



Cain Kills Abel

Genesis 4:1-16

Preschoolers strongly identify with their families, and they already love their families very much—since a preschooler’s family is the center of his or her world. They may, however, fight for the affection of their parents or struggle to share during these ages. Helping preschoolers understand concrete ways to love their siblings and parents can help them distinguish between feelings and actions in relation to love. Use this lesson to help your children understand that God created families and that God wants us to love our families with our actions.



► Bible Point


God wants us to love our families.

Key Verse

“Love the Lord your God with all your heart and with all your soul and with all your strength” (Deuteronomy 6:5).

Weaving Faith Into Life

Children will show love to their families.

LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<p>1</p> <p>Getting Started</p> <p><i>about 5 min.</i></p>	<p>Welcome and Celebrate</p> <p>Welcome each other, and praise God through music.</p>	<p>CD player</p> <p>Teacher Pack: CD</p>	
<p>2</p> <p>Key Verse Activity</p> <p><i>about 10 min.</i></p>	<p>Heart Chart</p> <p>Fill a heart with color and clear tape.</p>	<p>Bible, red crayons, clear tape, 1 copy per child of the “Heart” page (at the end of this lesson)</p>	
<p>3</p> <p>Bible Exploration</p> <p><i>about 15 min.</i></p>	<p>Puppy Pointers</p> <p>Hear how Theo doesn’t want to share with his brother.</p>	<p>CD player, Theo puppet, small toy, string</p> <p>Teacher Pack: CD</p>	<p>Tie the small toy to Theo’s paw.</p>
	<p>Bible Time: The First Family</p> <p>Dramatize what happened between Cain and Abel.</p>	<p>Bible, bag of carrots, stuffed animal</p> <p>Teacher Pack: “Bad Fruit” page</p> 	

Bold text within the lesson is spoken text.



LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<p style="text-align: center;">4</p> <p style="text-align: center;">Weaving Faith Into Life</p> <p style="text-align: center;"><i>about 20 min.</i> (Choose 2 centers.)</p>	<p>Center 1: Heart Full of Love</p> <p>Draw family pictures on hearts to wear as necklaces.</p>	My Bible Hugs, scissors, crayons, hole punch, one 12-inch piece of yarn per child	Remove the Lesson 4 pages from each My Bible Hugs student book. Cut out each heart, and write children's names on them.
	<p>Center 2: Fresh Fruit and Cheese Kebabs</p> <p>Make kebabs using fruit and cheese.</p>	1 short wooden skewer per child, fruit, cheese, knife (for teacher's use only), napkins, antibacterial gel (optional)	Cut the fruit and cheese into child-safe pieces.
	<p>Center 3: Sibling Seekers</p> <p>Children will do a scavenger hunt for various items.</p>	various small toys and items from your room	Choose toys and items that are easy to reach and numerous enough that each pair of children can bring you one during the activity.
	<p>Center 4: "Veggie" Offering</p> <p>Play Hot Potato and tell "good" offerings they can give.</p>	brown paper bag	Crumple the brown paper bag so it's round or oblong.
<p style="text-align: center;">5</p> <p style="text-align: center;">Lasting Impressions</p> <p style="text-align: center;"><i>about 10 min.</i></p>	<p>Daily Challenges</p> <p>Choose a Daily Challenge to apply God's Word.</p>	My Bible Hugs	
	<p>Action Prayer</p> <p>Say a prayer with hand motions.</p>		
	<p>Weaving Faith at Home</p> <p>Talk about how to share what they learned with their families.</p>		

Bold text within the lesson is spoken text.



Welcome and Celebrate Supplies


CD player

Teacher Pack

CD: "God Wants Us to Come" (track 11), "Rejoice in the Lord Always" (Philippians 4:4) (track 7)

1 GETTING STARTED


Welcome and Celebrate

 **Tip** Consistently use the same signal to announce a transition to the next activity. You could flip the lights off and on, use a train whistle, have a puppet rustling inside a bag, or sing cleanup songs. Keep it simple, consistent, and fun.

