

Cain and Abel – Sibling Violence

Shame and Guilt...and
Jealousy and Envy



Adapted from: Wikipedia.com



Welcome back to college



WHAT IS A MANAGEMENT PROFESSOR DOING TEACHING ABOUT CAIN AND ABEL



WHAT IS A MANAGEMENT PROFESSOR DOING TEACHING ABOUT CAIN AND ABEL

POWER AND POLITICS *IN LEADERSHIP AND ORGANIZATIONS*

INSTRUCTOR NAME
Randolph Wilt, PhD

Is there a 'Quiet Revival' happening in the UK?

evangelical
analysis Q



Changing Church 2025

What is the state of the UK
evangelical Church five years on
from the Covid pandemic?

FOREWORD BY N.T. WRIGHT
Features dialogue with Jordan Peterson, Tom Holland, and others

THE SURPRISING REBIRTH OF BELIEF IN GOD

WHY NEW ATHEISM GREW OLD AND
SECULAR THINKERS ARE
CONSIDERING CHRISTIANITY AGAIN

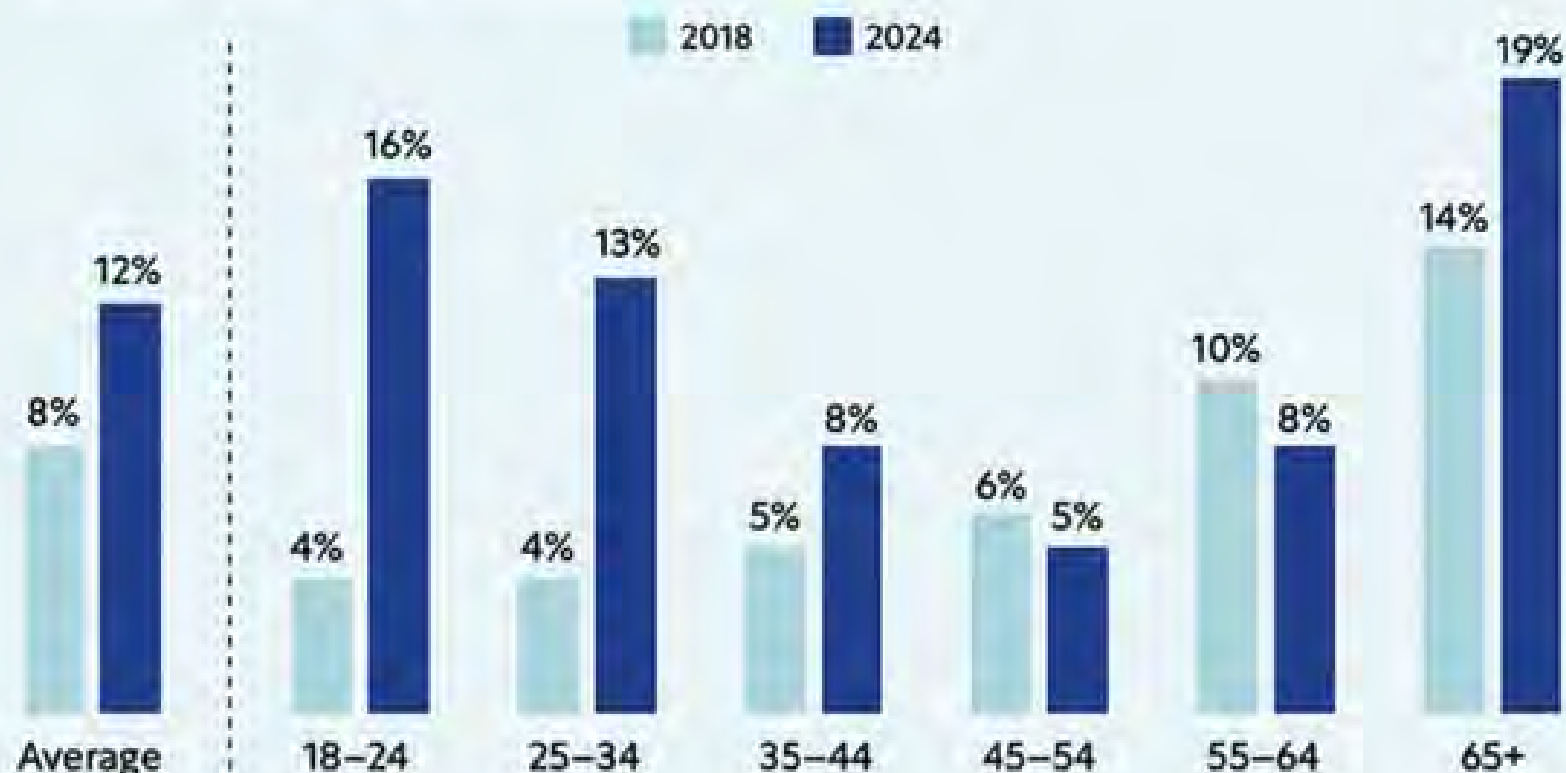
The Quiet Revival

DR RHIANNON MCALEER AND
DR ROB BARWARD-SYMONS



The rise in regular churchgoing

Percentage of age group population who describe themselves as Christian and go to church at least once a month



Question: Apart from weddings, baptisms/christenings, and funerals how often, if at all, did you go to a church service in the last year?

Base: Whole population



WHAT THE STUDENTS
ALREADY KNOW

BEFORE I TEACH THIS TOPIC


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Cain and Abel: Violence, Shame and Jealousy

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PhD - Interpersonal Communication



MTh - Church History & Theology



MSc. - Educational Pedagogy

Core Discipline

Organization Behavior – Power & Politics



MA - Crisis
Communication and
Leadership



MBA - Human Resource Management



MSc. - Operations &
project management

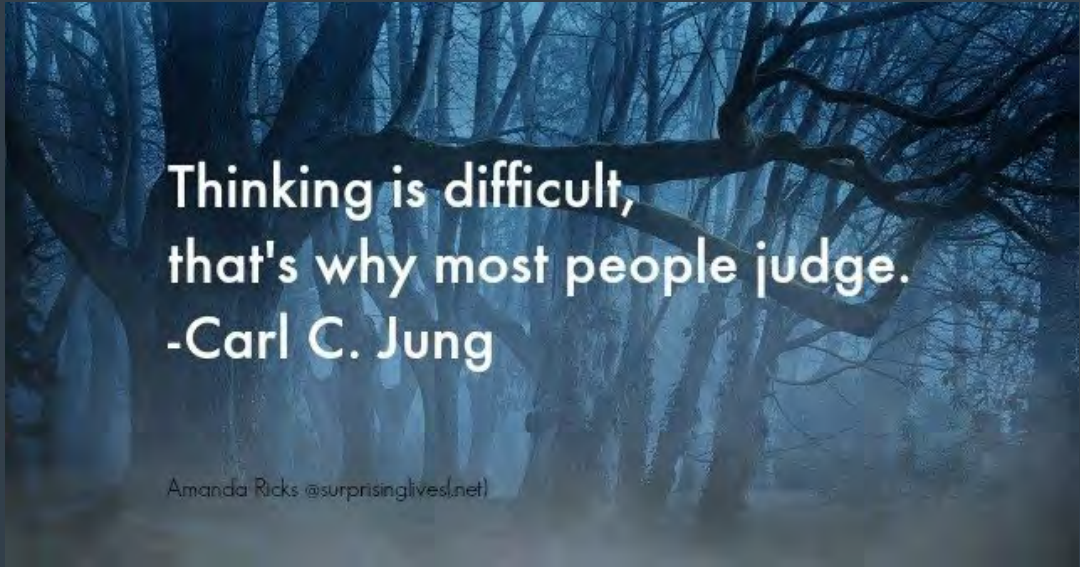


Dean of
Business and
35 years in
corporate

*You need to think and work toward become
your own Polymath*

Being a Critical
Thinker

Not a Judgmental
Thinker



Thinking is difficult,
that's why most people judge.
-Carl C. Jung

Amanda Ricks @surprisinglives.net

Back to Cain and Abel

Quick Summary



Story Summary:

- Cain and Abel are brothers, sons of Adam and Eve.
- Both make offerings to God: Abel's is accepted, Cain's is rejected.
- Cain, feeling rejected and humiliated, kills Abel in response.

