

Lesson 22

Cain and Abel

God knows our hearts.

Studying God's Word

Lesson Time

Have the students assemble in a circle away from the tables—either on the floor or in their chairs.

Bring your stuffed animal, Bible, Flip Chart, and any items you prepared for this lesson.

Prayer

This prayer time is designed to help the students begin to understand some simple concepts about prayer and to encourage them to pray.

We start our Bible lesson with prayer. Turn to the Prayer Page in the Flip Chart. Briefly review the different types of prayer presented there.

Today let's say prayers of confession—and tell God we are sorry for our sins.

I'll start. Dear God, you are forgiving and merciful. I'm sorry for . . . (insert personal prayer here).

Pass a special stuffed animal—prayer bear—around the circle, giving all the students an opportunity to pray, or choose a volunteer to stand beside you and pray.

Very good! Now let's put our stuffed animal away, and we'll answer our Bible Truth questions.

I love you prayers—Adoration
I'm sorry prayers—Confession
Thank you prayers—Thanksgiving
Please prayers—Supplication

Bible Truths

These four questions will be repeated each week to help the students learn foundational truths.

Where do you learn how to love and obey God? In the Bible.
Where is God? God is everywhere.
Can you see God? No. I cannot see God, but he always sees me.
Does God know all things? Yes. Nothing can be hidden from God.

Bible Pass Around

Before Bible Pass Around, place a sticky note in your Bible to mark the first passage to be read.

We are going to start out today by looking into God's Word, the Bible. Hold up Bible. God's Word is true, and we can trust what it says. But where should we look? One of you will help me with that. We're going to play Bible Pass Around. Whoever ends up with the Bible must hold it very carefully until it is time to look in it. When it is time to read, you can bring it to me, and we'll open it to see what we are going to talk about today! Here's what we're going to do. I want everyone to count with me up to the number choose a number. (You may also choose to recite the books of the Bible, sing one of the lesson songs, or recite the memory verse as you do this activity.) We'll start right here. Hand the Bible to the first student. As we say each number (or word), you must carefully pass the Bible to the person beside you. Remember, we don't want to drop it or tear it. Then when we get to the last number (or word), whoever has the Bible will hold on to it until we are ready for it in our lesson. Are you ready? Let's begin. Begin the lesson when finished with Bible Pass Around.

K-1st Lesson continues next.

Pre-K Lesson

K-1st Lesson

Pre-K Lesson

Review

Don't forget! Review the Optional Supplements and determine where you can use them.

Refer to Lesson 21 Flip Chart. When Adam and Eve sinned by eating the fruit God told them not to eat, sin entered the world, and everything changed. How did God punish Eve for her sin? Pain in childbirth. Husband would rule over her, making it harder to love each other. And how did God punish Adam for his sin? Thorns and thistles grew and work would be harder.

Because of that first sin, everyone would sin, and all living things would die.

Is that the way God created it? No.

No. God created everything to be very good. It was sin that ruined God's perfect creation.

But God promises that he will make a new heaven and new earth that will be perfect at the Consummation.

Before we get started with our lesson, we're going to play a little game. Everyone stand up. When I say a word, I want you to show me how it makes you feel. So if I say happy, you would smile and look happy, and if I say sad, you would show me a sad face. Ready? Have students change the looks on their faces as you call out several emotions, such as happy, sad, angry, scared, surprised, worried, etc.

Very good! We can show how we feel by the look on our face, can't we? But let me ask you a question. Did you really feel angry or sad or scared when I said those words, or were you just pretending to look like it on the outside? Just pretending.

You were just pretending because that's what I told you to do. We can pretend on the outside when we're thinking something else on the inside. Today, we're going to see how someone in the Bible did that, too. But God knew that he was just pretending.

Offerings of Cain and Abel

Let's go back to Genesis right after God's perfect creation was ruined by sin. Adam and Eve left the garden and started their family. They had many children, but today we're going to talk about just two of their sons, Cain and Abel.

As you teach, refer often to the Lesson Flip Chart to keep the children engaged.

