



# Cain and Abel

**Lesson Aim:** To know God wants us to give our best, to be loving, and not jealous.

## THE WORSHIP

**Who God Is:** The God Who Provides

## THE WORD

**Bible Story:** Genesis 4:2b-7a

**What He Has Done:** God showed mercy and justice to Cain.

## THE WAY

**Whisper Verse:** "Love one another."

## BIBLE MEMORY VERSE

"I will always obey Your law forever and ever. I will walk about in freedom." Psalm 119:44-45a

Unit 6: The God Who Provides			
	Bible Story	What He Has Done	Lesson Aim
27	Adam and Eve Disobey, Genesis 3:1-13	God gave fair punishment to Adam, Eve and the serpent.	To know God wants us to obey Him.
28	Cain and Abel, Genesis 4:2b-7a	God showed mercy and justice to Cain.	To know God wants us to give our best, to be loving, and not jealous.
29	Noah Builds an Ark, Genesis 6:5, 7-9, 14, 19, 22; 7:16-18, 23-24; 8:1, 7-12; 9:13-15	God provided a way to save Noah and the animals.	To see how Noah trusted and obeyed God's directions for the ark.
30	The Tower of Babel, Genesis 11:1-9	God stopped the builders when they tried to be more powerful than Him.	To build in ways which show God's greatness instead of our own.
31	Abram Goes to a New Land, Genesis 12:1-8	God called Abram and promised to bless him.	To know we can trust and obey God's direction.

## TEACHER'S ENCOURAGEMENT

This week, read 1 John 4:7-21. Please join us in praying, "Thank You, Lord, for relationships with family, friends, and with You. Forgive and remove our jealousies. Help the children love You and others as well. Amen."



Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	<b>Treasure Chest</b>	Treasure chest, stamp or sticker of a heart
		<b>Whisper Verse</b>	Sign language for "Love one another."
THE WORSHIP	Up to 20	<b>Worship</b> Sheet music and recordings for Bible Memory Verse Songs are available at ResourceWell.org.	<b>Unit 6 Bible Memory Verse Song:</b> "I Will Always Obey Your Law" <b>Other Bible Memory Verse Song Suggestions:</b> "Blessed Are Those" "I Will Listen" "Let Everything That Has Breath" "Love One Another" "Praise Time: Love the Lord Your God" <b>Additional Song Suggestion:</b> "Who Built the Ark?"
		<b>Offering</b>	Baskets
		<b>Worship Illustration</b>	<i>The Adventures of Delbert and Lello</i> puppet script or storybook: God of Wonders Unit 6, Lesson 28
THE WORD	Up to 10	<b>Watch the Word:</b> Genesis 4:2b-7a	Teacher's Bible with bookmark at Genesis 4:7a Visual: Heart
THE WAY	Up to 25	<b>Craft:</b> "I Love You" Heart Puzzle	Pink sturdy paper, foam heart (2 inches or smaller), heart sticker, business size envelope, crayons or markers, optional: may substitute fabric, felt or paper heart for foam heart
		<b>Game:</b> Blessing Beanbag Toss	3 beanbags, floor tape, 3 pictures (children sharing a ball or toy, children cheering, children hugging)
		<b>Game:</b> Do Not Pout, God Loves You, Too!	None
		<b>Snack:</b> Thank You For Blessings	A heart-shaped snack they can share
		<b>Circle of Prayer</b>	None
	Final 5	<b>Final Five</b>	Ponder, Pray & Play: Unit 6, Lesson 28 Color This Story: "Cain and Abel"
GOT TIME?	Up to 10	<b>Say &amp; Do:</b> Genesis 4:2b-7a	None
	Up to 10	<b>Game:</b> Loving One Another	Varies
	Up to 10	<b>Game:</b> Freedom Walk	Unit 6 Bible Memory Verse Song "I Will Always Obey Your Law"
	Up to 10	<b>Game:</b> Bible Memory Verse Cheer	None
	Up to 10	<b>Story Time</b>	Any story about loving one another

**RESOURCES:** Supplemental materials are available at ResourceWell.org.



Love one another

## THE WELCOME

Welcome each child as they arrive. **Hello \_\_\_\_\_. I am glad you are here! Come open the Treasure Chest to find today's treasure.** Child unlocks the Treasure Chest to receive a stamp or sticker of a heart. **Let this stamp (or sticker) of a heart remind you to love one another. Today's Whisper Verse is "Love one another."** Teach the Whisper Verse in spoken language and in sign language below. **We call it the Whisper Verse so you can whisper it to others.\***

**SIGN LANGUAGE: "Love one another."**

(For visual demonstrations, see [www.signingsavvy.com](http://www.signingsavvy.com).)

