Use Week of:

Cain and Abel

BIBLE PASSAGE: Genesis 4:1-16,25-26
MAIN POINT: God punished Cain for his sin.
UNIT KEY PASSAGE: 1 Corinthians 8:6
BIG PICTURE QUESTION: What is sin? Sin is breaking God's law.

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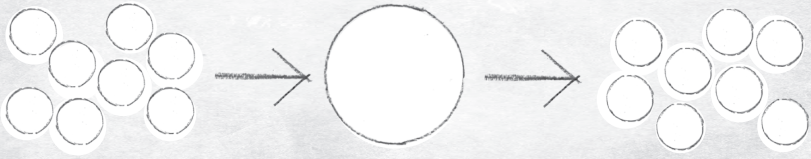

Leader BIBLE STUDY

Imagine Adam and Eve's joy as their family grew. With each birth, maybe Eve hoped that this son would be the one to end the curse of sin, to crush the head of the snake. (Gen. 3:15) But as her sons Cain and Abel grew up, she and Adam probably witnessed with grief how sin affected their own children. Cain was not the Promised One, and neither was Abel.

When they were grown, Cain and Abel each had jobs. Abel was a shepherd, caring for his flocks of animals. Cain worked the ground as a farmer. One day, they each presented an offering to the Lord. God accepted Abel's offering, but He did not accept Cain's.

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God warned Cain about sin, and told him what he needed to do to be accepted. Then Cain and Abel went out into the field, and Cain killed Abel. God knew what Cain did, and He punished him. God sent Cain away from the land to wander the earth. Cain's sin separated him from God and people.

Some time later, Eve gave birth to another son. She named this baby Seth. Seth was not the Promised One either, but Jesus would come from Seth's descendants. (See Luke 3:23-38.)

As you teach, help preschoolers develop an awareness of the deep effects of sin. Then point them to the future hope—the hope we now realize—in Jesus Christ. Generation after generation, God's people lived with an expectant hope. Could this son be the One? And for many generations, they faced the reality of sin. No one was good enough.

Every baby was born a sinner—like his parents and like Adam and Eve. Still, the people hoped. At just the right time, God would send His Son to save sinners. (Heb. 11:13; Gal. 4:4) God always keeps His promises.

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Cain and Abel

Genesis 4:1-16, 25-26

After Adam and Eve left the garden, they started a family. They had a son named Cain and another son named Abel. Because Adam and Eve sinned, their children were sinners too. Cain and Abel grew up. Abel became a shepherd, and Cain worked the ground. He grew plants **like a farmer.**

One day, **Cain made an offering to God. He gave God some of the plants he grew. Abel gave an offering too. He gave God one of the sheep in his flock. God was pleased with Abel's offering, but He was not pleased with Cain's offering.**

Cain was angry! "Why are you upset?" God asked. "If you do what is right, I will be pleased with your offering." **God told Cain to be careful. "Sin** is at the door, and it **wants to control you," God said. "But you must control it."**

Then **Cain invited Abel to go out into the field.** While they were in the field, **Cain killed his brother.** God asked Cain, "Where is your brother Abel?"

Cain said, "I don't know. Is it my job to look after him?"

But God knows everything. He knew what had happened. God said to Cain, "What have you done?"

Then **God punished Cain.** He told **Cain** that he would not have a home; he **would wander around the earth for the rest of his life.** He would have nowhere to rest. **If Cain tried to work the ground, nothing would grow** for him.

"This punishment is too much!" Cain said. "If I have to go away and wander around the earth, someone will find me and kill me!"

So God put a mark on Cain to protect him so that whoever found Cain would not kill him. Then Cain left the land and went to live in a land called Nod.

God gave Adam and Eve another son. Adam and Eve named him Seth, and their family grew. Seth grew up and had a son named Enosh (EE nahsh). Around this time, people began to pray to God.

Christ Connection: God had promised that someone from Eve's family would take away sin. Cain was not that person. He was sinful like Adam and Eve. So people waited for God to keep His promise. At just the right time, God would send His Son, Jesus, to rescue sinners.



WANT TO DISCOVER GOD'S WORD? GET *MORE!*

Invite preschoolers to check out this week's devotionals to discover that God kept His promise to Eve to give her a descendant who would destroy sin: Jesus. (Gal. 4:4) Order in bulk, subscribe quarterly, or purchase individually. For more information, check out *www.lifeway.com/devotionals.*

Small Group OPENING

SESSION TITLE: Cain and Abel
BIBLE PASSAGE: Genesis 4:1-16,25-26
MAIN POINT: God punished Cain for his sin.
UNIT KEY PASSAGE: 1 Corinthians 8:6
BIG PICTURE QUESTION: What is sin? Sin is breaking God's law.

