



Cain Kills Abel

Genesis 4:1-16

While family remains important to preteens, their actions don't always reflect that importance. Preteens want to be part of the family. They just have trouble reconciling desire for family with the desire to be independent. Preteens can also struggle with conflict resolution as those skills are still developing. Use this lesson to guide kids' understanding of how God wants us to treat our families through any conflict and at any point in life.



► **Bible Point**
God wants us to love our families.



LESSON	WHAT KIDS DO	SUPPLIES	EASY PREP
1 Getting Started	Shoe Scurry <i>(about 10 min.)</i> Learn about jealousy by trying to collect as much tape as they can.	masking tape	
2 Bible Exploration	Oh Brother! <i>(about 20 min.)</i> Study Cain's treatment of his family, and consider how they treat their own families.	Bibles, Bible Buzz, CD player, pens Teacher Pack: CD	Tear out the Lesson 4 pages from each Bible Buzz student book.

Key Verse
"Be devoted to one another in brotherly love. Honor one another above yourselves" (Romans 12:10).

Weaving Faith Into Life
Kids will love their family members even during tough circumstances.

Bold text within the lesson is spoken text.



LESSON	WHAT KIDS DO	SUPPLIES	EASY PREP
3 Weaving Faith Into Life	Broken Relationships <i>(about 15 min.)</i> Discuss the destruction that jealousy can cause.	2 crafts sticks per child, several bottles of craft glue	
	My Family <i>(about 10 min.)</i> Make a commitment to love their families.	Bible Buzz, pens, tape Teacher Pack: “Jealous Jams” poster 	Tape the “Jealous Jams” poster to a wall where everyone will be able to see it.
4 Lasting Impressions	Daily Challenges <i>(about 5 min.)</i> Choose a Daily Challenge to apply God’s Word.	Bible Buzz	
	Weaving Faith at Home <i>(about 2 min.)</i> Talk about how to share what they learned with their families.	pens Teacher Pack: 1 copy per child of the “Family Honors” certificate 	

Bold text within the lesson is spoken text.



Cain Kills Abel

Genesis 4:1-16

BIBLE BACKGROUND
FOR LEADERS

Brothers Cain and Abel

Cain and Abel, the first two humans born on earth, chose different occupations. This early in human history, we see that God created people to be different—to have different interests and skills.

Cain Grows Jealous of Abel

Abel's sacrifice to God came from true gratitude for what God had done for him; Cain's apparently came from a feeling of obligation to maintain God's favor. Abel offered the best he had; Cain offered simply a sampling of his fruits. It's likely that God accepted or rejected their sacrifices based on the attitude of the giver's heart. God wants our best and wants our hearts to be right.

God to Cain: Be Careful What You Do

God knew Cain was at a dangerous junction. In Genesis 4:7, God's message to Cain was a loving warning—be careful what you do; sin can get the best of you. Unfortunately, Cain's jealousy got the best of him. The evil started by Adam and Eve continued. Cain proceeded with his planned deception and murdered his younger brother, Abel.

God Is Merciful to Cain

God didn't question Cain after the murder to gain information. God was offering him a chance to admit his sin and repent. As with Adam and Eve, Cain's sin in killing Abel was followed by a second sin: trying to hide the sin from God. God's second question to Cain was one of accusation, encouraging Cain to consider what he had done.

When God pronounced judgment upon Cain for his sin, Cain finally came to his senses and realized that separation from God would mean his own death. As with Adam and Eve, God was merciful, providing protection for Cain even though he didn't deserve it.

Jealousy and sin ripped apart the family of Adam and Eve. Yet this was the family through whom God worked to populate the earth. God must've known from the beginning what a sinful bunch these humans would be, yet he loved them just the same. And that's a very comforting message for us today.

The Jesus Connection

God has taught us about love through Jesus' life and through our own families. And he'll help us love family members the way Jesus loves us: mercifully and unconditionally. How has God taught you about love through your family? Take some time to write a prayer for each member of your immediate family, expressing how God has loved you through them and expressing your love for them. You can also pray for the families in your ministry. You can write your prayer here.





