



Ravenswood

Youth Athletic Association

Building Character, Families and Faith



Karate Lesson #2

Self-control

Memory Verse:

1 Peter 5:8

Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

Self-defense goals:

- Basic blocks and stances
- Learning to fall in a way that protects you

Bible Story

The story of Cain and Abel from Genesis 4:1 - 12

1 Adam lay with his wife Eve. She became pregnant and gave birth to Cain. She said, "With the Lord's help I have had a baby boy." **2** Later she gave birth to his brother Abel. Abel took care of sheep. Cain worked the ground.

3 After some time, Cain gathered some of the things he had grown. He brought them as an offering to the Lord. **4** But Abel brought the fattest parts of some of the lambs from his flock. They were the male animals that were born first to their mothers. The Lord was pleased with Abel and his offering. **5** But he wasn't pleased with Cain and his offering. So Cain became very angry. His face was sad.

6 Then the Lord said to Cain, "Why are you angry? Why are you looking so sad? **7** Do what is right. Then you will be accepted. If you don't do what is right, sin is waiting at your door to grab you. It longs to have you. But you must rule over it."

8 Cain said to his brother Abel, "Let's go out to the field." So they went out. There Cain attacked his brother Abel and killed him.

9 Then the Lord said to Cain, "Where is your brother Abel?" "I don't know," he replied. "Am I supposed to look after my brother?" **10** The Lord said, "What have you done? Listen! Your brother's blood is crying out to me from the ground. **11** "So I am putting a curse on you. I am driving you away from the ground. It has opened its mouth to receive your brother's blood from your hand. **12** When you work the ground, it will not produce its crops for you anymore. You will be a restless person who wanders around on the earth."

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