Welcome

- "God Makes Everything" song
- offering basket
- Allergy Alert download
- favorite toys

Play the unit theme song in the background as you greet preschoolers and follow your church's security procedures. Set an offering basket near the door to collect at an appropriate time. Post an allergy alert, if necessary. Set out a few favorite toys, such as puzzles and blocks.

Activity page

- "Plants and Animals" activity page, 1 per kid
- pencils or crayons

Guide preschoolers to identify the items in the picture. Direct preschoolers to circle the animals.

SAY • This picture has animals in it and things that grow from the ground. In our Bible story today, we will hear about two men who gave two offerings. God was pleased with the one who gave animals, but He was not pleased with the one who gave plants.

Find fruits and vegetables



- plastic fruits and vegetables
- basket

Prior to class, hide plastic fruits and vegetables in plain sight around the room. Guide preschoolers to search for the fruits and vegetables and place them in the basket as they find them. If time allows, invite preschoolers to take turns hiding and finding the fruits and vegetables.

SAY • God made fruits and vegetables to grow from the

ground. Do you remember Adam and Eve? Adam was the first person God created, and Eve was his wife. In today's Bible story we will hear about Adam and Eve's sons. One of their sons was named Cain. Cain's job was to work the ground. Cain grew plants like a farmer.

Make handprint sheep

- black construction paper
- scissors
- cotton balls
- glue
- googly eyes

Guide preschoolers to make their own sheep. Trace each child's hand on black construction paper. Enlist adult helpers to cut out the hand shapes. The thumb forms the sheep's head, and the four fingers form the sheep's legs.

Assist preschoolers in gluing cotton balls to the palm portion of the hand shape to make the sheep's body. Add a googly eye to the thumb.

SAY • You made very good sheep! We will learn about two brothers in our Bible story today. One of the brothers was a farmer who grew plants and worked the ground. His name was Cain. The other brother was a shepherd who cared for animals like these sheep. His name was Abel.

Transition to Bible study

- countdown video (optional)

To gain the attention of all the preschoolers to move them to Bible study, show the countdown video, flip off the lights, or clap a simple rhythm for the children to copy. Invite the children to move to Bible study while bleating like a sheep.

Large Group LEADER

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Introduce the Bible story

Share about a time you were angry. Invite preschoolers to share about a time they felt angry. Explain that sometimes people are angry for a right reason, but sometimes they feel angry for a wrong reason.

SAY • In our Bible story today, Adam and Eve's son Cain was angry. Cain was angry for a wrong reason. He was jealous of his brother and mad at God.

Watch or tell the Bible story

- Bible
- "Cain and Abel" video
- Bible Story Picture Poster

Open your Bible to Genesis 4.

SAY • Is there any book more important than the Bible? No, the Bible is most important because it has God's words in it. The stories in the Bible really happened. Today's Bible story comes from the first book of the Bible, Genesis.

Show the Bible story video "Cain and Abel," or tell the Bible story in your own words using the script provided. Use the bolded version for younger preschoolers.

Talk about the Bible story

- Main Point Poster
- Giant Timeline or Big Story Circle

SAY • ***Sin is breaking God's law.*** Adam and Eve sinned when they broke God's rule and ate from the tree God said not to eat from. Sin spread to Adam and Eve's children. Their son Cain sinned. God warned

Cain to control his sin, but he did not. Cain killed his brother, and **God punished Cain for his sin.**

Point to the Bible story picture on the giant timeline or big story circle as you ask the following review questions:

1. Whose offering pleased God? (*Abel's*)
2. What did God warn Cain to do? (*control his sin*)
3. What did Cain do to his brother Abel? (*killed him*)
4. What did God do to protect Cain as he wandered around the earth? (*God put a mark on Cain so no one would kill him.*)
5. Who was Adam and Eve's other son? (*Seth*)

Big picture question

- Big Picture Question Poster

SAY • Our big picture question is, ***What is sin?*** [*Allow for responses.*] ***Sin is breaking God's law.*** Cain sinned in today's story. Cain killed his brother, and **God punished Cain for his sin.** Cain would no longer have a home where he could rest. Cain could not work the ground anymore either because nothing would grow for him. Sin is a very big deal. Sin deserves God's punishment.

