



LESSON 1

CAIN AND ABEL

LESSON AT A GLANCE

WONDER TRUTH: God Redeems

SCRIPTURE: Genesis 4

GOD'S BIG STORY: When Adam and Eve's sons Cain and Abel present offerings to God, He accepts Abel's but not Cain's. Angry, Cain refuses to make things right and kills his brother. Though there are consequences, God still redeems Cain's situation by protecting his life.

WORD OF WONDER: Even if we are not faithful, he remains faithful. He must be true to himself.

—2 Timothy 2:13

- PRESERVICE:
 - OPTION 1 Object Lesson: Equal Value
 - OPTION 2 Interactive Game: More Money?
- Welcome Question: When have you hurt someone with something you said or did?
- Declaring God's Wonder
- Prayer of Invitation
- Worship: That's Who I Praise, All of Me
- God's Big Story
- Connecting the Wonder Truth
- In Awe of God's Wonder
- Responding in Worship: Name Above All Names
- Blessing Your Kids



Leader Tip: Genesis 4:1–16 deals with some difficult and mature subject matters. Read the passage and the guide carefully ahead of time, to discern what works best for your unique group of kids! Talk to your Children's Minister if you have any questions.



SCAN FOR THIS
WEEK'S VIDEO!

INVITATION

We invite you to pause, listen, and shift your gaze toward the Father ...

LESSON AT A GLANCE

WONDER TRUTH: God Redeems

SCRIPTURE: Genesis 4

WORD OF WONDER: 2 Timothy 2:13

I love to experience God through nature. I see His beauty and faithfulness in the cycles of the seasons. What happens in your heart when things seem dead and dry, but then life breaks forth again and a new season of abundance begins?

I can recall dry seasons in my own life when the consequences of my choices seemed to lead nowhere. Maybe you can remember a similar situation from your experience. In those seasons, we can be tempted to believe the lifeless landscape will remain that way forever.

Read Genesis 4:1–16 and allow yourself to identify with Cain. What would it feel like to be the first one on earth to take a life? How much fear and hopelessness washed over him? He couldn't undo his actions, as none of us truly can. And yet, what was God's response?

When I have thrown up my hands, declaring, "There is no fixing this!" never once has God agreed with me. There is always a way through. There is always a fresh start.

When things seem truly hopeless, and there is no obvious solution for our situation, we belong to a faithful Father. He is able to carry us through those moments, protect us from the harshest consequences, and promise us redemption. We can have help and hope in all things because God redeems.

—Nancy Wood Clark

Children's Pastor

Contributor to Wonder Ink

DID YOU KNOW?

FOUNDATION BUILDING BLOCKS

WHO?

Cain and Abel were the first two children of the first two people! The name Abel means “breath” or “temporary,” which foreshadows the tragedy of his story.

WHAT?

Sin entered the world when Adam and Eve chose to disobey God. From then on in the book of Genesis, things started to go downhill. Genesis 4 introduces us to Cain and Abel, and to the first murder—between brothers! Sin and its evilness have immediate consequences.

WHERE?

The garden of Eden was near the Tigris and Euphrates Rivers (Genesis 2:10–14). This would place Eden in southern Iraq in the region of Mesopotamia. After he murdered Abel, Cain wandered around east of Eden.

WHEN?

The Bible tells us that the events recorded in the book of Genesis happened “in the beginning” (Genesis 1:1). No one knows how long Adam and Eve were in the garden of Eden before they sinned and were banished. Eventually, they had children and populated the earth.

CONNECTING TO GOD’S BIG STORY:

Even though Cain sinned, God’s plan for creation didn’t fail! Jesus’ death and resurrection cover sin and restore all who place faith in Him. Anyone in Christ is part of a new creation (2 Corinthians 5:17)! God redeems by sending Jesus.

LESSON 1 **ELEMENTARY & PRETEEN**

Large Group

Spark curiosity and get kids thinking about the wonder of God.

LESSON AT A GLANCE

WONDER TRUTH: God Redeems

SCRIPTURE: Genesis 4

WORD OF WONDER: 2 Timothy 2:13

Series Bumper and Countdown Videos

Choose between the [Think Again Series Bumper Video](#) and [Countdown Videos](#) to introduce the kids to the series.