Refer to the Lesson Flip Chart. The Bible tells us that Abel took care of sheep. What do we call someone who takes care of sheep? A shepherd.

Right! Abel was a shepherd.

And what do we call someone who plants seeds in the ground and grows fruit and vegetables? A farmer.

Yes. Cain was a farmer.

One day Cain and Abel brought offerings to the Lord. They were giving gifts to God.

Show the children the fruit and vegetables or pictures you brought. Since Cain was a farmer, he brought some of the things that he grew in his garden to offer to God. That sounds good, doesn't it?

Refer to the Flip Chart. Now what do you think Abel, the shepherd, brought as an offering to the Lord? Allow guesses. Bring out pictures of sheep or the stuffed toy sheep. Abel brought a young sheep from his flock to give to God. That sounds good, too.

The Bible says God liked and accepted Abel's offering of the sheep. But, he did not like Cain's offering of fruit and vegetables.

How do you think that made Cain feel? Angry.

Cain got very angry at God and at his brother Abel. He was not happy at all.

Why would God like Abel's offering, but not Cain's? Allow discussion.

Refer to your props or pictures. You see, on the outside, Cain brought an offering that seemed really good, and so did Abel. But God knew what was really in their hearts.

Refer to the Flip Chart. God accepted Abel's offering because Abel loved God. And God knew Abel wanted to do his very best for him. But God did not accept Cain's offering because he knew Cain's heart was sinful, and his works were evil. God knew that Cain did not really want to do his best for him.

God knows our hearts, too. He knows exactly why we do what we do. We can't fool God—ever—even if we try to put on a happy face on the outside. God wants us to do our best for him all the time, and he knows when we aren't doing our best. God sees everything, and he knows everything about our hearts, just like he knew Abel's heart was good and Cain's heart was bad.

Cain Kills Abel

So what happened next? Remember that Cain was really angry at God and at his brother because God did not accept his offering. Let's find out what Cain did.

Genesis 4:8

Who has the Bible? Bring that up now, please. Make this a special time as the student brings the Bible and opens it to where the sticky note is. Show the students where the book is. Let them look at it. Carry it around your circle. Read the verse emphasizing "killed him!"

Reread the verses as necessary so the students can hear the answers straight from God's Word!

What did Cain do to his brother? He killed him!

Yes. It was a terrible thing for him to do! But that's what he did.

Once sin came into creation, it didn't take long for people to get really mean and angry and want their own way. Sin entered the world when Adam and Eve disobeyed God in the garden. Everyone after them also sinned—including their son, Cain. And Cain became very angry—so angry he killed his brother!

God Is Omniscient

Cain and Abel both made offerings to God. God accepted Abel's offering but did not accept Cain's because God knew their hearts. God knew that Abel loved the Lord and wanted to do his best for him. And God knew that Cain did not love him and did not want to do his best for the Lord.

God knows our hearts, too. We can't forget that. We may try to pretend on the outside, but God knows what we are thinking and what we are doing all the time. He is omniscient! That means God knows everything. He is all-knowing. Let's say that a few times together. Repeat the word "omniscient" a few times, followed by the definition "all-knowing."

The Bible says we are all sinners, and God knows sin is in our hearts. But God has made a way for sinners to be forgiven through Jesus Christ. When we turn

away from sin and turn to Jesus, he will make our hearts clean so we will want to do our best for God.

Continue with the Lesson Review Game below.

K-1st Lesson

Review

Don't forget! Review the Optional Supplements and determine where you can use them.

Refer to Lesson 21 Flip Chart. When Adam and Eve sinned by eating the fruit God told them not to eat, sin entered the world, and everything changed. How did God punish Eve for her sin? Pain in childbirth. Husband would rule over her, making it harder to love each other. And how did God punish Adam for his sin? Thorns and thistles grew and work would be harder.

Because of that first sin, everyone would sin, and all living things would die.

Is that the way God created it? No.

No. God created everything to be very good. It was sin that ruined God's perfect creation.

But God promises that he will make a new heaven and new earth that will be perfect with no sin in it—ever!