**Each time we say today's Whisper Verse, let's say it with two hand motions:**

**"Love"** The hands hug something over the heart to indicate the concept of love.

**"one another."** Point as if to one person and then to the next.

Allow children to enjoy free play until everyone has arrived. **Let's sing the "Clean Up Song" as we put toys away before Praise Time.** Praise any child who helps. Allow several minutes for clean up.

**"Clean Up Song": Clean up! Clean up! Everybody, everywhere!  
Clean up! Clean up! Everybody do your share!**

Gather and seat children in Praise Time area.

**\*Today's Whisper Verse:** "Love one another," 1 Peter 1:22. The Whisper Verse is a tool to help the children learn a major point in the lesson. It is coupled with sign language or hand motions as a memory aid. The verse is not necessarily chosen from today's Bible story.



## The God who provides **THE WORSHIP**

**Teacher Tip:** To help children identify time set aside for worship, designate a special corner or area for singing, collecting offering, and watching the worship illustration. Play "Praise Time: Love the Lord Your God" as children move to that designated area.

**It's Praise Time—our time to sing praise to the God who provides for us. That means He gives us what we need. He gives us many blessings and teaches us how to give offerings to Him. Giving offerings to God brings us closer to Him.**



**In today's story, Cain and Abel were supposed to give their very best offering to God. Abel obeyed and gave the very best he had. God was very pleased with Abel. We want to be like Abel and give our very best offering to God. At Praise Time, there are many offerings we can give. One great offering is to obey God by loving one another. That reminds me of today's Whisper Verse, "Love one another." Let's try it together.** Review the Whisper Verse together: "Love one another." Include sign language. Sing: "Love One Another."

**Some of you brought money for an offering. We can also give an offering of praise by singing to God. Let's collect your money offering now while we sing our offering of praise.** Sing: "Let Everything That Has Breath" as the offering is collected.



**Let's see if our friends Delbert and Lello know about the brothers, Cain and Abel.** Perform *The Adventures of Delbert and Lello* puppet script or read storybook: God of Wonders Part 2 Unit 6, Lesson 28.



**God blesses us when we obey Him. Let's always be sure to listen to what God's Word says to us.** Sing: "I Will Listen."

**The Bible is another name for God's Word. God blesses those who hear His Word and obey it.** Sing: "Blessed Are Those" and "I Will Always Obey Your Law."



Cain and Abel

## THE WORD

Before we begin our Bible Time, let's say our Classroom Promise with the motions.

With my eyes on my teacher,  
My mouth quiet as can be,  
I will listen to hear,  
How God loves you and me.

Point to eyes.  
Place index finger over mouth as quiet sign.  
Cup hand around ear.  
Hug self, point to others, and then self.

Last time, we learned about Adam and Eve and how they disobeyed. Today, we will learn about Adam and Eve's sons, Cain and Abel. Let's open our Bible to the first book of the Bible, Genesis. Handle the Bible as a special treasure, leaving it open to Genesis 4:7a.

### **WATCH THE WORD: GENESIS 4:2b-7a**

Read the points below or retell the passage in your own words using the points below as a general guide. To illustrate the story, display a picture of a heart. Other visual options include the craft sample, Color This Story, or any related picture.

- Cain and Abel were brothers.
- Cain farmed the land all day.
- He gathered some crops as an offering,
- And gave them to the Lord one day.
  
- Abel also brought an offering to the Lord.
- He brought the very best lambs he had.
- The Lord was pleased with Abel but not with Cain.
- So Cain became very angry and his face was sad.
  
- The Lord asked Cain, "Why are you angry and sad?
- Do right. You will be accepted and you will be glad."
- Rejoice with your friends when they are blessed.
- Love one another and give God your best.



**Why was the Lord happy with Abel's offering?** (He brought the best he had.) **Why was the Lord not happy with Cain's offering?** (He did not bring the best he had.) **When Cain got angry because the Lord did not like his offering, what did the Lord say to Cain?** ("If you will do what is right, will you not be accepted?") **Let's find our answer in the Bible.** Read Genesis 4:7a from the teacher's Bible.

**Cain was angry because God blessed Abel. Cain did not show love to Abel. What does God want us to do to one another?** (Children respond.) **Let's say our Whisper Verse together: "Love one another." 1 Peter 1:22.** Include sign language or hand motions.



We can love others

## THE WAY

**Teacher Tip:** Craft and games can be presented at the same time in different areas or one at a time depending on class size and teaching style.

