



Cain Kills Abel

Genesis 4:1-16


There were terrible consequences when Cain was jealous of Abel. It's not unusual for 5- and 6-year-olds to feel anger and jealousy toward their family members at times. They may stomp their feet, clench their fists, hit, yell, cry, or stick out their tongues. Tell children that no matter what's going on at the time, God wants us to love our families. Use this lesson to help kids understand they can show love to their families.



► 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
1 Getting Started <i>about 10 min.</i>	Welcoming Song Sing or listen to songs to welcome everyone to church.	CD player Teacher Pack: CD	
2 Key Verse Activity <i>about 10 min.</i>	At the Center Play together with a heart puzzle.	Bible, 1 red construction paper heart per 2 children, scissors	Fold each heart in half and cut along the fold line.
3 Bible Exploration <i>about 15 min.</i>	Theo's News Find out what a family picture has to do with the Bible.	Surprise Box (any box will do), Theo puppet, CD player, picture of a family Teacher Pack: CD	Put the picture in the Surprise Box, and hide the box where it's easily accessible.
	Bible Time: Cain Kills Abel Learn what happened when Cain was jealous of his brother.	Bible, paper towels, tape, 2 bowls, uncooked rice, cotton balls Teacher Pack: “Cain and Abel” poster 	

Bold text within the lesson is spoken text.





LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<p style="text-align: center;">4 Weaving Faith Into Life <i>about 20 min.</i> (Choose 2 centers.)</p>	<p>Center 1: I Love You Draw pictures of their family members, and say why they love them.</p>	My Bible Playground, colored pencils	Remove the Lesson 4 pages from each My Bible Playground student book.
	<p>Center 2: Food From God Enjoy a snack that Cain and Abel may have eaten.</p>	deli meat, crackers, knife (for teacher's use only) small bowls, antibacterial gel (optional)	Cut the deli meat into small pieces and keep it cold until you serve it.
	<p>Center 3: Set and Clear Play a relay game to help each other set a table.</p>	table; plastic grocery bag filled with a sheet of construction paper, napkin, paper plate, plastic fork, plastic spoon, plastic cup	
	<p>Center 4: Loving Families Make clothespin families.</p>	1 card stock heart and at least 5 clothespins and 5 round stickers per child, fine-tip markers	
<p style="text-align: center;">5 Lasting Impressions <i>about 10 min.</i></p>	<p>Daily Challenges Choose a Daily Challenge to apply God's Word.</p>	My Bible Playground	
	<p>Love Your Family Ask God for help in loving each family member.</p>		
	<p>Weaving Faith at Home Talk about how to share what they learned with their families.</p>		

Bold text within the lesson is spoken text.





Welcoming Song Supplies

CD player

Teacher Pack

CD: "It's Good to Have You..." (track 14), "All God Made" (entire song) (track 11)

1 GETTING STARTED

Welcoming Song

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 child and welcome him or her with a smile. When it's time to begin, use your signal to bring the children together in a circle. Lead the kids in doing the actions and singing "It's Good to Have You..." (track 14 on the CD) to the tune of "Oh Where, Oh Where Has My Little Dog Gone?"

 **It's good to have you in church today.** (*nod your head and point to everyone in the room*)

Let's sing, (*cup hands around mouth*) **let's learn,** (*point to your head*) **and let's pray.** (*make praying hands*)

We'll make new friends, and we'll have so much fun. (*shake someone's hand*)

We're glad you've joined us today! (*hold hands in a circle and swing hands back and forth*)

(Repeat 2x.)

Say: I'm so glad you came to church today! We'll learn that ► **GOD WANTS US TO LOVE OUR FAMILIES.** God made everything, including you, me, and our families. Let's sing a song about all God's made.

Lead kids in doing the actions and singing "All God Made" (track 11 on the CD) to the tune of "The Farmer in the Dell."