What You'll Do

As the children arrive, greet each one with a smile. When it's time to begin, use your signal to gather the children together sitting in a circle on the floor.

Lead children in singing "God Wants Us to Come" (track 11 on the CD) to the tune of "Mary Had a Little Lamb." Encourage children to follow the motions in parentheses.


 **God wants us to come to church,** (*point up; then make steeple with hands*)
Come to church, come to church. (*make "come over" motion twice*)
God wants us to come to church (*point up; then make steeple with hands*)
To learn about him. (*point to head; then up*)

Jesus is here with us, (*hug self*)
Here with us, here with us. (*hug self*)
Jesus is here with us (*hug self*)
Because he loves us so. (*point to heart*)

(Repeat from the beginning.)

Say: **Jesus loves us very much. Let's sing a song to celebrate and show a lot of happiness about that. We call that rejoicing.**

Have children stand, and lead them in singing "Rejoice in the Lord Always" (Philippians 4:4) (track 7 on the CD). Encourage children to follow the motions in parentheses.

 **Rejoice! Rejoice!** (*jump in air*)
And again I say rejoice! (*wave hands*)
Rejoice! Rejoice! (*jump in air*)
And again I say rejoice! (*wave hands*)

Rejoice in the Lord always. (*point up*)
And again I say rejoice! (*wave hands*)
Rejoice in the Lord always. (*point up*)
And again I say rejoice! (*wave hands*)



(Repeat from the beginning 2x.)

Rejoice! Rejoice! *(jump in air)*
And again I say rejoice! *(wave hands)*
Rejoice! Rejoice! *(jump in air)*
And again I say rejoice! *(wave hands)*
And again I say rejoice! *(wave hands)*
And again I say rejoice! *(wave hands)*

Say: **We rejoice because God loves us so much! That’s a way we can show God love. ► GOD WANTS US TO LOVE OUR FAMILIES, too. Today we’ll hear how important that is to God.**

2

**KEY VERSE
ACTIVITY**

Heart Chart

What You’ll Do

Have children form a circle and sit down. Open your Bible to Deuteronomy 6:5, and show children the words. Tell kids the Bible is God’s special book.

Say: **Our Key Verse from the Bible, Deuteronomy 6:5, says, “Love the Lord your God with all your heart and with all your soul and with all your strength.” This means to love God with all of you. Let’s say our Key Verse together.** Lead children in saying the adapted Key Verse with you: **Love God with your whole heart (Deuteronomy 6:5).**

Hand each child a copy of the “Heart” page. Also, give each child a crayon and a large piece of clear tape.

Say: **There are a lot of ways we can show God love.**

Have each child say one way he or she can show love to God. For each child who shares, have the kids each color in a part of the paper heart. (They won’t fill in the entire heart.)

Say: **Sometimes we don’t show God a loving heart. Sometimes we do things that must make God sad.** Ask kids to tell some things that might not show love to God.

Say: **Let’s put our pieces of tape on white parts of our hearts to show that sometimes we don’t show love to God. This is like a wall between God and us.** Encourage each child to place his or her piece of tape on a white part of the paper heart.

Say: **Like our Key Verse says, God tells us to love him, not with some of our heart, but with our whole heart. Let’s color all of the heart red now.** Have children color over all of the heart. As kids color, make a big fuss when you notice that their crayons don’t color well over the tape.



Heart Chart Supplies

- Bible
- red crayons
- clear tape
- 1 copy per child of the “Heart” page (at the end of this lesson)





Talk With Kids

Lead children in this discussion.

Ask:

- What do you or don't you like about your heart?
- Why do you want your whole heart to be filled with love?