What do we call that time when God will do this? The Consummation.

Before we get started with our lesson, we're going to play a little game. Everyone stand up. When I say a word, I want you to show me how it makes you feel. So if I say happy, you would smile and look happy, and if I say sad, you would show me a sad face. Ready? Have students change the looks on their faces as you call out several emotions, such as happy, sad, angry, scared, surprised, worried, etc.

Very good! We can show how we feel by the look on our face, can't we? But let me ask you a question. Did you actually feel angry or sad or scared when I said those words, or were you just pretending to look like it on the outside? Just pretending.

You were just pretending because that's what I told you to do. We can pretend on the outside when we're thinking something else on the inside. Today, we're going to see how someone in the Bible did that, too. But God knew that he was just pretending.

Offerings of Cain and Abel

Let's go back to Genesis right after God's perfect creation was ruined by sin. Adam and Eve left the garden and started their family. They had many children,

but today we're going to talk about just two of their sons, Cain and Abel.

Who has the Bible? Bring that up now, please. Make this a special time as the student brings the Bible and opens it to where the sticky note is. Show the students where the book is. Let them look at it. Carry it around your circle.

Genesis 4:2

First, let's see what the two brothers did when they grew up. Listen carefully as I read—the Bible tells us what they did. Read Genesis 4:2 emphasizing "Abel was a keeper of sheep, but Cain was a worker of the ground."

As you teach, refer often to the Lesson Flip Chart to keep the children engaged.

Refer to the Lesson Flip Chart. What do we call someone who takes care of sheep? A shepherd.

Right! Abel was a shepherd.

And what do we call someone who plants seeds in the ground and grows fruit and vegetables? A farmer.

Yes. Cain was a farmer.

Genesis 4:3

One day Cain and Abel brought offerings to the Lord. They were giving gifts to God. Let me read what they brought! First I'll read about Cain. Read Genesis 4:3 emphasizing "an offering of the fruit of the ground."

Reread the verses as necessary so the students can hear the answers straight from God's Word!

What does this say Cain offered? Fruit.

Show the children the fruit and vegetables or pictures you brought. Cain was a farmer. So he brought some of the things that he grew in his garden to offer to God. That sounds good, doesn't it?

Genesis 4:4

Refer to the Flip Chart. Now what do you think Abel, the shepherd, brought as an offering to the Lord? Allow discussion.

Let's find out. I'll read what it says in the Bible. Read Genesis 4:4 emphasizing "the firstborn of his flock."

What did Abel bring? A sheep from his flock.

Bring out pictures of sheep or the stuffed toy sheep. Right! Abel brought a young sheep from his flock to give to God. That sounds good, too.

They both brought God offerings from their work—Cain had fruit and vegetables, and Abel had a sheep from his flock.

What do you think God thought of these offerings? Allow discussion.
Hmm. Where can we find out for sure what God thought? The Bible.

Right! Listen as I read Genesis 4:4 again. Reread Genesis 4:4 emphasizing “the Lord had regard for Abel and his offering.”

Did you hear that? This says the Lord had regard, or respect, for Abel and his offering. That means God liked and accepted Abel’s offering of the sheep.

Genesis 4:5

So what did God think of Cain’s offering? The Bible tells us that, too! Read Genesis 4:5 emphasizing “had no regard” and “Cain was very angry.”

Wow! God did not respect Cain’s offering of fruit and vegetables.

How did that make Cain feel? Angry.

Yes. Cain got very angry at God and at his brother Abel. He was not happy at all.

Why would God accept Abel’s offering, but not accept Cain’s? Allow discussion.

Refer to your props or pictures. You see, on the outside, Cain brought an offering that seemed really good, and so did Abel. But God knew what was really in their hearts.

Refer to the Flip Chart. God accepted Abel’s offering because Abel loved God. And God knew Abel wanted to do his very best for him. But God did not accept Cain’s offering because he knew Cain’s heart was sinful, and his works were evil. God knew that Cain did not really want to do his very best for him.