 **First God made the earth,** (*clap hands*)

The heavens, and the sea! (*raise hands up; then make wave motions with both hands low*)

His gifts of love sent from above; (*cross arms over chest*)

God made the earth for me. (*clap hands*)

And God made people, too;

Their names were Adam and Eve. (*hold out one hand, palm up; then the other*)

God's plan began with just one man, (*hold up one finger*)

And then our God made me. (*point to self*)

God made my family (*put arms on neighbors' shoulders*)

To take good care of me. (*pat neighbors on the back*)



His plan is good; I know I should (*nod head*)
Be as loving as can be. (*give a hug*)

(Repeat from the beginning.)

Say: ► **GOD WANTS US TO LOVE OUR FAMILIES.** God made each one of us and loves all of us. When we show love to our families, we also show love to God.



2 KEY VERSE
ACTIVITY

At the Center

What You'll Do ■■■■■■

Have children sit in a circle. 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" (Deuteronomy 6:5). That means to love God with all of you. Let's say our Key Verse together.** Lead the children in repeating the simplified Key Verse after you: **Love God with your whole heart (Deuteronomy 6:5).**

Let's put a puzzle together and learn what it means to do something with our whole heart. Give each child a heart puzzle piece and ask kids to guess what it might be. Then have children form pairs and put the pieces together.

Ask:

- **What do you love most about God?**

Say: **God loves us with his whole heart, not just part of it. We can love him the very best we can, too—with our whole heart! When we obey, help, hug, and speak kindly to our families, we're loving God.** ► **GOD WANTS US TO LOVE OUR FAMILIES.** Tell your partner about your family.

Pause for kids to share.

Say: **I'll tell you about a child and you'll work with your partner to figure out if the child is showing love with a whole heart. If the answer is "yes," hold your puzzle pieces close together. If the child isn't showing love with a whole heart, move your puzzle pieces apart.** Read the following scenarios, pausing after each to let pairs respond.

- **A girl pinches her brother or sister.**
- **A boy helps his little sister brush her teeth.**

At the Center Supplies

- Bible
- 1 red construction paper heart per 2 children
- scissors

At the Center Easy Prep

Fold each heart in half and cut along the fold line.





- A girl cleans up the table after dinner with her family.
- A boy disobeys his mom or dad.
- A child prays and thanks God for family.

Ask:

- What can you do to show love to your family?
- What does your family do to show love to you?

Say: ► **GOD WANTS US TO LOVE OUR FAMILIES.** When you love them, you show that you love God with your whole heart.

3 BIBLE EXPLORATION

Theo's News

Theo's News Supplies

Surprise Box (any box will do)
Theo puppet
CD player
picture of a family
Teacher Pack
CD: "Here, Theo"
(track 5)

Theo's News Easy Prep

Put the picture in the Surprise Box, and hide the box where it's easily accessible.

What You'll Do ■■■■■■

Say: **Friends, it's time for Theo's News!**

Have the children sit in a circle. Then begin "Here, Theo" (track 5 on the CD). When the CD segment ends, bring out the Surprise Box, and put Theophilus the FaithRetriever puppet on your hand. Then follow along with the script.

Theo: Hi, everybody!

Teacher: Hello, Theo! Tell us what interesting news you've dug up about the Bible today.

Theo: I hid it in the Surprise Box.

Teacher: Let's look inside to see what Theo dug up for us today.

(Invite a child to open the Surprise Box, and have the kids pass the picture around the circle so everyone can see it up close. Give kids time to guess what they'll learn from the Bible today.)

Teacher: Friends, what are some things you love to do with your family?

(Pause for kids to answer your question.)

Teacher: Theo, why did you hide this picture of a family in the Surprise Box?

Theo: Well, I love to see pictures of families—they're special!

Teacher: You're right, Theo—families are special. ► **GOD WANTS US TO LOVE OUR FAMILIES.**

Theo: I love my family!

Teacher: Friends, let's read the Bible to find out about the first family God created!

Theo: Have fun, boys and girls!

Teacher: Friends, 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.