Key passage

- Key Passage Poster
- "There Is Only One" song

Open your Bible to 1 Corinthians 8:6. Read the key passage aloud several times. Sing together the key passage song, "There Is Only One."

SAY • God promised someone from Eve's family would take away sin. That person was not Cain, Abel, or even Seth. Jesus is the one Lord who can take away sin.

Transition to small groups

Small Group ACTIVITIES

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Control bubbles

- colored dot stickers
- bubbles
- bubble wands

Place several dot stickers on a wall or floor. Blow bubbles and invite preschoolers to take turns using their breath to attempt to make a bubble land on a specific color sticker.

SAY • Bubbles are hard to control! These bubbles remind us of sin. God told Cain to be careful to control his sin. Cain did not control his sin, and he sinned again when he killed his brother. **God punished Cain for his sin.**

• Our sin deserves to be punished too. Controlling our sin is hard because we are sinners. We need someone to rescue us from our sin. That someone is Jesus! Jesus saves us from our sin and helps us control our sin.

Cain, you must wander

- button or other small item

Tip: If you are unfamiliar with the tune, check it out online.

Play a modified version of "Button, You Must Wander." Select one preschooler to sit in the middle while the rest of the group sits in a circle on the floor. Guide preschoolers to hold their hands together as if they are holding a button.

Give one child the button. Encourage preschoolers to pretend the button is Cain. Sing the song together while preschoolers pass "Cain."

"Cain, you must wander, wander, wander.
Cain, you must wander everywhere.
God has marked you, no one will hurt you.
Cain, you must wander everywhere."

When the song is finished, the preschooler in the middle gets three chances to guess who has Cain. To make the game more challenging, instruct the preschooler guessing to close his eyes while everyone is singing.

SAY • Sin is a very big deal. Sin deserves God's punishment. **God punished Cain for his sin.** Cain had to wander around the earth for the rest of his life. He had nowhere to rest. Our sin deserves God's punishment too. God promised to send His Son, Jesus, to take the punishment for His people's sin.

Draw families

Invite preschoolers to draw their families. Encourage them to tell about their families as they draw. As boys and girls work, draw a picture of Adam, Eve, Cain, and Abel.



- paper
- crayons or markers

SAY • Because Adam and Eve sinned, their children were sinners too. Sin caused one of their sons to be killed [*Draw an* X *on Abel.*] and their other son to have to leave their family. [*Draw an* X *on Cain*]. Adam and Eve were probably very sad that sin had hurt their family so much, but God promised that someone from Eve's family would take away sin. God gave Adam and Eve another son, Seth. [*Draw Seth.*] Jesus would be part of Seth's family, and Jesus would take away sin forever.

Make coffee filter art

- coffee filters
- markers
- spray bottle with water
- labels with big picture question and answer
- plastic tablecloth
- hair dryer (optional)

Provide a coffee filter for each preschooler. Invite preschoolers to use markers to color their coffee filters. Assist preschoolers in using a spray bottle to gently spray their colored coffee filters with water. Point out how the colors spread. Set filters aside to dry or use a hair dryer to accelerate drying time. Place a label with the big picture question and answer on it onto the dry coffee filter art.

SAY • Did you see how the colors spread all over your coffee filter when you sprayed it with water? This reminds us of how sin spreads. After Adam and Eve sinned, their children were born as sinners. Sin spread through their family and got worse and worse. Adam and Eve's son Cain killed his brother. He broke God's law. God is holy and must punish sin. **God punished Cain for his sin**, but God promised to send His Son, Jesus, to take away sin forever.

Fruit basket turnover

- fruit stickers

Gather children in a circle with a chair for each child. Give each child a fruit sticker. Determine how many different fruit stickers to use based on the size and ability of your group. Explain to children that when you call out the fruit on their sticker, they must get up and find an empty chair. Children must wait until you call out their fruit before they move. If you call out "fruit basket turnover," everyone must get up and find a new chair. Play as time allows.

SAY • You had to wait until your fruit or fruit basket turnover was called out before you could move. In our Bible story today, Adam and Eve were waiting for someone in their family to take away sin. **God punished Cain for his sin**, but God would send His Son, Jesus, though Seth's family to rescue sinners.