Welcome Question

SUPPLIES: paper, coloring utensils, whiteboard (optional), dry-erase marker (optional)

Before kids arrive, **display the Cain and Abel Welcome Question Slide** or write the following question on a whiteboard: “When have you hurt someone with something you said or did?” Set out paper and coloring utensils.



As kids arrive ...

Greet kids warmly by name and direct their attention to the Welcome Question. Read the question for younger kids or invite older kids to read it for them. Keep in mind that this question is quite personal and that it's OK for kids to keep their answers to themselves. Have paper and coloring utensils available for kids who would like to draw pictures of their answers.

At your start time ...

Gather the kids and let them know you're happy to see each one of them today! Invite several willing volunteers to share their answers to the Welcome Question: **When have you hurt someone with something you said or did?**

Thank you for being open and sharing about the difficult situations you've experienced. Today we're going to hear how God responded when a man named Cain did something very sad and hurtful.

OPTION 1 Object Lesson: Equal Value

Gather the kids in the center of the room and **display the first Equal Value Slide**. **Which do you think is more valuable?** Display the second Equal Value Slide.

The old crumpled, torn dollar bill or the crisp, new, clean one? Go to the side of the room with the bill you think is more valuable. Point to the left and right sides of the room, which align with pictures on the left and right sides of the screen. Then give kids time to move to one side of the room. Some kids may choose to remain in the middle of the room. **That was a trick question! If you stayed in the middle of the room, you were correct! Neither one is more valuable.**

The old, torn, worn, dirty dollar bill has the same value as the clean and shiny new bill. They may look different on the outside because of things they have been through, but their value is the same. They are both worth one dollar.

Display Equal Value Slide 3. What about the next picture? Which do you think is more valuable? Go to the side of the room with the coin you think is more valuable. Pause to give kids time to move. Go through each slide, asking kids to move to the side they think is more valuable.

Eventually, most kids will realize that the objects in both pictures are equal in value and remain in the center of the room. Encourage kids in the center of the room to jump up and down while others move to one side or the other—that way all the kids get their wiggles out!



Leader Tip: Kids might be curious about the types of money pictured on each slide: Slide 2—US Dollar; 3—US Quarter (25 cents); 4—US \$100 bill; 5—Cambodian Riels banknote; 6—Rwandan Francs coin; 7—French Franc coin.

Great job! Some of the money in these pictures looked like it had been through a lot! And you figured out that old, worn money and fresh, clean money have the same value! When God looks at us, He sees us as more valuable than all the money in the world!

Whether we've been through hard things, made a lot of wrong choices, or are brand new and fresh like a baby, we're worth so much to God! And when we sin by disobeying God and making wrong choices, God still loves us and wants to redeem us.



When God redeems something, it means that He takes what we've broken and turns it into something beautiful. Display the Cain and Abel Wonder Truth Slide. Today's Wonder Truth is GOD REDEEMS.

Make It Inclusive: If some kids struggle to focus or understand and follow instructions, pair them with a peer helper or offer them a seat near a leader who can encourage and help them as needed throughout the lesson.

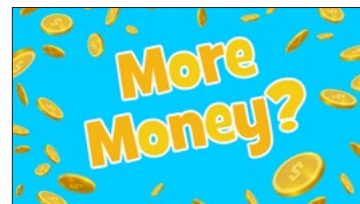
OPTION 2 Interactive Game: More Money?

SUPPLIES: common household products (8–10, 4 or 5 pairs), paper (1 sheet), writing utensil, table, bedsheet, black permanent marker (optional)

Ahead of time, gather 8–10 common household products (four or five pairs). Kids will be guessing which product in each pair costs more money, so pair products with others that are similarly priced, for example, a bottle of dish detergent and a gallon of juice, or a thick chapter book and a pack of socks. Make a list of how much each product costs on a sheet of paper. The products can be new items from the store or items from around your home that you looked up prices for online. If the price is printed on a product (such as on the back of a book), black it out with a marker. Before the activity begins, place the products on a table at the front of the room and cover them with a bedsheet. For now, keep the list of prices to yourself.