Say: **It's hard to love God with our whole hearts if we don't do the things God wants us to do. Just as the tape keeps the color out of our paper heart, doing wrong things keeps our whole heart from loving God. God loves everyone, so he wants us to love everyone, too. To love God with our whole heart means doing the things he asks us to do— ► GOD WANTS US TO LOVE OUR FAMILIES, be nice to our friends, and tell the truth. Let's say our Key Verse together one more time.** Lead children in saying the Key Verse with you: **Love God with your whole heart (Deuteronomy 6:5).**

3 BIBLE EXPLORATION

Puppy Pointers

What You'll Do

Say: **Listen, everyone, Theo's coming! He has something to show us. Let's find out what it is.** Play "Here, Theo" (track 4 on the CD), and bring out Theophilus the FaithRetriever.

Theo: Hi, everybody!

Teacher: Hello, Theo! It's so good to see you at church with us today. What do you have there?

Theo: This is my favorite toy.

Teacher: Why did you bring your favorite toy?

Theo: Because my brother is always trying to steal it from me, so I have to keep it with me.

Teacher: That's too bad, Theo. You know that God gives us our families, and he wants us to get along. Friends, let's say our Bible Point for Theo.

*(Lead children in saying the Bible Point for Theo: ► **GOD WANTS US TO LOVE OUR FAMILIES.**)*

Teacher: God gives us our families so we won't be lonely and so we can always have friends. Theo, how can you show love to your brother?

Theo: I could share my toy with him.

Teacher: I think that sounds like a wonderful idea!

Theo: I'm going to go home right now and see if my brother wants to play with it.

Teacher: That sounds great, Theo! Friends, let's say goodbye to Theo.

Encourage the children to wave or say goodbye to Theo. Then put Theo away in a safe place for next week's use.

Puppy Pointers Supplies

CD player
Theo puppet
small toy
string

Teacher Pack

CD: "Here, Theo" (track 4)

Puppy Pointers Easy Prep

Tie the small toy to
Theo's paw.



Talk With Kids

Lead children in this discussion.

Ask:

- Tell about a time you didn't want to share a toy, like Theo didn't want to share.
- Tell about a toy you know a friend or family member would love for you to share.
- Why do you think sharing shows love?

Say: **We'll hear in the Bible today about two brothers who had important jobs to do in their family, but one chose not to love his brother. Let's learn how ► GOD WANTS US TO LOVE OUR FAMILIES.**

Bible Time: The First Family

What You'll Do

Open your Bible to Genesis 4, and show children the words. Tell children that the Bible is God's special book.

Say: **Adam and Eve were the first people God made, and they had lots of children. Today we'll learn about two of their children: Cain and Abel.**

Put kids in pairs, and have one in each pair pretend to be Cain and the other pretend to be Abel. Have all pairs form a circle. Place the Bible in the center of the circle.

Say: **Cain was the older son.** Have each child pretending to be Cain stand tall.

Say: **Abel was the younger son.** Have each child pretending to be Abel kneel so he or she looks shorter, or "younger."

Say: **When Cain grew up, he worked with the soil and grew wonderful fruits and vegetables.** Have the Cains pass around the bag of carrots.

Say: **Abel raised animals for their meat and for their skins.** Have the Abels pass around the stuffed animal.

Say: **At church, we thank God for taking care of us by giving money to his church as an offering. Back then, people thanked God by giving him things they made or grew or raised.**

Abel loved God and gave him the very best juicy steaks and meaty ribs. Have one of the Abels lay the stuffed animal next to the Bible as an offering.

Say: **Cain, on the other hand, wanted to keep the best vegetables for himself. But Cain thought he should give God something, so he gave God what was left over.** Show the "Bad Fruit" page, and then place it next to the Bible as an offering for God.



Bible Time: The First Family Supplies

-
- Bible
 - bag of carrots
 - stuffed animal
 - Teacher Pack**
 - "Bad Fruit" page

 **ALLERGY ALERT**





Say: **God was very pleased with Abel's gift because Abel gave the best of what he had.** Have the Abels show a happy face.

Say: **God was not at all happy with Cain's gift because it wasn't Cain's best. But he gave Cain a second chance. Cain didn't want a second chance. Instead of learning from his mistake and trying to please God, Cain was jealous and got angry.** Have the Cains show an angry face.