God knows our hearts, too. He knows exactly why we do what we do. We can’t fool God—ever, even if we try to put on a happy face on the outside. God wants us to do our best for him all the time. And God knows when we aren’t doing our best. He sees everything. He knows everything about our hearts, just like he knew Abel’s heart was good and Cain’s heart was bad.

Cain Kills Abel

So what happened next? Remember that Cain was really angry at God and at his brother because God did not accept his offering.

Genesis 4:8

Listen to what happened! Read Genesis 4:8 emphasizing “killed him!”

What did Cain do to his brother? He killed him!

Yes. It was a terrible thing for him to do! But that’s what he did.

What made people become so mean and evil? Sin.

Right! Once sin came into creation, it didn't take long for people to get really mean and angry and want their own way. Sin entered the world when Adam and Eve disobeyed God in the garden. Everyone after them also sinned—including their son, Cain. And Cain became very angry—so angry he killed his brother!

God Is Omniscient

Cain and Abel both made offerings to God. God accepted Abel's offering but did not accept Cain's because God knew their hearts. God knew that Abel loved the Lord and wanted to do his best for him. And God knew that Cain did not love him and did not want to do his best for the Lord.

God knows our hearts, too. We can't forget that. We may try to pretend on the outside, but God knows what we are thinking and what we are doing all the time. He is omniscient! That means God knows everything. He is all-knowing. Let's say that a few times together. Repeat the word "omniscient" a few times, followed by the definition "all-knowing."

The Bible says we are all sinners, and God knows sin is in our hearts. But God has made a way for sinners to be forgiven through Jesus Christ. When we turn away from sin and turn to Jesus, he will make our hearts clean so we will want to do our best for God.

Lesson Review

We all learn best with review and repetition! We encourage you to play a lesson review game.

Basket Toss

Students give the correct answer and toss the beanbags to see how many points they can collect for their team. Each basket has greater points.

Materials

- Review Questions
- Two beanbags
- Three laundry baskets or boxes
- Masking tape

Instructions

Print one copy of the Review Questions for your use. Use masking tape to make a tossing line. Bring in three laundry baskets or boxes. Set the baskets in a line, making each one a little farther away from the tossing line. Label the baskets with 5, 10, and 25 points so the farther away it is the higher the score.

Divide the class into two or more teams depending on size. Have the teams line up at the tossing line. Take turns asking the first students in line from each team a review question. When a student answers correctly, he will have a chance to toss a beanbag into a basket then go to the end of the line. If the beanbag misses, there are no points scored. If someone does not answer correctly, he may ask his teammates for help. Keep track of the scores for each team on the board. Continue until all the questions have been answered. Repeat questions if necessary.

Board Game

Teams will answer questions and make their way to the finish on the Game Board.

Materials

Review Questions
Game Board (provided in the Teacher Kit)
Dice, numbered cards, or spinner
Buttons or other small items as game pieces for each team

Instructions

Print one copy of the Review Questions for your use. Divide the class into teams.

Team members will take turns answering the review questions. If they answer correctly, they will roll the dice, spin, or draw a numbered card and move that number of spaces on the Game Board. Follow the directions on the spaces to move ahead, fall back, or switch places with another team. If someone does not know or does not answer correctly, he may ask his teammates for help. Alternate between teams as long as time permits, repeating questions if necessary. The first team to make it all the way to the Finish wins.

Bible Baseball

Students will answer questions and run the bases!

Materials

Review Questions
Three chairs set out for bases
Optional: gift wrap tube and a large balloon

Instructions

Print one copy of the Review Questions for your use. Set out chairs as bases. Have the students line up by the home base area facing you (at the pitcher's mound). Each student up to "bat" will have a chance to answer a review

question. If he can answer it correctly, let him run the bases. If he can't answer correctly, give the answer and ask him to go to the end of the line and try again.

You may want the students to sit on the chair at each base while they wait to run to the next base or have them run all the way around and return to the line. Repeat the questions until all the students have run around the bases.

For some added fun, you can use a gift wrap tube as a bat and toss a large balloon for students to hit after they answer each question.