Gather the kids in the center of the room and **display the More Money?**

Slide. Let's play a game called More Money? The game is simple: I will show you two household products, and your job is to decide which one costs more money. You'll go to the side of the room of the object you think costs more!



Reveal the first pair of products. Tell kids about each one. Add a little pizzazz by presenting each product as though giving an infomercial. Tell all about the product's benefits, just don't say how much it costs! Then set the two products on opposite ends of the table and invite kids to move to one side of the room or the other based on which product they think costs more money. After everyone has moved, reveal the price of each product and which costs more money.

Invite kids back to the center and reveal the next product pair. Repeat this process for each pair of products. Then gather the kids back together.

Great job guessing which products cost more money! In our society, we assign a monetary value to objects. The more valuable an item is, the more money it costs. God, however, measures value very differently. When He looks at you, He sees you as more valuable than all the money and things in the world! No matter what you've done or not done, God loves and values you. And when you sin by disobeying God and making wrong choices, God still loves you and wants to redeem you. When God redeems something, it means that He takes what we've broken and turns it into something beautiful. Display the Cain and Abel Wonder Truth Slide. Today's Wonder Truth is **GOD REDEEMS.**



Small Group

Introduce small group time. While kids are in small group, consider sitting in the groups for a few minutes each. Engage and interact as is appropriate.

Countdown

After about 15 minutes of small group, give a 5 minute warning and begin the countdown.

VIDEO: COUNTDOWN

"Hey everyone! Welcome to our Large Group Worship time! My name is _____ and I'm excited to take this time to worship God, review what we just read, and talk about ways we can respond to what we are learning about God! We are going to pray as we prepare our hearts to worship God!"

Declaring God's Wonder

Display the [Cain and Abel Declaration Slide](#). Read each line boldly and invite kids to repeat after you.

Thank You, God, that You are good! (Kids repeat.)

You made me on purpose, for a purpose. (Kids repeat.)

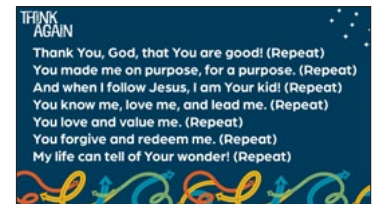
And when I follow Jesus, I am Your kid! (Kids repeat.)

You know me, love me, and lead me. (Kids repeat.)

You love and value me. (Kids repeat.)

You forgive and redeem me. (Kids repeat.)

My life can tell of Your wonder! (Kids repeat.)



Prayer of Invitation

Lead kids in a prayer of invitation before entering into worship and God's big story: **God, thank You for being with us today. Help us focus on You and hear what You have to say to us through Your Word. May Your Holy Spirit tune our ears to hear from You. Thank You for redeeming us and turning our brokenness into beauty. In Jesus' name, Amen.**

Worship

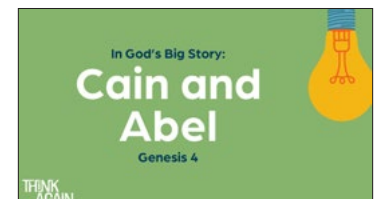
God knows you and loves you. He never gives up on us! Even when we sin and make wrong choices, God is faithful to us because God redeems! Let's praise Him now through music.

Play [Thats Who I Praise, All of Me](#) and encourage the kids to sing and dance as they praise God.

God's Big Story

Display the [Cain and Abel Title Slide](#)

Today we are learning that our choices matter and that God sees our hearts. As you watch, think about how God showed both justice and mercy to Cain and what we can learn from the choices Cain made.



LESSON 1 CAIN AND ABEL

EXPERIENCE IT! SCRIPT

SUPPLIES: paper (2 sheets), marker, yarn (2 pieces; 12" each), tape, vegetable (any type), staff or long stick, stuffed sheep toy

RESOURCES: Yes and No Sheet (4-6 copies)

Ahead of time, print multiple copies of the Yes and No Sheet. Use two-sided printing with the flip on the short edge so that “Oh, Yes!” appears on one side and “Oh, No!” on the opposite side. Depending on the size and age of your group, you’ll want one copy for each of your preteens or 3–4 copies to give to the older kids volunteering to help lead the story. (The kids holding signs will stand up in the front during the story.)



