

Lesson 4: Cain and Abel (Genesis 4)

Objective: God wants us to make good choices, give our best, and love others.

Prayer/Worship: [click here](#)

Welcome Activity:

- Ask: "What is something special you love to share?"
 - Relate their answers to God's love for cheerful giving.
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Memory Verse

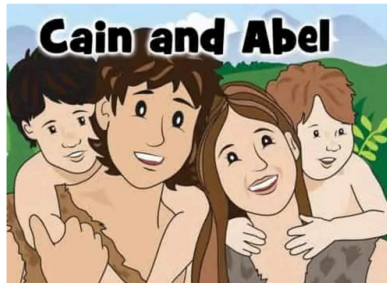
Gen 4:7 "Do what is right, and you will be accepted."

Gospel Connection:

This lesson ties the story of Cain and Abel to the ultimate sacrifice of Jesus Christ. Just as Abel gave his best to God, Jesus gave His life as the perfect sacrifice for our sins. Through His death and resurrection, we are forgiven and empowered to make good choices, love others, and give our best to God.

Bible Story Time (10 minutes)

Tell the Story of Cain and Abel (Genesis 4):



Adam and Eve left the garden of Eden because of their sin.
They found a new place to live.
A place where they could plant food and keep animals.
Adam and Eve had two sons.

1



Their first son was called Cain.
Cain became a farmer and grew food to eat.
The second son was called Abel.
Abel became a shepherd and looked after the animals.

2



Cain and Abel brought gifts to God.
It was a way to say thank you.
But Cain's heart was different to Abel.
God was pleased with Abel, but not with Cain.

3




Cain became angry and jealous.
He killed his brother. He thought nobody would know.
But God knew what Cain had done.
Cain had to leave, but God promised to protect him.
Adam and Eve had another son, called Seth.

4

Connect to the Gospel:

- Explain:
 - Abel's sacrifice reminds us of Jesus, who gave His life for us.
 - Just as God wanted Cain to choose the right path, Jesus helps us make good choices through His love.

Video:  **Cain and Abel - Bible story for kids**

Interactive Discussion (5 minutes)

Ask simple questions to reinforce understanding:

- "What did Abel give to God?" (His best)
 - "What should Cain have done when he was upset?" (Pray, ask for help, make a better choice)
 - "How can Jesus help us when we feel jealous or upset?" (We can pray and remember Jesus loves us).
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Activity : Playdough Offering Craft (10 minutes)

Instructions:

- Children create something special with playdough (a lamb, fruit, or heart) to give to God.
- Say: "Jesus gave us His best. When we give our best to God, it makes Him happy."

Alternative Activity: [click here](#)

What you need:

- Template page (colored or to color)
- Colored pencils
- Scissors
- Split-pin
- Tape.

What to do:

- 1.Color the template page. (If not using colored version)
- 2.Cut out the parts.
- 3.Fix together with a split pin.
Place tape on back to protect fingers.



Song Time (5 minutes)

“This Little Light of Mine” with a special verse:

- "I'll give my best to Jesus, let it shine, let it shine!"
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Snack Time and Reflection (10 minutes)

Serve a snack and revisit the lesson:

- “What did Abel give to God?” (His best)
 - “How did Jesus give His best for us?” (He died for our sins and rose again).
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Closing Prayer [click here](#)

Take-Home: [click here](#)