Key themes:

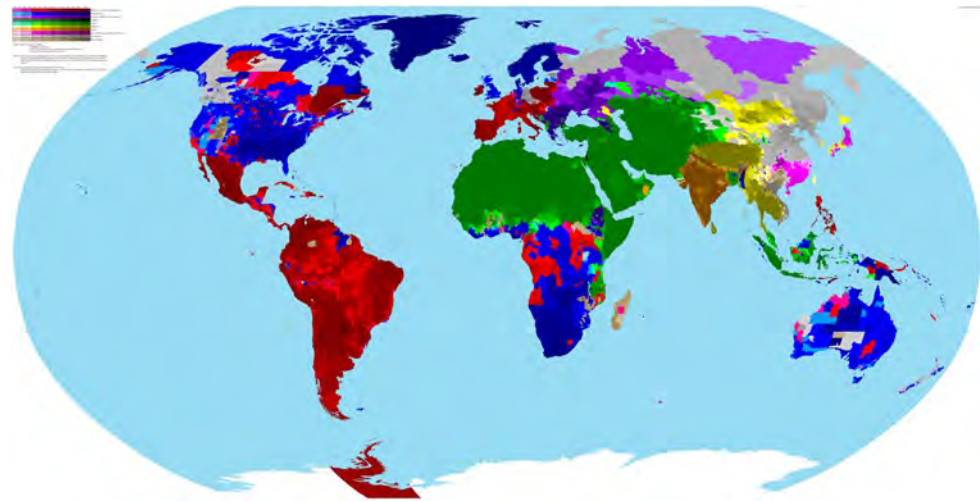
- Rejection and its consequences.
- Violence as a response to emotional pain.

Overall Theme ...

Known by many

What is the theme of a story?

- Survival
- Coming-of-age
- Love and sacrifice
- Good vs evil
- Redemption



- World population: 8,255,637,017
- Christians: 2.6 billion
- Muslims: 2.0 billion
- Jews: 14 million
- Unaffiliated: 1.9 billion

The Story: Prototypical Family Violence

Meaningless violence?



Good and Evil



Guilt and Shame



Jealousy and Envy

Adam lay with his wife Eve, and she became pregnant and gave birth to Cain. Later she gave birth to his brother Abel. Now Abel kept flocks, and Cain worked the soil. In the course of time Cain brought some of the fruits of the soil as an offering to the LORD. But Abel brought fat portions from some of the firstborn of his flock. The LORD looked with favor on Abel and his offering, but on Cain and his offering he did not look with favor. So, Cain was very angry, and his face was downcast. Then the LORD said to Cain, "Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it." Now Cain said to his brother Abel, "Let's go out to the field." ^[4] And while they were in the field, Cain attacked his brother Abel and killed him. Then the LORD said to Cain, "Where is your brother Abel?" "I don't know," he replied. "Am I my brother's keeper?" The LORD said, "What have you done? Listen! Your brother's blood cries out to me from the ground."



Genesis 4

3 And in process of time it came to pass, that Cain brought of the fruit of the ground an offering unto the LORD.

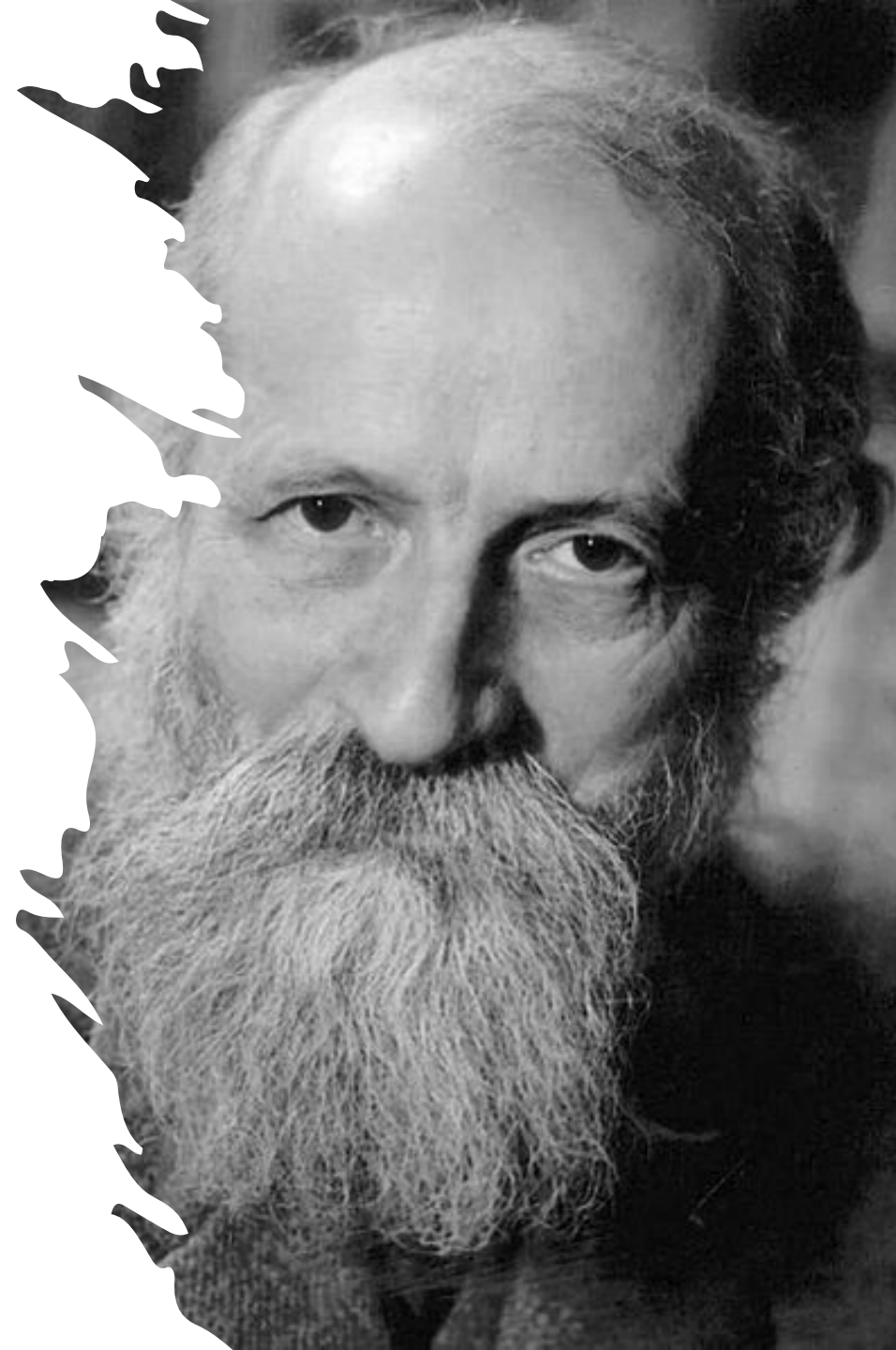
4 And Abel, he also brought of the firstlings of his flock and of the fat thereof. And the LORD had respect unto Abel and to his offering:

5 But unto Cain and to his offering he had not respect. And Cain was very wroth, and his countenance fell.



Martin Buber (an Austrian-Israeli philosopher best known for his philosophy of dialogue, a form of existentialism centered on the distinction between the I–Thou relationship and the I–It relationship)

“Cain’s offering refused, he had expected recognition, now he felt abandoned by the one he depends on as a farmer. He feels humiliated, ashamed – his hurt cannot be hidden. And Abel saw everything.”