Snack

- countdown video (optional)
- Allergy Alert download
- snack food
- paper cups and napkins

Play the countdown video to signal the end of activities. Guide preschoolers to clean their areas. Take a restroom break and wash hands. Gather preschoolers for snack time. Thank God for the snack.

Serve fruits and vegetables for snack. Remind preschoolers that Cain grew plants like those the fruits and vegetables came from.

Transition

- Journal Page printable, 1 per child
- Bible Story Coloring Page
- books and puzzles
- crayons
- *Big Picture Cards for Families: Babies, Toddlers, and Preschool*

When a child finishes her snack, guide her to throw away any trash. She may select a book or puzzle to examine, play quietly with play dough or a favorite toy, or color the Bible story coloring page.

Offer the journal page and invite preschoolers to draw a picture of Adam, Eve, and Seth. Remind boys and girls that Jesus, the One who would rescue sinners, would come from Seth's family. Pray for the preschoolers.

SAY • Thank You, God, that You are good, and You punish sin. Thank You for loving sinners like us so much that You sent Your Son, Jesus, to take the punishment for our sin. Help us to recognize when we sin and give us Your strength to control our sin. We love You. Amen!

If parents are picking up their children at this time, tell them something that their child enjoyed doing or did well during the session. Distribute the preschool big picture cards for families.

Journal Page

God the Creator

Key Passage: 1 Corinthians 8:6

Big Picture Questions: Why did God create the world? God created the world for His glory.
What is sin? Sin is breaking God's law.

Session 1: God Created the World
Genesis 1:1-25
God created everything.

Session 2: God Created People
Genesis 1:26-2:25
God created people in His own image.

Session 3: Sin Entered the World
Genesis 3:1-24
Adam and Eve sinned.

Session 4: Cain and Abel
Genesis 4:1-16,25-26
God punished Cain for his sin.

Session 5: Noah and the Ark
Genesis 6:5–9:17
God is holy.

Session 6: The Tower of Babel
Genesis 11:1-9
God created people to give Him glory.



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There is but one God, the Father ... and there is but one Lord, Jesus Christ.

1 Corinthians 8:6



There is but one God, the Father ... and one Lord Jesus Christ.

1 Corinthians 8:6



There is one God, the Father ... and there is one Lord, Jesus Christ.

1 Corinthians 8:6



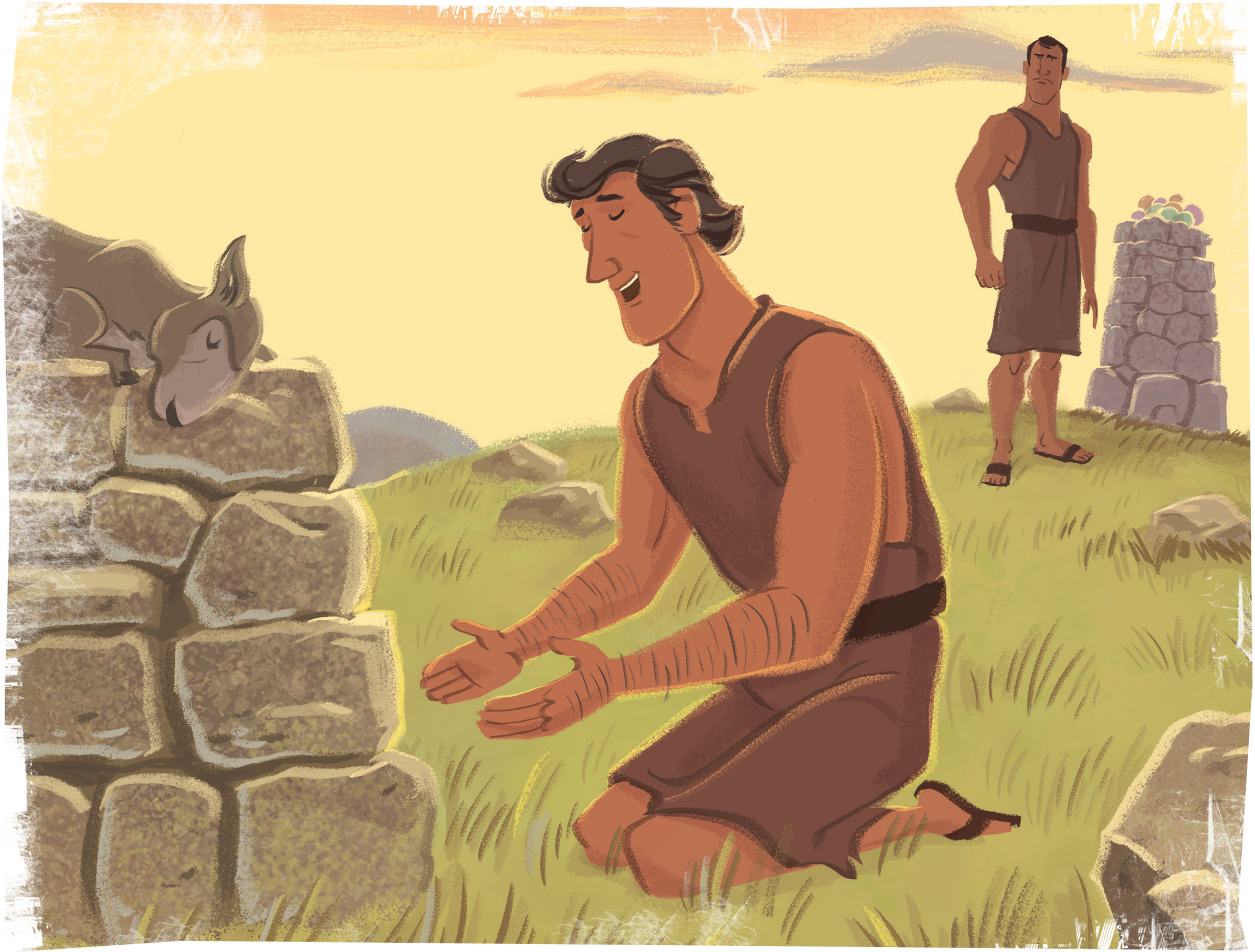
There is one God, the Father ... and one Lord, Jesus Christ.