Say: **God still loved Cain. God told him that if he continued to do what was wrong, it would be harder and harder to do right! But Cain didn't want another chance to do what was right! He wanted to stay angry.** Have the Cains show their very angriest faces and stomp their feet.

Say: **It wasn't Abel's fault that God didn't like Cain's offering. But Cain was still angry, so he hurt Abel very badly.** Have the Abels lie down while the Cains continue to stand and be angry.

Say: **God asked Cain, "Where is your brother Abel?" Cain didn't tell God what he had done, but God knew. So God told Cain that he could no longer be a farmer. Take the bag of carrots away from the Cain holding it. God said Cain would have to wander around the earth, going from here to there to everywhere. How sad!**

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- What do you think was wrong about what Cain did?
- Tell about a time you made a wrong choice because you were mad at a family member.
- How can you love that person?

Say: **The more we love God, the easier it is for us to love each other and our families.** Have kids stand up, link arms in a circle, and say, ► **"GOD WANTS US TO LOVE OUR FAMILIES."** Jesus told us to love God and to love people more than anything else in the world. If we ask Jesus to help us love our families, he will.

Put the carrots in a refrigerator to give away to someone or to eat later.

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4 WEAVING FAITH INTO LIFE

Choose at least two of the learning centers to help reinforce today's Bible lesson. Gather the needed materials, and put the supplies in an out-of-sight area until you're ready for them. Allow the children to choose which center they'd like to explore first. Then circulate among the children as they create and explore. Encourage them to make connections between their activities and the Bible by asking them the questions included with each center's description.



CENTER 1:

Heart Full of Love

What You'll Do

Give each child a heart from the Lesson 4 My Bible Hugs pages.

Say: **God created families so people would not have to be alone. ► GOD WANTS US TO LOVE OUR FAMILIES.**

Have children draw pictures of their families inside the hearts. As they work, have them tell about each of their family members. Walk around and hole punch the circles at the tops of the hearts. Thread yarn through the holes in each heart, and then loosely tie the heart around the child's neck.

Talk With Kids

Lead children in this discussion.

Ask:

- What do you love about your family?
- What are some ways you can show love to the people in your picture?

Say: **Those are all wonderful ways to show love to your families! God loves us, and ► GOD WANTS US TO LOVE OUR FAMILIES.**

CENTER 2:

Fresh Fruit and Cheese Kebabs



Tip Instead of a wooden skewer, you can give each child several toothpicks to use to spear the fruit and cheese pieces.

What You'll Do

Have children clean their hands and then sit down for the snack. Say: **Today we heard about Cain and Abel.**

Say: **Abel gave an offering to God of the best things from his animals.** Set out the cheese.

Say: **Cain gave an offering to God of the food he grew on his land.** Set out the fruit pieces.

Say: **In the area where Cain and Abel grew up, they made kebabs with fruit and other food. Let's make kebabs like that today using the types of offerings that Cain**



Center 1: Heart Full of Love Supplies

- My Bible Hugs
- scissors
- crayons
- hole punch
- one 12-inch piece of yarn per child

Center 1: Heart Full of Love Easy Prep

Remove the Lesson 4 pages from each My Bible Hugs student book. Cut out each heart, and write children's names on them.

Center 2: Fresh Fruit and Cheese Kebabs Supplies

- 1 short wooden skewer per child
- fruit
- cheese
- knife (for teacher's use only)
- napkins
- antibacterial gel (optional)

! ALLERGY ALERT

Center 2: Fresh Fruit and Cheese Kebabs Easy Prep

Cut the fruit and cheese into child-safe pieces.



Say: **Good job! Thank you for bringing me something blue. Now can you bring me something little?** Tell kids to search the room for little things. When they're finished, have them pile the little things with the blue items.

Say: **Next bring me something soft.** Continue playing for several minutes, and then have kids gather in a circle around their "offerings."

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- How did you decide what to bring me?
- Explain whether or not you found the best things you could find.
- What can you do to give your best to your family?