### **CRAFT: “I LOVE YOU” HEART PUZZLE**

**Purpose:** To express love to a sibling or friend.

**Supplies:** Pink sturdy paper, foam heart (2 inches or smaller), heart sticker, business size envelope, crayons or markers

**Prepare:** From pink sturdy paper, cut a large heart shape. On the front of the heart, print an “I” on the left side, draw the outline of a heart in the center, and print a “U” on the right side. On the center of the back of the heart, print “**From:**” Cut the heart into three vertical sections of equal width (puzzle pieces). On the front of the envelope, print: “**Love one another.**” **1 Peter 1:22**

**Optional:** Fabric, felt, or paper may be substituted for the foam heart

**God wants us to be happy for others when He blesses them. It is a great way to show them we love them. Another way to show our love is to write about it in a special message. Let’s write a special message that shows our love and give it to someone special today.**

#### **Directions:**

1. On the center section, write your name after the “**From:**”
2. Turn it over and place a small foam heart on the heart outline.
3. Children may color or decorate the heart and/or envelope.
4. Place all three heart puzzle pieces in the envelope.
5. Seal the envelope with a heart sticker.

#### **Craft Discussion:**

- **God wants us to give our best to Him. When we love others, we are giving Him our best. Who remembers our Whisper Verse?** (“Love one another.”) **Let’s say it together.**
- **Who will you give your “I Love You” Heart Puzzle to?** (Children respond.) **What else could you do to show that person love?** (Children respond.)

# THE WAY *continued...*

## **GAME: BLESSING BEANBAG TOSS**

**Purpose:** Children practice loving one another by rejoicing in the blessings and gifts of others.

**Supplies:** 3 beanbags, floor tape, 3 pictures (children sharing a ball or toy, children cheering, children hugging)

**Prepare:** Use floor tape to create a 3-foot tossing line. Draw or print pictures of: (1) children sharing a ball or toy, (2) children cheering, and (3) a child hugging a friend. Lay the 3 pictures on the floor at different distances from the tossing line.

**Optional:** If pictures are not available, blank sheets of paper with drawings of hearts or other symbols could be used.

**In this game, there are three pictures of ways to love one another: sharing a ball, cheering for each other, and hugging a friend. Let's remember to love one another while we play.**

### **Directions:**

1. Children take turns tossing the 3 beanbags at the pictures.
2. Each time a beanbag lands on one of the pictures, lead the children in saying and signing, **"Love one another!"**
3. Play until each child has a turn tossing the bean bags.

## **GAME: DO NOT POUT, GOD LOVES YOU, TOO!**

**Purpose:** Children learn to focus on helping and cheering for others when they succeed.

**Supplies:** None

**Abel did what was right and God was pleased. Cain was angry and sad when Abel was blessed by God. God told Cain if he did what was right, he could do well, too. Have you ever been angry or sad because you did not do well and someone else did? (Children respond.)**

### **Directions:**

1. Children sit in a circle.
2. Ask for a child to stand in the center of the circle and share a time when someone did well and they did not. Children may need help thinking of something to share.
3. Teacher says: **"How did you feel about that? Did you pout?"** (Child responds.)
4. Teacher leads the class in saying: **"When blessings come, but not for you, do not pout. God loves you, too!"**
5. Play until each child has a turn.

# THE WAY *continued...*

## **SNACK: THANK YOU FOR BLESSINGS**

**Purpose:** To give thanks for the blessings others receive.

**Snack Suggestion:** A heart-shaped snack they can share

### **Directions:**

1. Serve snack and drink.
2. **Let's sing the "Blessing Song."** Sing to the tune of "Frere Jacques" or other familiar tune.  
**God our Father, God our Father. Once again, once again.**  
**Thank You for our blessings. Thank You for our blessings. Amen. Amen.**
3. Lead discussion below while children enjoy their snack.
  - **Who remembers the Whisper Verse?** ("Love one another.") **Let's say it together.**
  - **Has God ever blessed you?** (Children respond.)
  - **When God blesses someone else, does that mean He is not being fair to you?** (Children respond.) Discuss how God is good all the time.
  - **We can love one another by being thankful for God's blessings when they come to others. Do you have a friend or family member who God has blessed with something good?** Share and celebrate the blessings of others.



## **CIRCLE OF PRAYER**

God made you and He cares for you. He loves to hear you pray with private words or with words you say out loud. Let's fold our hands and close our eyes. As I lift up your name to God in heaven, I will lay my hand on your shoulder. Let's pray together.

Dear God, thank You for making us and loving us. We lift up to You a special prayer for \_\_\_\_, \_\_\_\_, \_\_\_\_ (read every name). We pray for our families and friends. Thank You for teaching us how to love one another. Amen.



When only 5 minutes remain, begin this segment.

## **FINAL FIVE MINUTES**

**COMPLETED CRAFT:** Take home your "I Love You" heart craft. Give it to a brother, a sister, or a friend to show you love them.