1 Corinthians 8:6



God punished Cain for his sin.





Plants and Animals

INSTRUCTIONS: Circle the animals in the picture.



DOWNLOAD THE TGP FAMILY APP

KEY PASSAGE: 1 Corinthians 8:6

BIG PICTURE QUESTION:

- What is sin? Sin is breaking God's law.

BIBLE STORY:
CAIN AND ABEL

- God was pleased with Abel's offering but not Cain's offering.
- God warned Cain about his sin.
- Cain killed his brother Abel.
- God punished Cain for his sin.

FAMILY DISCUSSION STARTERS:

- Sin hurt Adam and Eve's family. Does sin hurt our family?
- God told Cain to be careful to control his sin. Name a time someone told you to be careful.
- Adam and Eve waited for God to send someone to take away sin. Is waiting easy or hard?

FAMILY ACTIVITY:

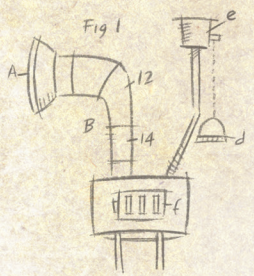
- As you travel to different activities throughout the week, talk about ways that God might use each activity as an offering to Him. Pray that your family would give God glory through the activities.
- Go further: Make care kits to meet needs in your community.



Why did God create the world?

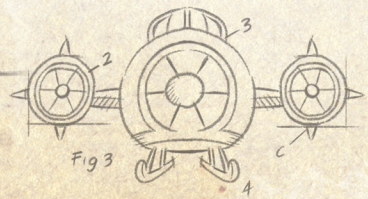


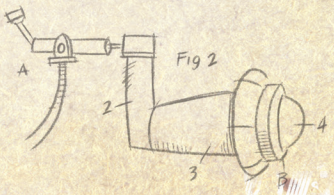
Why did God create the world?

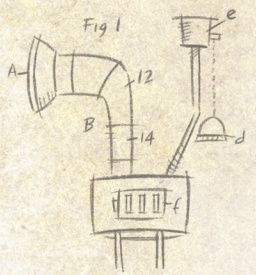




God created the world for His Glory.

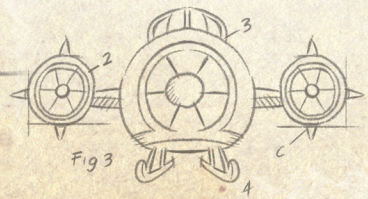


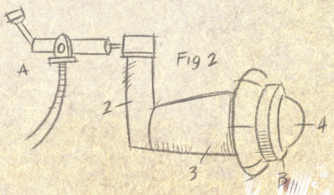




What is sin?







What is sin?

Sin is breaking God's law.

