respect and love others like we love ourselves.

Our society often makes killing into something exciting and adventurous, like X-box games, cartoons, super heroes, etc. We need to always remember that every person is a much-loved son or daughter of God.

- What are your family rules about violence and hurting others? What is ok and what is not?

OUT OF THE BOX

- Take out the hearts and the glue stick.
- Give each child two hearts. Ask them to write on one 'Anger: seeds of hate' and on the other 'Love' and 'Self-control'.
- Glue the LOVE and SELF-CONTROL heart ON TOP of the ANGER heart.

When we are growing up, often the people that we get the angriest with are those closest to us. The Bible tells us that it isn't wrong to feel angry, but it's wrong to let that anger grow into hate. In Matthew 5:22, Jesus reminds us that words can kill. He says that if we get angry with a brother or sister or call them names, it is like murder because we are wishing they would just disappear. (See also 1 John 3:15) God loves us so much that He gives us the ability to replace our bad feelings with love and forgiveness. Jesus even forgave those people who murdered Him!

God will help us to do this – all we have to do is ask

“LOVE ALL, TRUST A FEW, DO WRONG TO NONE.”

- WILLIAM SHAKESPEARE -

Him!

- Can you think of a time when you stopped anger from growing in your heart and chose to forgive instead? (Parents can share too!)

God puts us in families and communities and wants us to learn to love each other even when others do annoying things or life seems unfair. The more we practice controlling our anger and handling problems well, the easier it gets.

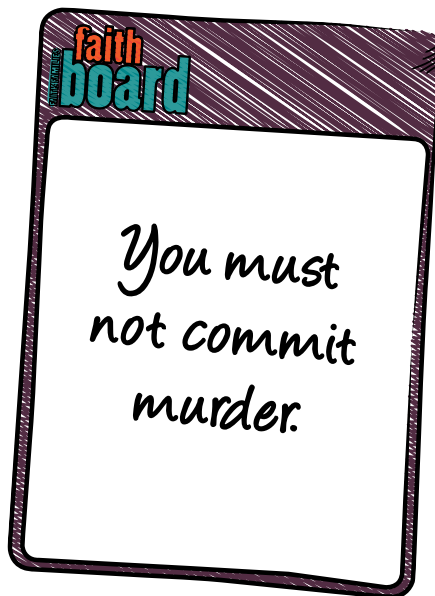
We can “stop” before people get hurt!

PRAY

- Let everyone have a turn holding the stop sign, and while holding it, ask God to help them know when to stop, so others don’t get hurt.

LIVE

Put the stop sign somewhere it can be seen often and, at different times during the week, give it to someone and ask them to stop and name a commandment.



NOTE TO PARENTS: While we are studying the 10 Commandments, it is a good time to talk to your children about how we follow God’s teachings when choosing such things as “techno” games, and movies with mature ratings. Our goal is to help our children start using their own judgment and discernment, and to give them confidence in their ability to contribute towards a more peaceful world.

OTHER IDEAS

- If your children enjoy playing “Angry Birds” there is a great website that uses them as a tool for helping children to understand anger –check it out at <http://thehometeacher.blogspot.co.nz/2012/02/dont-be-angry-bird-lessons-on-anger.html>

- Here are some useful questions to talk further with older children about the way we treat each other:

Are my actions or words hurting someone else’s feelings?

Are my actions or words hurting someone else physically or making that person feel afraid?

Would I want someone else to do this to me?

Am I unfairly taking my anger out on someone?

Am I trying to control someone against his or her will?

- Use the stop sign at a meal time and pass it round the table. Have a parent close their eyes and call out “stop”. Whoever is holding the stop sign then gets to answer a question. You can use this to talk about a specific topic or just to ask about their day.

CHECK OUT WHAT YOU NEED FOR NEXT WEEK...