Say: **Abel gave God his best offering, but Cain didn't. Instead of bringing God something better, Cain got mad at Abel and hurt him very badly. ► GOD WANTS US TO LOVE OUR FAMILIES**—he wants us to give our best to our families. That's a way we show God love.

■ CENTER 4:

"Veggie" Offering

What You'll Do ■■■■■■

Say: ► **GOD WANTS US TO LOVE OUR FAMILIES.** Think of someone in your family who you want to love. Allow time.

Say: **Cain didn't give his best offering to God. He gave God his leftover veggies he'd grown. And they weren't even good veggies.** Show the brown paper bag and have kids pretend it's a veggie that went bad. **You can give your best offering to God by loving the people in your family. You can share and say nice things to them.**

Have kids sit in a circle. Say: **No one wants a bad veggie.** Show kids how to play Hot Potato by passing the "bad veggie" around the circle. Sing "Jesus Loves Me" with kids and when the song ends, the child holding the potato can "give a good offering" by telling a way to love one of his or her family members. Continue for several rounds, as time allows.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- What were you thinking during this game?
- Why might God want us to get rid of the bad ways we treat our family?
- Why do you think showing love to your family is a good offering?



Center 4: "Veggie" Offering Supplies

.....
brown paper bag

Center 4: "Veggie" Offering Easy Prep

.....
Crumple the brown paper bag so it's round or oblong.





Daily Challenges Supplies

My Bible Hugs

Say: ► **GOD WANTS US TO LOVE OUR FAMILIES.** Remember your “veggie” offering as you love all the people in your family this week.

5 LASTING IMPRESSIONS

Daily Challenges

What You'll Do ■■■■■■

After the children have cleaned up their centers, bring everyone back to a circle area on the floor. Review the lesson activities and the Bible Point, and then encourage the children to share what they remember about what they learned from the Bible today.

Also use this time to challenge kids in their faith. Encourage them to choose a Daily Challenge for applying today's lesson to their lives this week. Use this challenge for encouraging your children's growing relationships with Jesus.

Talk With Kids ■■■■■■

Say: Today we learned that ► **GOD WANTS US TO LOVE OUR FAMILIES.** I would like each of you this week to choose a way to show love to your family.

Give kids these three challenges to choose from:

- **Share a toy with someone in your family.**
- **Help each person in your family with a chore.**
- **When you go to breakfast in the morning, give everyone in your family a big hug!**

Have kids each whisper in your ear or tell you which idea they've chosen, and then circle it on each child's My Bible Hugs page. Make sure you tell kids the challenge you choose. Your commitment will inspire children and will give them an opportunity to see God at work in your life as well as in theirs!

Action Prayer

What You'll Do ■■■■■■

Use this “Give My Best” rhyme as your closing prayer. Remind children that God wants us to be kind to others and love our families. Have the children stand as they act out the motions and say the prayer after you. End the prayer by saying together, **“In Jesus' name, amen.”**

Say: Let's say a rhyming prayer and ask God to help us give our very best to him by being kind to other people and loving our families.



Pray: **Lord, help me give my best to you** (*bow head and make prayer hands for first two lines*)

In everything I say and do.

I want to give my family love (*place hands on your heart*)

As you give me love from above. (*reach hands toward God and pull love down to chest*)

A kind action, a loving touch, (*hold hands with the children on both sides*)

I know to you they mean so much. (*continue holding hands and raise them into the air*)

Lord, help me give my best to you (*bow head and make prayer hands for last two lines*)

In everything I say and do.

In Jesus' name, amen.