Shoe Scurry Supplies

masking tape

1 GETTING STARTED

Shoe Scurry

What You'll Do ■■■■■■

Welcome kids warmly as they arrive, and ask them how their week went.

Give each child five 2-inch pieces of masking tape, and have kids place the tape on the tops of their shoes.

When kids have tape stuck to their shoes, say: **In this game your goal is to get as much tape stuck to your shoes as you can. You have to move around with your hands and feet on the ground and pull tape off other kids' shoes and put it on your own shoes. At the same time, try to protect the tape on your shoes. We'll play for two minutes and see who ends up with the most tape. When I yell "Stinky feet!" the game is over. Ready? Go!**

After you call time, have kids count the tape strips on their shoes. Congratulate kids who were able to protect their shoes as well as those who were able to collect a lot of tape.

Talk With Kids ■■■■

Lead kids in this discussion.

Ask:

- **What were the most difficult parts of the game?**
- **What about this game is like having a conflict with someone in your family? What's different?**
- **When you have conflict, do you tend to attack the other person or try to protect yourself? Explain.**
- **What about our game made you feel jealous toward another player?**

Say: **Jealousy toward others, particularly family members, is a struggle for everyone. Conflicts will come up with those we love and care about. But we can make sure those conflicts don't destroy our relationships with family. ► GOD WANTS US TO LOVE OUR FAMILIES, and we can do that even through conflict. Let's take a look in the Bible and find out about the struggles Adam and Eve's family had with loving each other.**



2 BIBLE
EXPLORATION

Oh Brother!

What You'll Do

Say: **We can't always avoid conflicts in our families, but we can choose how we handle them to show love to our family members. We can disagree or even be upset with family members and still love them the way God wants us to. There's a great example in the Bible of what not to do. The very first family—Adam and Eve's—struggled to get along, too. Let's find out what happened.**

Distribute pens and this week's Bible Buzz page, and have kids form trios. Give each trio a Bible, and have them find the "Relationship Funnels" section on their Bible Buzz page.

Say: **In your groups, follow the directions on your Bible Buzz page to complete the activity.** Give kids 15 minutes to work, and play "Brotherly Love" (Romans 12:10) (track 7 on the CD) while they work.

Talk With Kids

After kids have finished their Bible Buzz activity, lead them in this discussion.

Ask:

- **What do you think of Cain's jealousy toward Abel?**
- **What are situations that can cause jealousy or anger in your family?**
- **What can cause that jealousy or anger to escalate into mean actions?**
- **What are strategies you talked about for handling family conflicts well?**

Say: **Cain killed Abel because he didn't know how to handle the feelings he had about his brother. His emotions took over, and in the heat of the moment he had difficulty doing what was right. Cain made a choice that cost his brother's life and his own quality of life.**

It's important that we decide in advance how we're going to treat our families when conflict arises. No matter the circumstances, ► **GOD WANTS US TO LOVE OUR FAMILIES.** Let's take a look at what jealousy can do to our relationships with family members.



Oh Brother! Supplies

Bibles
Bible Buzz
CD player
pens

Teacher Pack
CD: "Brotherly Love"
(Romans 12:10)
(track 7)

Oh Brother! Easy Prep

Tear out the Lesson 4 pages from each Bible Buzz student book.





Broken Relationships Supplies

2 crafts sticks per child
several bottles of craft
glue

3

WEAVING FAITH INTO LIFE

Broken Relationships

What You'll Do ■■■■■■

Have kids form pairs. Give one craft stick to each child.

Say: **The craft stick in your hand represents a family member you've been jealous of.**

Now break your craft stick into several pieces while telling your partner about a time you were jealous of the family member represented by the craft stick. Allow two minutes, and then ask pairs to discuss the following questions.