LISTEN JIMMY

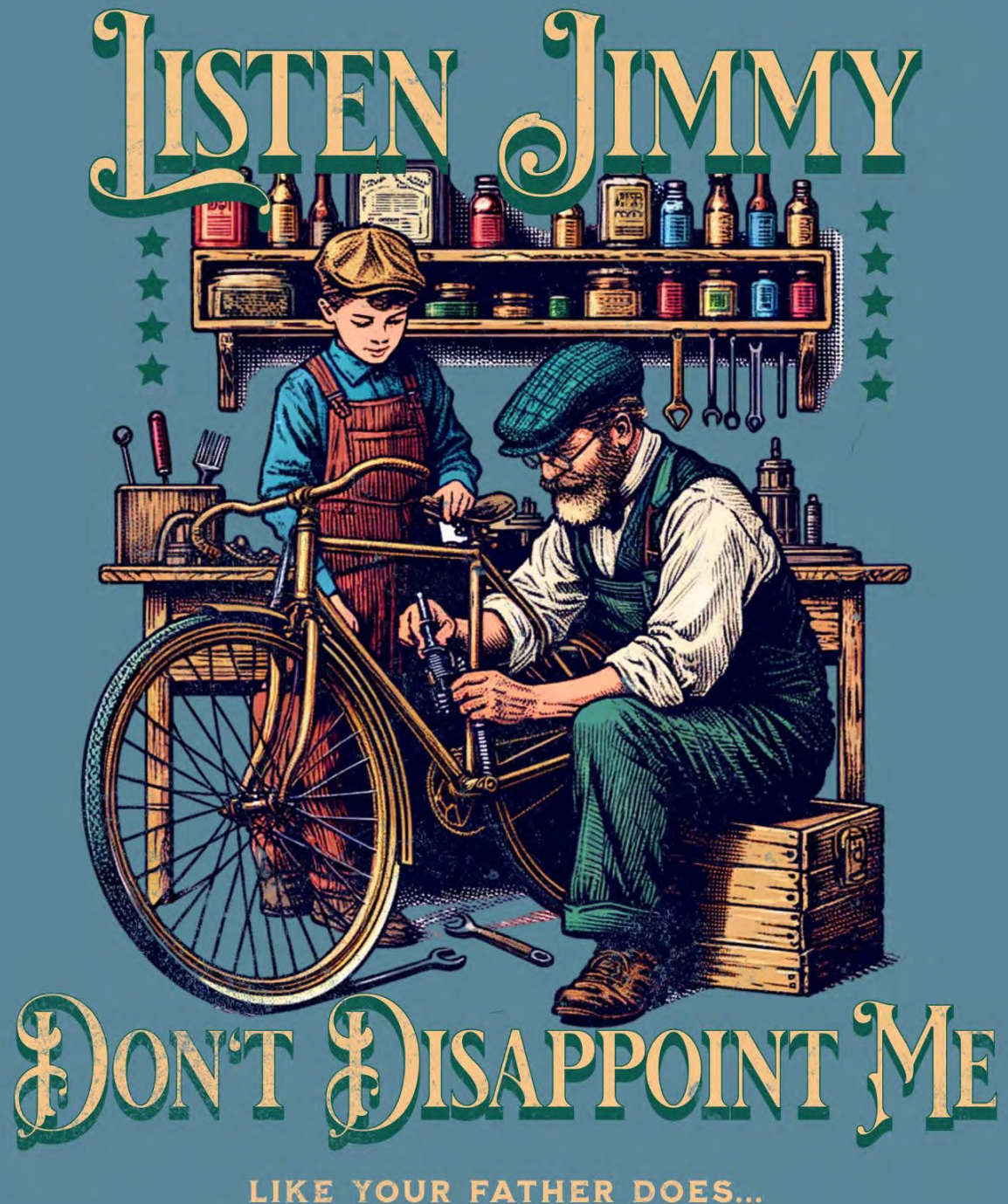


DON'T DISAPPOINT ME

LIKE YOUR FATHER DOES...



God has no
grandchildren....but just
children;
however, if
there was a
case of
thinking
about God
as a
grandfather
– it probably
was Cain
and Abel





How to manage your staff



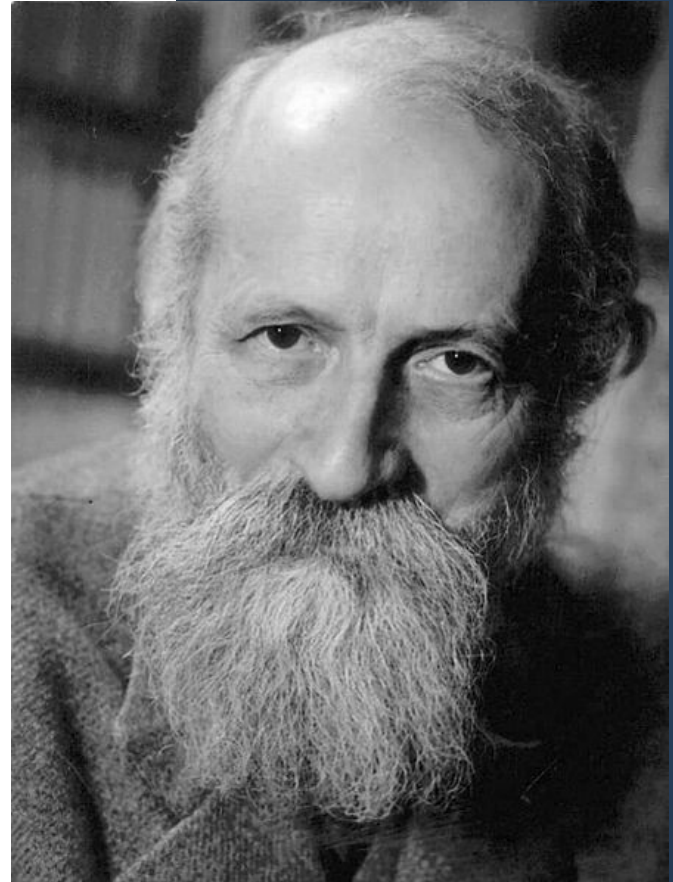
~~How to manage your staff~~

For us....how to handle family, friends, and people in general

Martin Buber (an Austrian-Israeli philosopher best known for his philosophy of dialogue, a form of existentialism centered on the distinction between the I–Thou relationship and the I–It relationship

“Cain’s offering refused, he had expected recognition, now he felt abandoned by the one he depends on as a farmer. He feels humiliated, ashamed – his hurt cannot be hidden.

