# **Disposition:** Being Temperate, Exercising Self Discipline and Cultivating Serene Contentment

## **Lesson:** One

### **Question/LO:** What affects my behaviour?

### How did a character from the Bible behave when he was upset?

| **Dimension of learning** | **Activities** | **Resources** |
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| Learning about religious traditions and non-religious worldviews  *Christians believe that behaviour can be seen by God* | Tell the story of Cain and Abel (Genesis chapter 4). In this story the sons of Adam and Eve bring offerings to God. Cain the eldest, a farmer, brought some food from the ground. His younger brother Abel, a shepherd, brought the best parts of his best sheep. When God accepted Abel and his gift, but didn’t accept Cain and his gift, Cain became angry and sulked. Due to his jealously Cain attacked and killed his brother. God knew what Cain had done but gave him chance to own up. When Cain lied to God, God punished Cain and sent him away.  Discuss the story and in particular the belief that God is all-seeing and all-knowing.  How might people behave if they believe that God is aware of everything they do and say? |  |