Bowling

What do you do with extra water bottles and softballs? Go bowling, of course. Students will answer questions then bowl for points.

Materials

- Review Questions
- Six to ten empty water bottles
- Softball or other small playground ball
- Masking tape
- Optional: dried corn or beans

Instructions

Print one copy of the Review Questions for your use. If available, pour a small amount of dried corn or beans into the bottom of each water bottle (to add weight) and tighten the lid. Set out the bottles on one end of the room. Use masking tape to form a "lane" from the bottles to where the students will line up across the room.

Divide students into teams. Have students line up. Ask the first student a review question. If he answers correctly, let him roll the ball down the lane toward the bottles. Each bottle that is knocked down is worth 1 point. A strike (knocking down all the bottles) is worth 20 points. Take turns asking questions of each team. If a student gives an incorrect answer or does not know the answer, he can ask his teammates for help. Keep track of scores.

Goofy Golf

Hit the sock with the noodle? Teams must work together to answer the questions and putt to get a hole-in-one in this crazy golf game!

Materials

- Review Questions
- Swimming noodles or rolled up newspapers
- Rolled up socks
- Masking tape

Ten sheets of paper
Markers

Instructions

Print one copy of the Review Questions for your use. Use the markers to number sheets of paper 1–10 (use more or less depending on class size and time). Tape down the sheets of paper around the room in a random pattern to form a golf course. You may want to add chairs as obstacles in the path.

Divide the class into teams. Give each team a rolled up sock and a swimming noodle. Ask the first student a review question from the lesson. If he answers correctly, allow him to use the noodle to drive the rolled up sock toward the first sheet of paper labeled #1. Continue with the next team. Take turns allowing team members to answer questions and continue putting the socks along the course to each hole, continuing from where the last teammate left off. The sock must touch or roll over the sheet of paper to consider it in the hole. The first team to reach the tenth hole wins.

Toss for It

How many points? Toss for it! Students answer the questions and toss the beanbag to earn points for their team.

Materials

Review Questions
A deck of numbered cards, or numbers and “wild” written on index cards
One beanbag
Masking tape
Two baskets or containers for cards

Instructions

Print one copy of the Review Questions for your use. Place several rows of numbered cards facedown with a few inches between them to form a grid pattern (make sure to put several wild cards or Jokers down, too). Use the masking tape to make a tossing line several feet from the cards.

Divide students into teams and have them line up behind the tossing line. Ask the first student a review question. If he gives the correct answer, have him toss the beanbag onto a card. Turn the card over to reveal the points he receives for his team. Face cards or word cards are 10 points each. Wild or Jokers are also 10—plus another turn. All other cards are face value.

Have the student pick up his card and put it in the team’s basket to be counted at the end of the game. Next team’s turn. If a student gives an incorrect answer, he should go to the end of the line. Give the answer and repeat that question later. Continue taking turns until all the questions have been answered. Add more cards to the grid if necessary.

Limited License to Reproduce

A limited, non-exclusive, non-transferable, nonsublicensable license is hereby granted to a single local church or organization to print copies of the PDF materials in the Teacher Digital Resources if 1) you are the original purchaser; 2) you are using the copies for noncommercial purposes (such as for teaching in class) exclusively within your single local church or organization (multi-campus churches, and national/regional denominations are not covered under this license); and 3) you follow the instructions provided in the curriculum pertaining to the printable materials.

This license is for the specific purchaser of the product and does not include affiliated groups or organizations, or other churches or groups in the same denomination as the purchaser, not identified as the actual purchaser. There is no limit to the number of printed copies for use within the single local church or organization which is the actual purchaser. None of the material in this curriculum may be reproduced for any commercial promotion, advertising, or sale of a product or service, or to share with any other persons, churches, groups, or organizations.

The media (audio/video) portions are copyrighted and duplication is prohibited. This license is for materials in the Teacher Digital Resources only and does NOT include reproduction rights for pre-printed teacher books, student guides, student take home sheets, or posters, except on an emergency basis when purchased quantities are not sufficient for a given week.

Bible Version

Scripture quotations are from the ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.