Ask:

- **How did your jealousy hurt your relationship with this family member?**
- **In what ways was breaking the stick a symbol of what happened to your relationship?**

Say: **Okay, now that you've destroyed your sticks, let's take five minutes to see what kind of reconstructors you are. Use the glue to put your craft sticks back together. While you're repairing your sticks, tell how well you were able (or unable) to repair the relationships your sticks represent.** Allow time.

Talk With Kids ■■■■

When kids have finished, lead them in this discussion.

Ask:

- **How is your repaired stick like or unlike a repaired family relationship?**
- **What are things you've done to fix a family relationship after you've had a conflict?**
- **What lasting effects have family conflicts caused?**

Give each child a new craft stick, and have them compare the two.

Ask:

- **What are the differences between your repaired stick and the new one?**
- **What do you think you could do to make the repaired stick look exactly like the one that hasn't been broken?**

Say: **Because of Cain's actions, he couldn't have a chance to repair his relationship with Abel. We can repair the damage jealousy and other conflicts cause in our relationships just as we repaired the craft sticks—but the damage leaves scars. The scars can be repaired with forgiveness. ► GOD WANTS US TO LOVE OUR FAMILIES, and forgiveness is an important part of doing that. Forgiveness requires devotion to loving our families, no matter what. Let's see what our Key Verse says about devotion.**



My Family

What You'll Do

Have kids find the Key Verse, Romans 12:10, on their Bible Buzz page. Invite a willing child to read it aloud: "Be devoted to one another in brotherly love. Honor one another above yourselves."

Say: **This verse tells us to honor one another above ourselves. What would that look like in your family?** Allow time for discussion.

Show kids the "Jealous Jams" poster.

Pick one cartoon that relates to a situation you've experienced with your family. Allow time. **Think about your personal family situations, and then take two minutes to quietly pray about how you can apply the Key Verse to that situation. Ask God for help in loving your family.**

Talk With Kids

After kids have prayed, lead them in this discussion.

Ask:

- What do you think praying can do to help us handle conflict better?
- What did you experience while you were praying?
- What ideas did you have to apply the Key Verse to your family conflict?

Say: ► **GOD WANTS US TO LOVE OUR FAMILIES**—and even put them before ourselves. When that gets difficult, you can always pray to ask God for help. Things probably would've been very different for Cain if he'd asked God for help in loving his brother. Let's decide on ways we can love our families this week.

4

LASTING IMPRESSIONS

Daily Challenges

What You'll Do

Say: **Let's look at some options for obeying God and remembering this week that ► GOD WANTS US TO LOVE OUR FAMILIES.**

Have kids find this week's Daily Challenges on their Bible Buzz page and choose one to do this week. They can choose one or more of these three options:



My Family Supplies

Bible Buzz

pens

tape

Teacher Pack

"Jealous Jams" poster

My Family Easy Prep

Tape the "Jealous Jams" poster to a wall where everyone will be able to see it.

Daily Challenges Supplies

Bible Buzz





Weaving Faith at Home Supplies

pens

Teacher Pack

1 copy per child of
the “Family Honors”
certificate

- Spend time with a family member this week doing something he or she would like to do.
- When you see a family conflict starting, stop and ask God for help in resolving the conflict with love.
- Honor a family member above yourself: Take over the chores of someone else in your family this week.

Talk With Kids ■■■■

Ask:

- What’s a practical way you’re going to do your Daily Challenge? Share a time, a place, or other ideas. Allow time.

Say: **Enjoy your family, and remember that ► GOD WANTS US TO LOVE OUR FAMILIES** as we follow through on our Daily Challenges this week.

Weaving Faith at Home

Encourage kids to talk with their parents about the Daily Challenges they chose and what they learned about how God wants us to love our families, always. Kids can also do the activities in the “HomeConnect” section of their Bible Buzz pages with their families.

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

Give a photocopy of the “Family Honors” certificate to each child. Ask kids to read the certificates and, if they agree to the commitment, have them sign their names. Encourage kids to discuss their commitments with family members this week. Then pray: **God, help us to keep our commitments and honor our families this week. In Jesus’ name, amen.**