Also, write “Cain” in large letters on one sheet of paper with a marker and “Abel” on another sheet. Tape the ends of a 12" length of yarn to the back of each sign, creating a loop big enough to fit over a kid’s head. Place the vegetable, staff or stick, and stuffed sheep toy where they will be readily available during the story.

Today I’m going to need everyone’s help as we hear part of God’s big story. First, we need several leaders! Invite 3–4 preteens (or the oldest age group present) to the front and give each a Yes and No Sheet. Have them line up in the front so the other kids can see them. **Our story leaders must listen carefully to God’s big story because at different points in the story, I will stop and say, “Sign,” and depending on what’s happening in the story, they will hold up the “Oh, Yes!” or the “Oh, No!” side of their signs. When they hold up their signs, the rest of you’ll shout the words “Oh, Yes!” or “Oh, No!” Let’s try it now!** Invite the story leaders to hold up the “Oh, Yes!” side of their signs and encourage all the kids to shout, “Oh, yes!” together.

Before we get started, I also need two boy volunteers. Choose two boys to portray Cain and Abel. Invite one boy to stand on one side of you and the other boy to stand on the opposite side. Give one name sign to each boy and ask him to place it around his neck.

This is Cain. Indicate the boy with the Cain sign. **And this is Abel.** Indicate the boy with the Abel sign. **They’re going to help today by acting out parts of God’s big story.**

In the beginning, the one and only God created the world. He created sea creatures, flying birds, and animals that walk the land. He also created the first two people, Adam and Eve, who lived in a beautiful garden called Eden and cared for all of God’s creation. When Adam and Eve disobeyed God, they faced consequences. They had to leave the beautiful garden that God had made for them. Look at the story leaders and say, “Sign!” **Which sign is an appropriate response to Adam and Eve leaving the beautiful garden?** The story leaders will hold up their “Oh, No!” signs and all the kids will shout, “Oh, no!”

But even after sin entered the world through Adam and Eve’s disobedience, God had plans to redeem. When God redeems something, it means that He takes what is broken and turns it into something beautiful. Instead of throwing something away, God fixes, forgives, takes back, and makes right! Look at the story leaders and say, “Sign!” They will hold up their “Oh, Yes!” signs (prompt them as needed if they’re unsure). Encourage all the kids to shout, “Oh, yes!” together.

So even though Adam and Eve had failed in the garden of Eden, God didn't get rid of them and start all over. Instead, He started a plan to redeem. Look at the story leaders and say, "Sign!" They will hold up their "Oh, Yes!" signs. Encourage all the kids to shout, "Oh, yes!"

God made clothes for Adam and Eve and let them leave the garden to continue their lives. God also promised them that one day a man would come who would defeat the serpent, who is God's enemy, Satan. (We know that man as Jesus, the Redeemer!) Look at the story leaders and say, "Sign!" They will hold up their "Oh, Yes!" signs. Encourage all the kids to shout, "Oh, yes!"

In Genesis 4, Adam and Eve started having children. Eve had a baby boy named Cain—it was hard work to have a baby, but she did it with God's help! Then Eve had another baby—a little brother to Cain. They named him Abel.

The boys grew older, and Cain became a farmer. Here you go, farmer Cain. Give Cain the vegetable to hold. **And Abel became a shepherd. Here you go, shepherd Abel.** Give Abel the staff or stick and the stuffed sheep toy. **The food that grew and the wool that kept them warm were gifts from God, so both Cain and Abel knew they should bring an offering to God to thank Him.**

Cain brought some of the crops he had grown. Prompt Cain to set the vegetable on the stage as if presenting it as an offering. **Abel also brought an offering to God—the very best of his finest sheep.** Prompt Abel to set the stuffed sheep on the stage next to Cain's vegetable. **God was happy with the offering that Abel brought Him.** Look at the story leaders and say, "Sign!" They should hold up their "Oh, Yes!" signs. Encourage all the kids to shout, "Oh, yes!"