And Abel saw everything.”





Was Cain Ashamed?

Is it shame or guilt?

GUILT VS. SHAME

The difference between guilt and shame is that guilt is the feeling we get when we have done something wrong and know it; shame is when our actions result in branding ourselves as a bad person, not good enough, not valuable, etc.

Guilt

- *RELATED to an ACTION*

“I took the banana without paying for it”

- Realization of what should have been done and what was done (duty vs. desire)
- A violation of policies and rules



Would you....?



Shame

- Also *RELATED to an ACTION*

“I took the banana without paying for it.....I’m better than that”

- Image a person strives for (ex. Face)
- Often cannot be managed or controlled
- Results from when one feels inferior to their act
- LINKED TO PERCEPTION,
VISION and self-depreciation

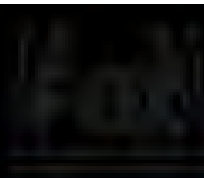


People choose Guilt over Shame.

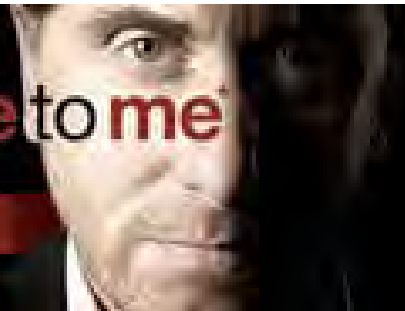
Guilt implies:

- ◆ **punishment,**
- ◆ **forgiveness, and**
- ◆ **the ability to make things right**

*The truth is written all over our faces.



Lie to me



People choose Guilt over Shame

Shame is:

- ◆ involves the whole you...how you think about yourself.

the act of reprimanding oneself by belittling and undervaluing yourself – often trying to justify the action or accusing others

- ◆ you just live with it

*The truth is written all over our faces.



Lie to me





Guilt you can repay

With Prison

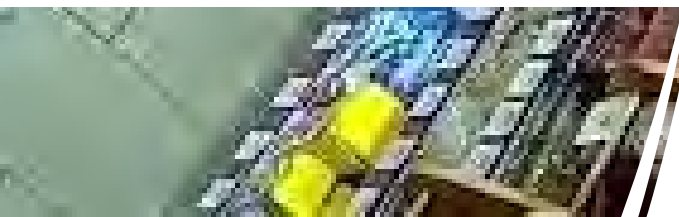
With Guilt

- Ask for forgiveness
- Look or seek punishment
- Attempt to rectify or correct the situation





