

Abel the First Martyr

I will instruct you and teach you in the way you should go.

Psalm 32:8

Cain killed his brother Abel because he was jealous and angry. One of the problems with being angry or jealous is that it can lead to a worse situation.

Instead of reacting badly with someone or a situation, we should take time to think how we could react positively. The book of Proverbs gives some advice. Read each verse below and complete the sentences in your own words:

Prov.14:16-17 If I am feeling angry and hot-headed I should

Prov.15:1 When I speak harshly I should

Prov.29:11 If I want to act wisely I should

The following texts give us some guidance on how to overcome the temptation to act wrongly. Find the missing key words. (James 4:7; Psalm 119:11; Luke 22:46)

- "I have hidden in my heart so that I might not against You."
- "Why are you sleeping?" He asked them "get up and so that"
- "..... yourselves, then to God and"

What does it mean to be a martyr?

About how many years were there between Abel's death and Jesus' death?

Jesus was our best example of what it is to be a martyr for a cause. He was a perfect man who was punished by death because other people were jealous and angry with His message. However, as our lesson states, Jesus died as a

r..... S..... for us.
A ransom means to

Jesus bought back Life that had been lost through Adam. He was able to do what Adam could not. He lived a perfect life of obedience and because of that, God raised Him from the dead so that we could have eternal life.

Write out the words of John 3:16

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