Bible Time: Cain Kills Abel

What You'll Do

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

Say: **Today we'll hear from the Bible that ► GOD WANTS US TO LOVE OUR FAMILIES. Let's find out about some of the problems the very first family had in learning to love each other.** Tape the poster of Cain and Abel to a nearby wall.

Say: **These two people are Cain and Abel—Adam and Eve's sons. Cain worked the land to grow fruits, vegetables, and grain for his family.** Point to the picture of Cain standing by a field of grain. **Abel took care of the animals so his family would have meat.** Point to the picture of Abel standing by the animals.

Ask:

- **What jobs or chores do you help your family with?**

Say: **► GOD WANTS US TO LOVE OUR FAMILIES. One way we do that is by helping out with chores such as cooking or cleaning or setting the table.** Place an empty bowl by Cain's side of the poster. **Cain was good at what he did. Cain's land produced a lot of food, and Cain had many blessings.** Give each child a small portion of rice on a paper towel. **Cain decided to give some back to God as an offering. But Cain didn't give his best to God.** Have the kids take a few grains of rice—keeping most for themselves—and put the few grains in the bowl. Place the second bowl by Abel's side of the poster.

Say: **Abel was good at what he did, too. Abel took care of lots of sheep and goats and had many blessings.** Give each child a handful of cotton balls. **Abel wanted to give God a gift to show how thankful he was. So Abel looked at all his animals and chose the very best to give back to the Lord.** Have the kids each choose the fluffiest cotton ball and put it in the bowl by Abel's side of the poster. **God was very pleased with Abel's offering. Abel had given the best to God.** Hold up the bowl of cotton balls. **When Cain saw that God liked Abel's offering better than his, Cain became so angry and jealous that he thought of ways to hurt his brother.**

Tell about a time that you felt jealous of someone. Then encourage children to tell about a time they felt jealous and what they did.

Say: **Cain didn't do what was right. He didn't treat Abel in a loving way. In fact, Cain did an awful thing and killed his brother.** Take down the poster, collect the remaining rice, and put the bowls behind you. **God told Cain that he must leave his family and that he would no longer be able to farm the land. But because God cared for Cain, even though Cain had done a terrible thing, God allowed Cain to go to another land and start a family.**



Bible Time: Cain Kills Abel Supplies

- Bible
- paper towels
- tape
- 2 bowls
- uncooked rice
- cotton balls
- Teacher Pack**
- "Cain and Abel" poster





Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- What do you think about what Cain did?
- What do you think about how God treated Cain?
- What can you do to make a better choice than Cain did when you feel jealous?

Say: **When we get angry or jealous, we can talk with each other and use kind words and actions. ► GOD WANTS US TO LOVE OUR FAMILIES.** When we love God, it's easier for us to love each other and our families.

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:

I Love You

What You'll Do ■■■■

Help kids write their names on their My Bible Playground pages. Have kids each draw a picture of their family inside the picture frame. Then let the children form pairs and take turns telling a partner what they love about each of their family members.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- What do you love about your family?
- What are your favorite things to do to show your family you love them?

Say: **► GOD WANTS US TO LOVE OUR FAMILIES,** and we can love our families by being kind and caring. When we get mad at a family member, we can talk to an adult and come up with loving ways to treat that person.

Center 1: I Love You Supplies

My Bible Playground
colored pencils

Center 1: I Love You Easy Prep

Remove the Lesson 4
pages from each My
Bible Playground student
book.



CENTER 2:

Food From God

What You'll Do

Have children clean their hands. Then have kids form pairs, and demonstrate for them how to make a mini sandwich with the food. Give one child in each pair the crackers and the other some meat. Have them work together to make their snack.

Say: **Cain grew grains and plants to feed his family, maybe much like the grains used to make these crackers.** Allow kids to examine the crackers. **Abel raised animals, maybe like the animals farmers raise today to provide meat.** Allow kids to examine the deli meat.

People today still raise plants and animals for food. When we share meals or snacks together, we can be thankful for God's blessings and remember that
▶ **GOD WANTS US TO LOVE OUR FAMILIES.** Let's tell God how thankful we are for our snack and our families.