Return the stolen
item



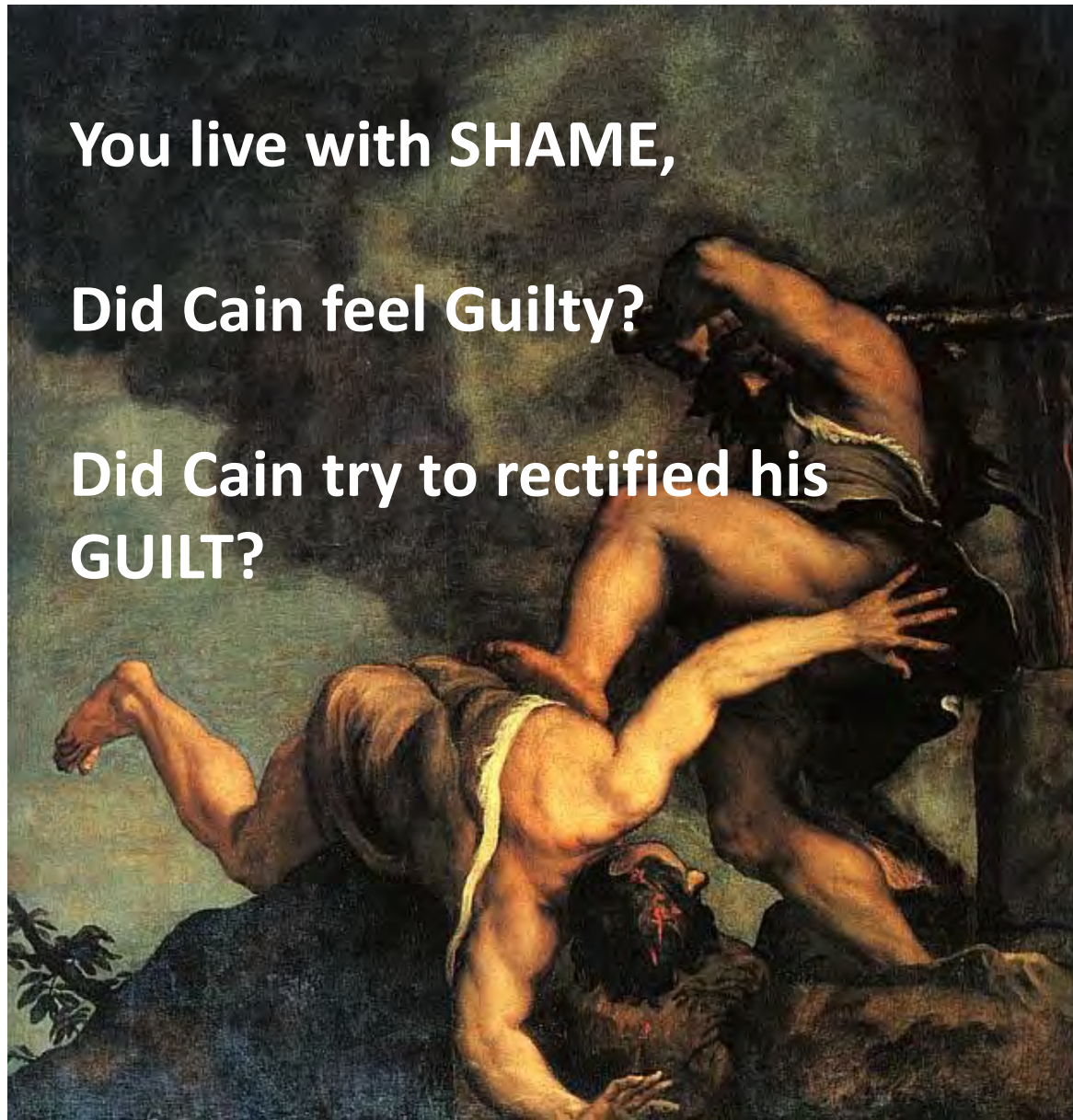
or, you can repay

- Make a wrong into right

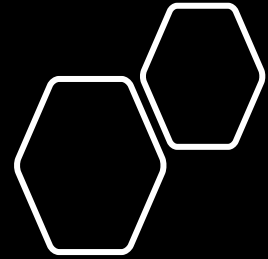
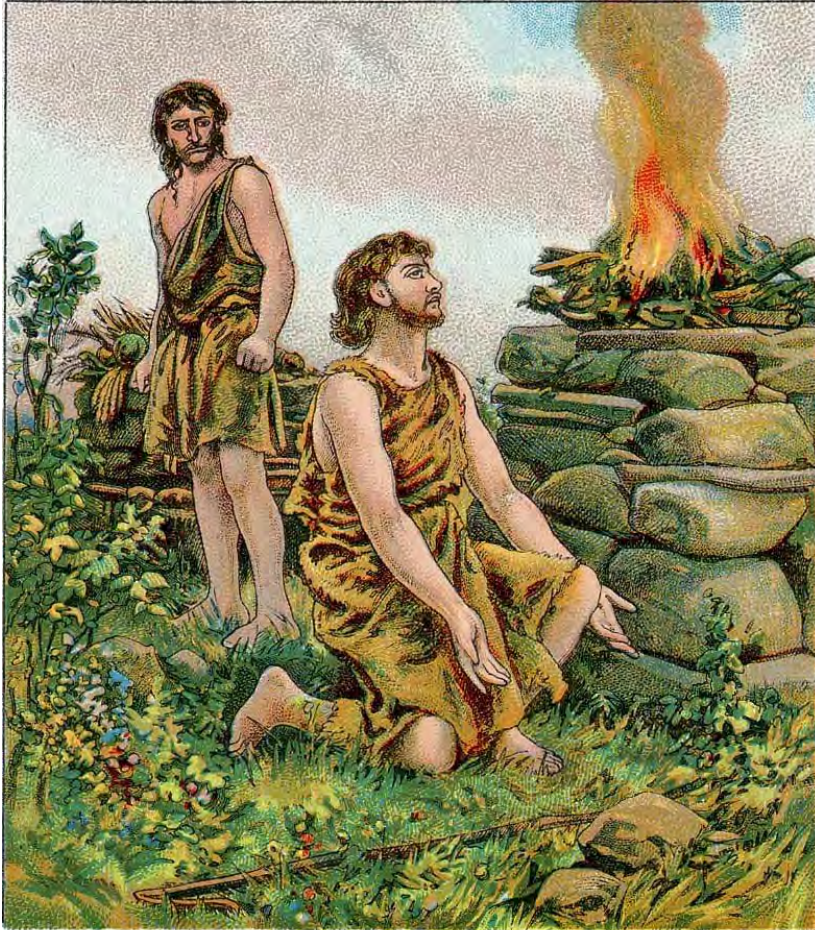
You live with SHAME,

Did Cain feel Guilty?

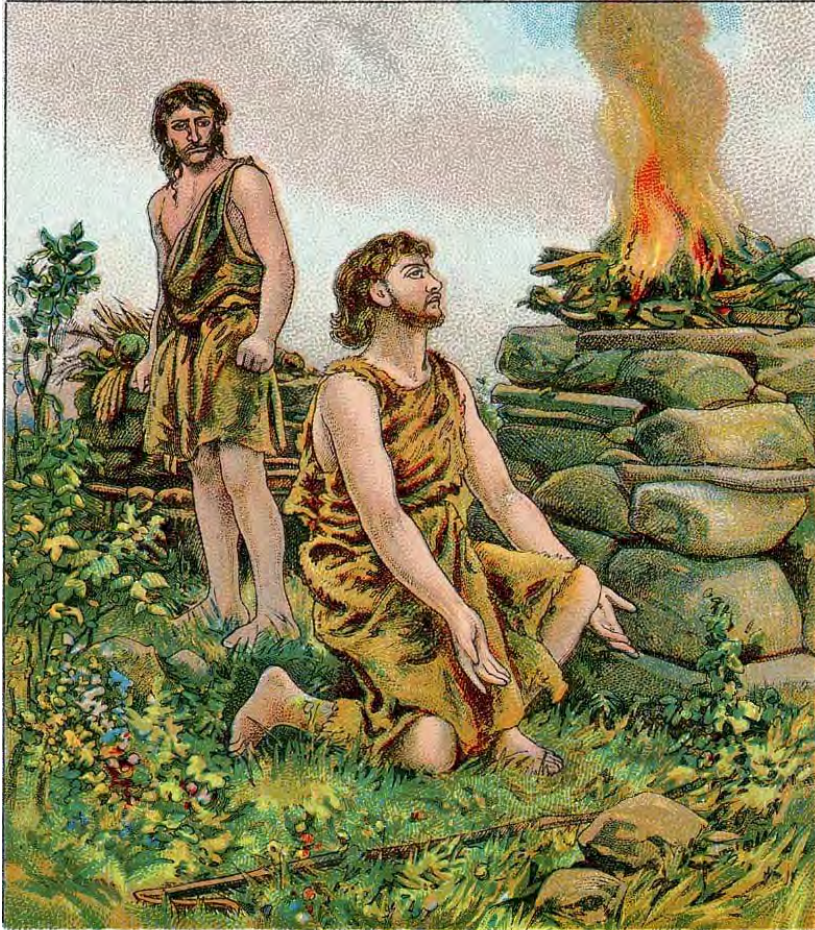
**Did Cain try to rectified his
GUILT?**



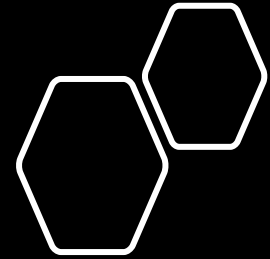
Cain and Abel (1542) Titian ca. 1487-1576



**Did Cain just need to redo
his sacrifice to God?**



**Did Cain just need to redo
his sacrifice to God?**



Would
things
have
been
different?





**...and Abel saw God's
reaction to Cain's offering**

**Although SHAME was
present, Cain did not try to
rectify the Guilt, but
addressed the Shame**

God accepts the sheep Abel brings
but ignores Cain's offering. Cain
couldn't cope with that rejection.
Abel was a shepherd, his brother
Cain worked the land.

The panel is from the Grabow Altarpiece,
Master Bertram's main work.

What about handling **SHAME?**



Shame you cannot repay

What about handling SHAME?





Dwayne 'The Rock' Johnson: I've Waited Decades to Do This

With Shame

- You justify
- You work to rectify
- You may want to eliminate what caused the shame



that felt really, really good.





...or he could have...

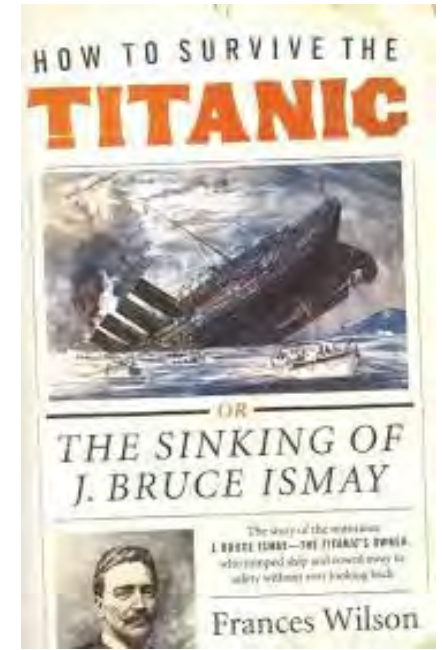
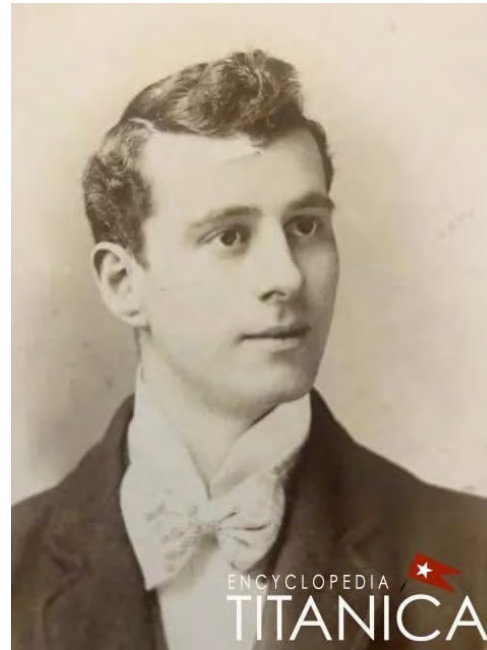


John Thomas Fry

Personal Valet to
Bruce Ismay chairman and managing director
of the White Star Line



After Fry died on the Titanic, Ismay took Fry's widow and their two children into his household, out of gratitude for Fry's service as his personal valet and for the role Fry played in helping Ismay to safety during the sinking of the Titanic.