**PONDER, PRAY & PLAY:** Distribute Ponder, Pray & Play cards if available. **Show this card to your family. Talk about ways you can love one another.**

**COLOR THIS STORY:** "Cain and Abel." Discuss the Bible Story and play the Unit 6 Bible Memory Verse Song, "I Will Always Obey Your Law," as children color.





If time remains, choose from the connected activities below.

## **GOT TIME?**

### **SAY & DO: GENESIS 4:2B-7A**

**Purpose:** This pantomime version of the Bible Story helps children remember the story details.

**Supplies:** None

**Directions:** With each phrase, the teacher says the phrase, acts it out with hand motions, and then repeats the same phrase and motions with the children.

- **Cain and Abel were two brothers.** (Hold up two fingers.)
- **Cain farmed the land all day.** (Pretend to dig.)
- **He gathered some crops as an offering,** (Pretend to gather crops.)
- **And gave them to the Lord one day.** (Hold out hands with palms up.)
  
- **Abel also brought an offering to the Lord.** (Point to heaven.)
- **He brought the very best lambs he had.** (Pretend to carry a lamb.)
- **The Lord was pleased with Abel but not with Cain.** (Shake head no.)
- **So Cain became very angry and his face was sad.** (Fold arms and make sad face.)
  
- **The Lord asked Cain, "Why are you angry and sad?"** (Shrug shoulders as if asking "Why?")
- **Do right. You'll be accepted, and you will be glad."** (Thumbs up.)
- **Rejoice with your friends when they are blessed.** (Clap hands.)
- **Love one another and give God your best.** (Whisper Verse sign language.)

### **GAME: LOVING ONE ANOTHER**

**Purpose:** Children practice being happy for others and not being jealous.

**Supplies:** Varies

**While we play this game, let's practice loving one another by being happy when another person does well.**

**Directions:** Choose any favorite group game such as "Simon Says," or "Mother May I." Encourage the children to cheer for each other.

# GOT TIME? *continued...*



## BIBLE MEMORY VERSE ACTIVITIES

"I will always obey Your law forever and ever. I will walk about in freedom."

Psalm 119:44-45a

### GAME: FREEDOM WALK

**Purpose:** To help children memorize and review the Unit 6 Bible Memory Verse.

**Supplies:** Unit 6 Bible Memory Verse Song "I Will Always Obey Your Law"

**Directions:**

1. Stand in a circle with the children.
2. **Let's pretend we are standing in the Garden of Eden as we say our Bible Memory Verse. Then, we will walk about in freedom.**
3. **Can you say our Bible Memory Verse with me? "I will always obey Your law forever and ever. I will walk about in freedom." Psalm 119:44-45a**
4. Play the Unit 6 Bible Memory Verse Song while children roam freely about the room.
5. Make up motions. Be sure to walk and dance freely when you "walk about in freedom!"
6. Periodically, stop the music. Children stop where they are. Lead the children in saying the Bible Memory Verse together.

### GAME: BIBLE MEMORY VERSE CHEER

**Purpose:** Children memorize and review the Unit 6 Bible Memory Verse.

**Supplies:** None

**Directions:**

1. Practice the Bible Memory Verse together.
2. Divide children into two groups. Each group stands on opposite ends of the play area.
3. Group 1 whispers, **"I will always obey Your law forever and ever."**
4. Group 2 whispers back, **"I will walk about in freedom."**
5. Repeat steps 3 and 4 three more times, getting louder each time, until the children are using their strongest voices.
6. Have the groups switch phrases and play again.

# GOT TIME? *continued...*



## STORY TIME

Gather the children and read a favorite story. This can be a Bible Story, a chapter from *The Adventures of Delbert & Lello*, or a story about loving one another.

### **PONDER, PRAY & PLAY**

Unit 6, Lesson 28: Cain and Abel

**PONDER!** Read Genesis 4:2b-7a with your family. Cover the first part of the story and discuss Abel's right choice to give his best to God, as well as Cain's wrong choice to be angry and pout about Abel's blessing. Talk about similar examples of these choices made in your family.

**PRAY!** Pray this prayer each day this week: "God, thank You for the way You bless us when we give You our best. Help us be glad for others when they are blessed. Amen."

**PLAY!** Play a favorite family game (Charades, Tag, Hide and Seek, etc.) and encourage everyone to cheer happily for those who win, instead of pouting about their own loss. Afterward, gather and encourage each other by sharing ways each family member has been blessed.

**Unit 6 Bible Memory Verse:** Psalm 119:44-45a

"I will always obey Your law forever and ever. I will walk about in freedom."