Pray: **God, thank you for giving us families to love. And thank you for our snack. In Jesus' name, amen.**

Talk With Kids

As children eat their snacks, lead them in this discussion.

Ask:

- What mealtime jobs can you help with at home?
- What can you do during mealtimes to show your family you love them?

Say: ▶ **GOD WANTS US TO LOVE OUR FAMILIES,** and one great way you can do that is to help with mealtime jobs and share meals with your family.

CENTER 3:

Set and Clear

What You'll Do

Gather kids around a table. Show children how to set the plate in the middle of the construction paper (used as a place mat), with a napkin and fork on one side and the spoon on the other side, and a cup above the plate. Then place all the items back in the bag. Have kids line up on the other side of the room.

Say: **You're going to pretend to be a family and work together to set and clear the table. The first person will carry the bag to the table, lay out one item, and then bring the bag back to the next person in line. That person will go to the table and put out another item. Continue until the table is set. Ready? Go!** Have the kids see



Center 2: Food From God Supplies

- deli meat
- knife (for teacher's use only)
- crackers
- small bowls
- antibacterial gel (optional)

ALLERGY ALERT

Center 2: Food From God Easy Prep

Cut the deli meat into small pieces and keep it cold until you serve it.

Center 3: Set and Clear Supplies

- table
- plastic grocery bag filled with:
 - sheet of construction paper
 - napkin
 - paper plate
 - plastic fork
 - plastic spoon
 - plastic cup





how long it takes them to play the game. **Now we'll play again. This time encourage each other to see if you can get the table set faster.**

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- Tell about a time you helped with a chore at home. Why did you help?
- What are other jobs or chores you can do to help at home?

Say: **We're each an important part of our families. ► GOD WANTS US TO LOVE OUR FAMILIES, and when we help out at home, we show love to our family members.**

■ **CENTER 4:**

Loving Families

What You'll Do ■■■■■■

Say: **You're going to make clothespin dolls to represent the people in your families.** Show children how to use a fine-tip marker to draw a face on a sticker and then put the sticker on a clothespin. Let the children each make a clothespin doll for every family member.

Give each child a card stock heart. Say: **Now you can decorate your heart with a picture of your favorite place to go with your family.** Teach children this rhyme as they clip the clothespin dolls around the edges of their hearts:

**God made a family especially for me—
Kind and loving as can be!**

Center 4: Loving Families Supplies

- 1 card stock heart and at least 5 clothespins and 5 round stickers per child
fine-tip markers





Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- Tell about what you drew on your heart.
- What do you like most about what your family does at that special place?

Say: ► **GOD WANTS US TO LOVE OUR FAMILIES.** When we spend time with our families having fun, laughing, and playing, we're showing love to our families. When you go home, show each family member the clothespin doll you made of him or her. Then tell everyone what you love most about the special place you drew on your heart.



5 LASTING
IMPRESSIONS

Daily Challenges

What You'll Do ■■■■■■

After the children have cleaned up the centers, bring everyone back to the circle area on the floor. Review the lesson activities and the Bible Point, and then encourage 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'd like each of you to choose a way to show love to your family this week.

Read these three ideas for children to choose from:

- Help your brother or sister pick up toys.
- Ask your mom or dad to help you make a family member's favorite snack.
- Draw a picture for someone in your family, and then leave the picture on the person's pillow as a wonderful bedtime surprise.

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 Playground page. Make sure you choose a challenge as well and tell kids which challenge you chose. Your commitment will inspire children and will give them an opportunity to see God at work in your life as well as theirs!

**Daily Challenges
Supplies**

My Bible Playground





Love Your Family

What You'll Do ■■■■■■

Have children sit in a circle.

Say: **One at a time, we'll thank God for the people in our families. Then we'll thank God for giving us families to love.** Allow each child to thank God for his or her family members.

Pray: **God, thank you for our families. Help us love our families as you want us to love them. In Jesus' name, amen.**

Weaving Faith at Home

Have children take home their My Bible Playground 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.