⁶ Then the LORD said to Cain, “Why are you angry? Why is your face downcast?

⁷ If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it.”

⁸ Now Cain said to his brother Abel, “Let’s go out to the field.” While they were in the field, Cain attacked his brother Abel and killed him.



What did Cain do?



**Cain, he did not ask for forgiveness, he
changes things...he kills Abel.**



The Lamentation of Abel (1623)

Pieter Lastman ca. 1583 - 1633

Cain murdering Abel, plate 2 from "The Story of Cain and Abel"

[Johann Sadeler](#)
Netherlandish

1576

Not on view

This engraving is part
of a set of three
plates on the 'The
History of Cain and
Abel,' by Johann
Sadeler 1576.





The Metropolitan
Museum of Art



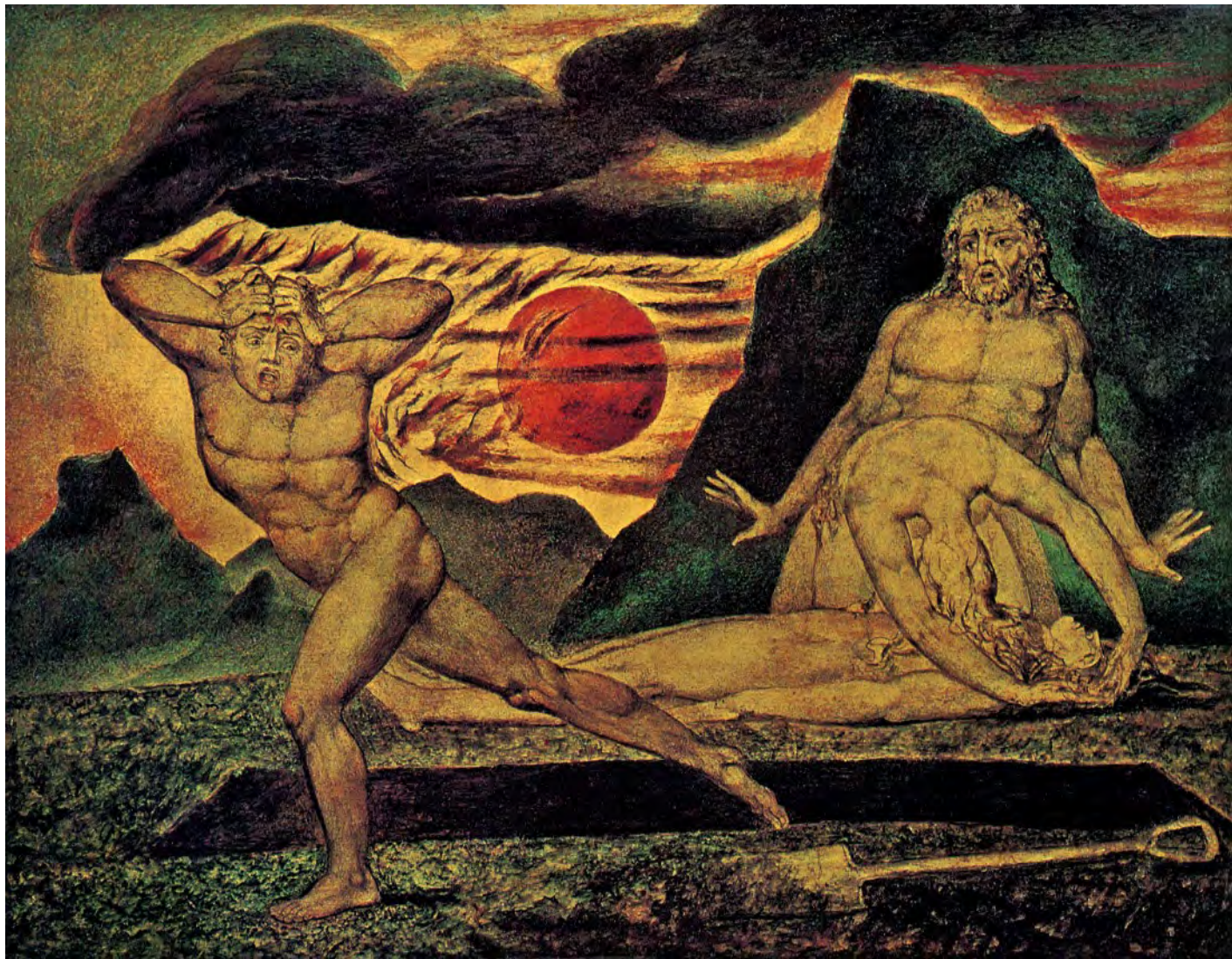
9 And the LORD said unto Cain, Where is Abel thy brother? And he said, I know not: Am I my brother's keeper?

10 And he said, What hast thou done? the voice of thy brother's blood crieth unto me from the ground.





Shame creates lies and blaming of others



Cain flees (1825)

aka: The Body of Abel Found by Adam and Eve

William Blake 1757-1827



After fleeing and being exiled for murdering his brother, Cain went to the land of Nod, founded a city, and had descendants. God placed a protective mark on Cain so no one would kill him, though he remained a wanderer and outcast. His son Enoch's descendants were notable for speaking vengeance toward God.



After fleeing and being exiled for murdering his brother, Cain went to the land of Nod, founded a city, and had descendants. God placed a protective mark on Cain so no one would kill him, though he remained a wanderer and outcast.

His son Enoch's descendants were notable for speaking vengeance toward God.

The background of the slide features a sunset or sunrise scene. A dark silhouette of a mountain range is visible against a sky with warm, orange and yellow hues. A horizontal line with a torn paper effect separates the sky from the dark foreground. The quote is centered in the upper half of the image.

Old sins have long shadows.

Agatha Christie

Means that past misdeeds or wrongdoings have long-lasting consequences that can affect the present *and* future

GUILT

VS

SHAME

1 Is about actions and our behaviors

2 Guilt focuses on behaviors and values

3 The natural and healthy response we feel when we do something that we should not have done

4 You can feel bad about the behaviors, but still respect yourself



Intensely painful feeling or experience of believing we are flawed

Shame focuses on our self-worth and feelings of being unloveable

An unhealthy, personal response to feeling we did not do something right or in the way it should have been done

You lose self-respect and allow shame to define who you are as a person

1

2

3

4

— **HOW WOULD YOU
OVERCOME
EMPLOYEES WITH
GUILT OR SHAME?**



— HOW WOULD YOU
OVERCOME

FAMILY MEMBERS WITH
GUILT OR SHAME?