But God was disappointed with Cain's offering. This made Cain both angry and sad. Cain, can you look angry and sad? Pause for him to respond. Then look at the story leaders and say, "Sign." They will hold up their "Oh, No!" signs and all the kids will shout, "Oh, no!"

But God wanted to redeem Cain's poor offering and help him get back on the right track. Look at the story leaders and say, "Sign!" They will hold up their "Oh, Yes!" signs, and all the kids will shout, "Oh, yes!"

So, God went to Cain and asked why he was angry and looking so sad. God told Cain that he just needed to turn around, start doing what was right, and all would be well! God wanted to redeem Cain's situation. Look at the story leaders and say, "Sign!" They will hold up their "Oh, Yes!" signs, and all the kids will shout, "Oh, yes!"

Then God warned Cain that sin is always waiting for us. We need to be on the lookout for sin and choose God's way instead.

But Cain didn't listen to God. Instead, he asked his brother, Abel, to go out to the field with him. Invite Abel to move over next to Cain. **And while they were there, Cain attacked his own brother and killed him.** Whisper to Abel to walk back to his seat quietly with his head down. (He can gently set down his staff or stick.) **Cain didn't listen to God. Instead, he chose sin.** In a somber tone, say, "Sign." The story leaders will hold up their "Oh, No!" signs, and all the kids will say, "Oh, no!"

God called out to Cain and asked him where Abel was. Cain pretended not to know. But God knew Cain had killed Abel. So, God gave Cain a consequence. Farming would be difficult for Cain, and he would have to wander the earth for the rest of his life. Say, "Sign," to prompt the story leaders to hold up their "Oh, No!" signs. Invite all the kids to repeat, "Oh, no!" three times.

Cain thought that he would be killed if he didn't have a permanent home. But again, God redeemed the situation. God told Cain that He wouldn't allow anyone to kill him. Although Cain had sinned, God would protect his life. Say, "Sign" and pause for the story leaders to hold up their "Oh, Yes!" signs and all the kids to shout, "Oh, yes!"

Ask Cain to return quietly to his seat. **Thank you, Cain and Abel, for helping us today!**

Like Cain and his parents, we all disobey God. Yet God's actions in this story show us that He's always there to help us learn to do what is right and to redeem bad situations. We can trust that God will always be faithful to us because God redeems. Say, "Sign!" one last time. The story leaders can hold up their "Oh, Yes!" signs and everyone can shout, "Oh, yes!" together. Then collect the signs and thank everyone for participating!

Connecting the Wonder Truth

Display the Cain and Abel Wonder Truth Slide. **Our Wonder Truth today is GOD REDEEMS. Where did you see our Wonder Truth in the story?** Allow kids to answer freely.



Even though Cain sinned, God's plan for creation didn't fail! All of us do wrong things, but Jesus' death and resurrection cover our sin and restore us when we place our faith in Him. Through Jesus, God redeems.

In Awe of God's Wonder

Spend a few moments allowing kids to think about the wonder of God's story.

How did God respond to Cain in today's story after he did a very wrong thing? What does God's response show you about Him? Pause for kids to think quietly. Invite kids who are willing to share.

As you think about today's story and what it shows us about God, is there anything you'd like to say to God right now? It's OK if kids want to share out loud and OK if they don't.

Responding in Worship

SLIDE: RESPONDING IN WORSHIP

Talk about ways we can respond to what we are learning with next steps such as tithing, prayer, asking questions, and worship. Encourage kids to ask their SG leaders any questions they were wondering during the lesson.

***Introduce this next song and invite kids to respond and participate in worship. See the "Worship Posture Tutorial" on the RBKids Resource Page.

WORSHIP VIDEO: [Name Above All Names](#)



Blessing Your Kids

Encourage the kids to hold their hands out in front of them, with palms up, as if their hands are open to receive something. Tell them to listen and receive the blessing as you speak it over them.

Blessing: God can turn your brokenness into beauty! When you sin and make wrong choices, God is ready to forgive and redeem you! May you leave today knowing you are loved, valued, made beautiful, and redeemed by God.