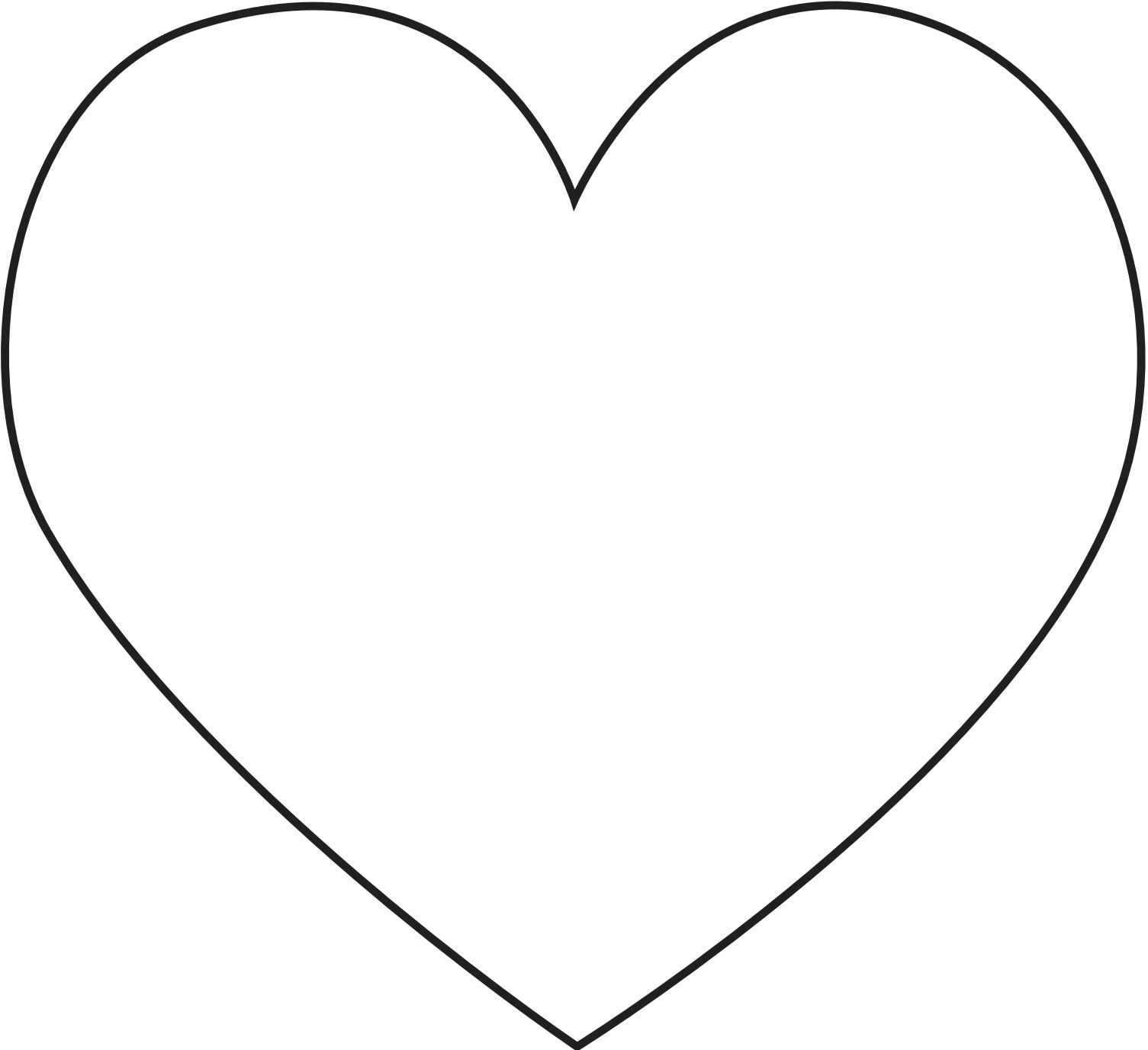
Weaving Faith at Home

Have children take home their My Bible Hugs pages whether they worked on them or not. Have the children tell their parents the challenge they committed to in the “Daily Challenges” activity. Encourage the parents to help their kids fulfill this commitment during the week. By working together and focusing on the same goals, you and parents can help children weave faith into their lives!

Talk to your Director about emailing the FREE FamilyConnect to all your church’s families. Available at group.com/digital.



Heart



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