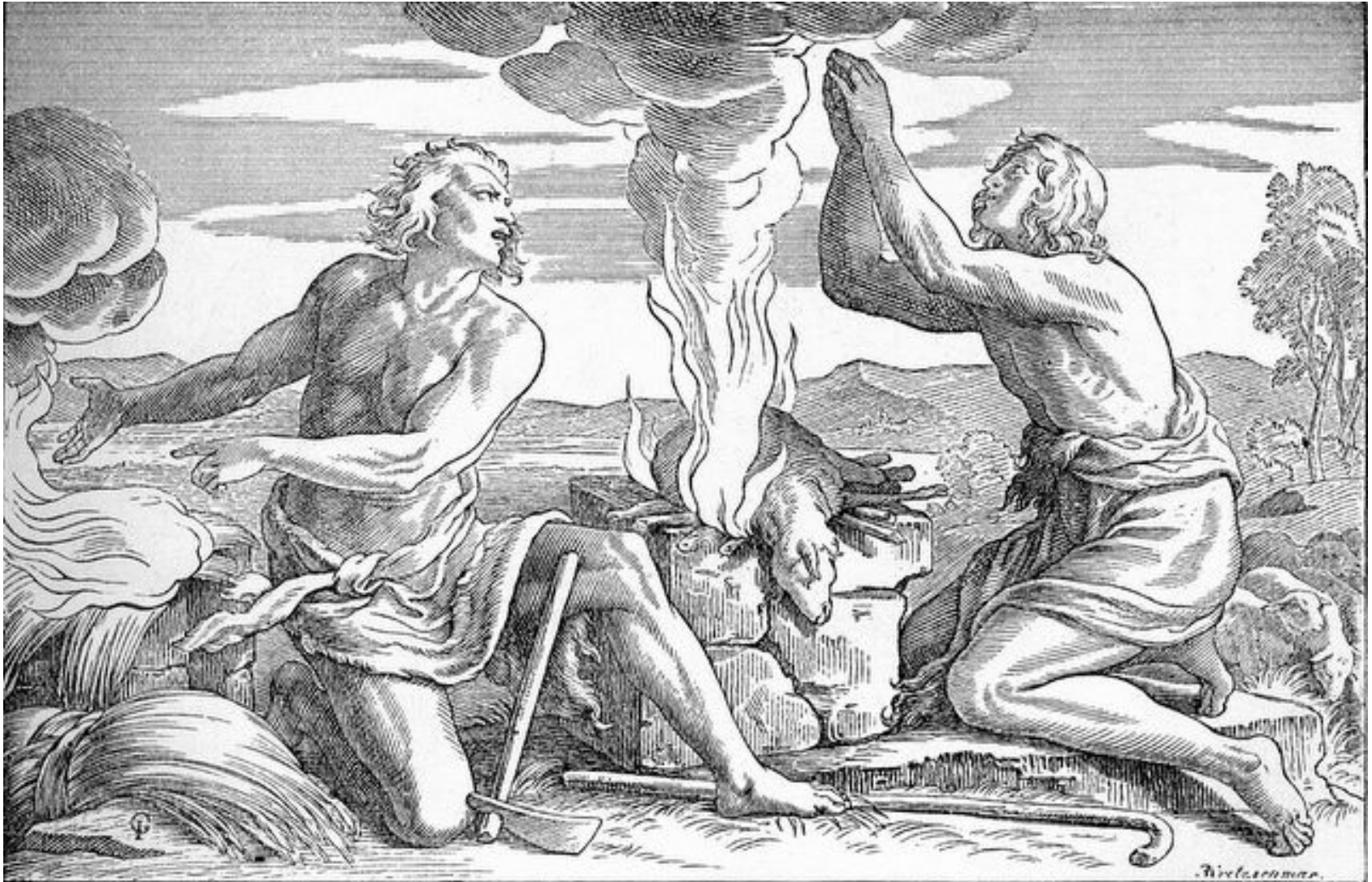


A wooden signpost with two directional signs. The top sign is an arrow pointing right with the words "SECOND CHANCE" carved into it. The bottom sign is an arrow pointing left with the text "When people stumble" written on it. In the background, a person is silhouetted against a bright sunset over a body of water.

SECOND CHANCE

When people stumble

Looking at Cain, was he
Envious or Jealous?





Envy





Envy

A negative emotion due to comparison of possessions (the wish that you had what someone else has).

“I want his wife...I want her husband”.

