

# FOR FAMILIES TO LEARN AND GROW TOGETHER IN JESUS

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## Week of February 7, 2021



DIGGING INTO



### GOD'S COMMANDMENTS

## DO NOT MURDER

[Exodus 20:13; Genesis 4:1-16](#)



## Watch & Learn

### [Cain and Abel: Genesis 4](#)



### [Cain and Abel Bible Story](#)



### [Cain and Abel](#)



### THE LESSON

Immediately after Adam and Eve committed the first sin by disobeying God in the Garden of Eden, sin and the effects of sin began spreading like a pandemic to everyone and everything. Several years after that "first sin" Adam and Eve's first children showed how sin can take control of us. It happened like this...

The first children on earth are brothers, Cain and Abel. Cain becomes very jealous and resentful of his brother, Abel. In his amazing love and grace, God warns Cain not to fall into sin's trap by being angry and hateful. But Cain doesn't listen. He lets his angry feelings toward Abel grow until he can't take it anymore. Cain kills his brother Abel, and the first murder is committed on earth. God punishes Cain by making him a homeless wanderer. (Read the entire story using the Bible texts linked above left.)

DO NOT MURDER is one of God's Ten Commandments, given to Moses on Mt. Sinai for all people to follow. This commandment, however, includes much more than snuffing out someone's life. (See commandment and meaning below.) While we may never commit a murder, we all are guilty of hurting and harming others with words and actions. Let's ask God for forgiveness and seek his help to live in love together.

### THE POINT

**We don't hurt others.**

# You shall not murder.

*What does this mean?*

We should fear and love God that we do not hurt or harm our neighbor in his body, but help and befriend him in every bodily need.

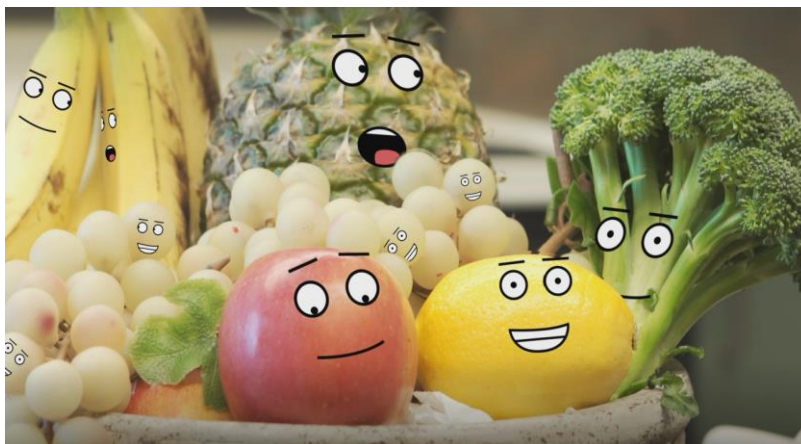
# Through the Week

Family members tend to hurt each other more than anyone else! Try this strategy this week to avoid hurting one another.

- When you feel angry at someone, pause and take 10 deep breaths before you react. With each exhale, whisper the name of Jesus.
- After taking that time to calm down and ask Jesus for help, respond to the person.
- At the end of the week, talk about what difference it made in your family this week for everyone to calm down and turn to Jesus before reacting out of anger.

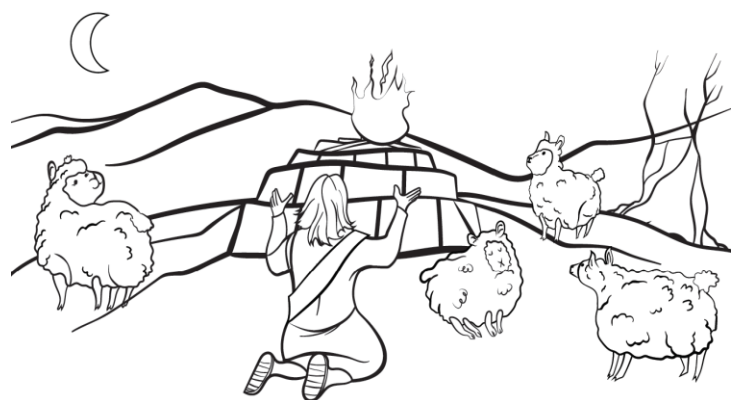


	<p><u>You Forgive Me</u></p>	<p><u>Your Friend</u></p>	<p><u>Stand Together</u></p>	<p><u>Ready to Serve</u></p>



1. How would you describe the Snooty Fruities' treatment of Broccoli?
2. Why would they treat him this way?
3. Have you ever been a "Snooty Fruity" (bully) to anyone? Share.
4. Has anyone ever "Snooty Fruited" (bullied) you? How did you feel?
5. What did Potato say that helped everyone else see they were behaving badly?
6. How does this video relate to the commandment in our lesson today?
7. If you see someone being a Snooty Fruity to someone else, what things could you do?

## Watch & Discuss: "Snooty Fruities"



Can you find 8 differences between the two pictures of Abel worshipping God?

**Lord, this week, give me chances to help and befriend others.**