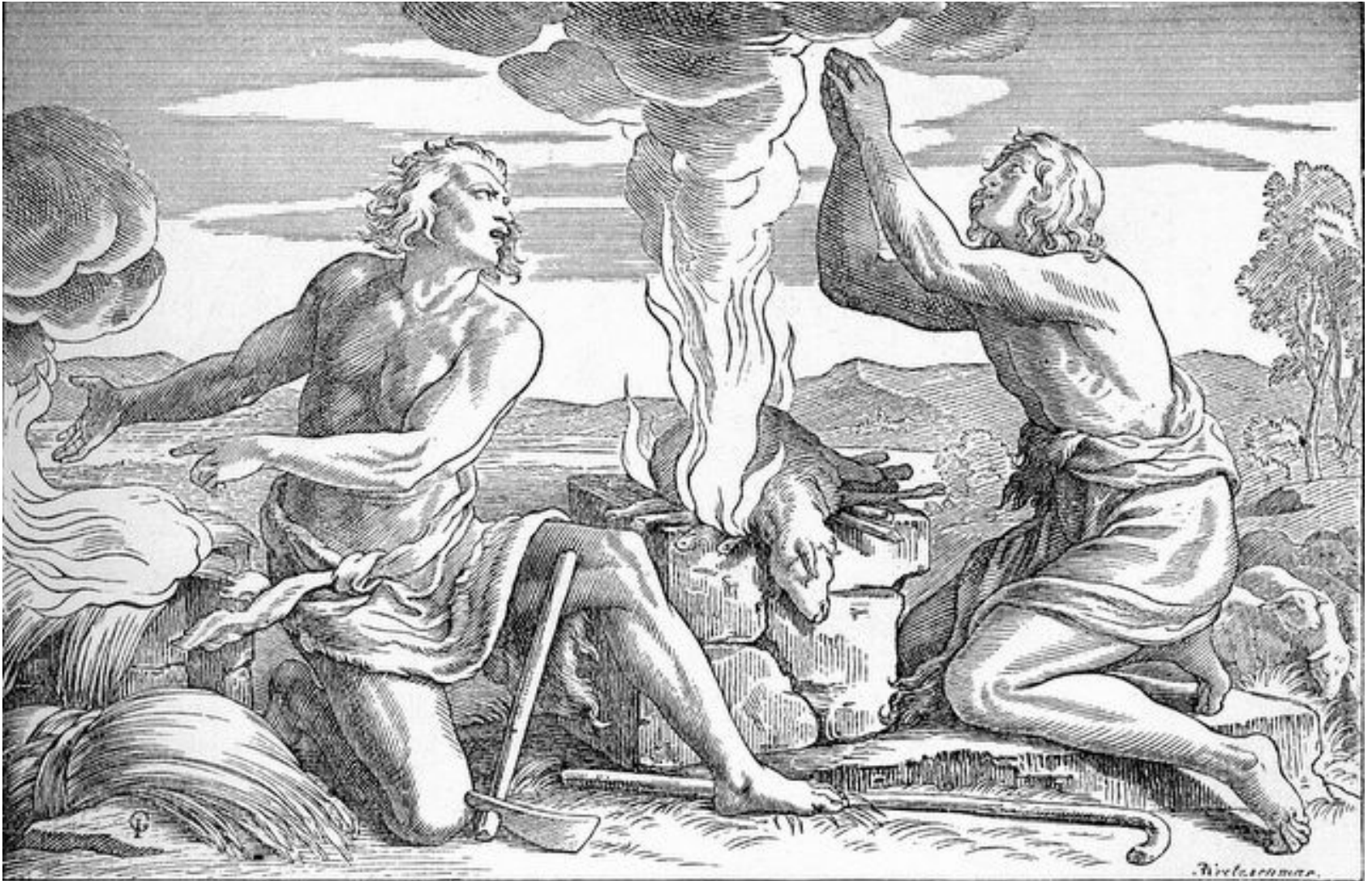
Jealousy





An emotion felt toward people and relationships fearing that something you have will be taken away by another.
“he is going to steal my wife...my husband”

What about Cain



Cain's rejection

According to the scholar Rabbi Berke and the *Midrash Aggadah*: “*Cain was rejected though he loved God.*”

- Cain's rejection was unanticipated and unjustified in his own eyes, leading him to believe that God's system of reward and punishment was unjust.
- Disappointed by the rejection, Cain's world comes crashing down.
- The disappointment is transformed into hatred of the one that stole the affection that is now lost.

Cain is jealous (not envious)

- Most common thought is that Cain is *envious* of Abel's relationship with God.
- In reality, Cain is *jealous* (fear of losing something to another).
- Cain lost God's affection (in his mind) to Abel.
- Why is he jealous of losing God?



Jealousy—*The Monster*

- **Jealousy**—that combination of possessiveness, suspicion, rage, and humiliation— it can overtake your mind and your behavior and threaten your very core as a person.

The green-eyed monster, as Shakespeare called it, *camps in your head...all the time.*

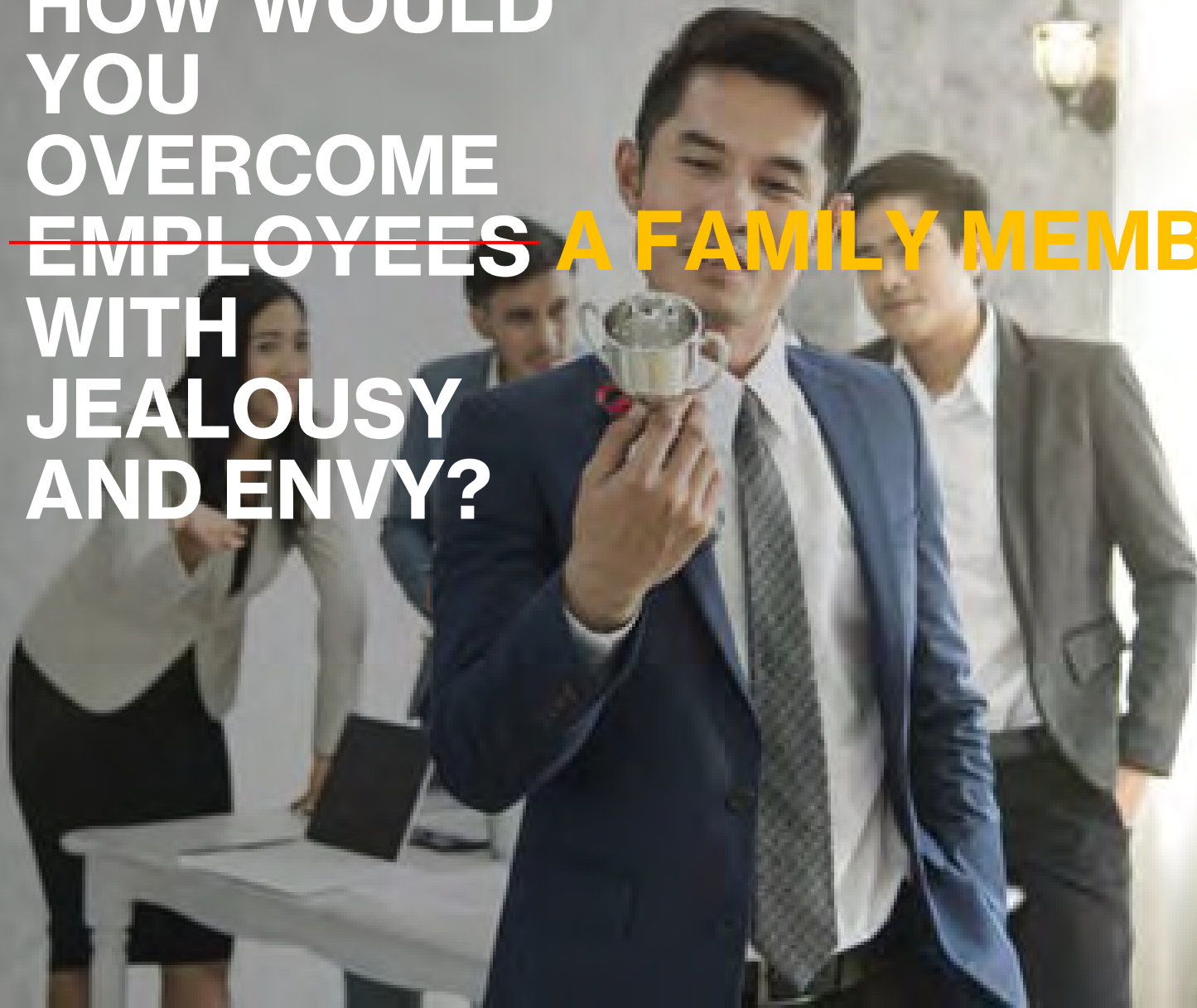


**HOW WOULD
YOU
OVERCOME
EMPLOYEES
WITH
JEALOUSY
AND ENVY?**



HOW WOULD
YOU
OVERCOME
~~EMPLOYEES~~
WITH
JEALOUSY
AND ENVY?

A FAMILY MEMBER



Envy

Envy is ego-centric. It is obsessed with what others have that you **do not** have.

Jealousy

Jealousy, it focuses on others....and fears that someone **will take** what you have.

By the way....

For every
Cain,
there's an
Abel

For every
Abel,
there's a
Cain





...but
Why?

- For every Cain, there's an Abel
- For every Abel, there's a Cain



Did Abel see what Cain was doing?

Theological and narrative reasons

- **Free will:** A central theme is that God gave humanity free will, and Cain chose to give in to his anger instead of ruling over his sin. Stopping Cain would negate the importance of free will and the choice to follow God or succumb to sin.
- **Progression of sin:** The story illustrates the progression of sin from disobedience and jealousy to violence and murder.
- **Human nature:** The event shows that humans are inherently sinful and that the consequences of sin are real. If God had intervened, it would have hidden the truth that humans are capable of evil and need redemption.
- **God's plan:** Some interpretations suggest God had a larger plan, and stopping Cain would have prevented the birth of his descendants and the eventual line that led to Christ. God's choice not to intervene allowed for the natural progression of the story and the introduction of Seth as Adam and Eve's third son.


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The
End

