



September 16th

Lesson 2

The First Fight



Key Takeaway:

God sees my heart, and he helps me choose love instead of hurt.



Scriptural Basis

Genesis 4:1-16

Small Group Session 1

Distribute name tags and snacks. Then, choose one of the following activities to do together while children eat their snack.

Option 1:

- Ask the children to share their highs and lows (the best and worst things that happened to them either today or from the past week).

Option 2:

- Ask the children to take turns sharing how they are feeling today using the Feely app or the "How Are You Feeling?" chart.



What is Sin? Opening Question

(This question helps kids think about what it means to grow and learn as people).

Ask: **Have you ever felt jealous of someone — like they had something you wanted?**

Follow-up prompts:

- "What happened?"
- "How did you feel inside?"

Say: **Last week we heard about the special job that God gave to people, but they didn't listen to him. They turned their backs on God. That turn is called "sin." When we think about sin, we think about the movement of turning around, like we are turning our backs on God.** (Show them the motion of turning around)



Activity: The Jealousy Jar

Objective: Help kids recognize how jealousy can grow and how God wants to help us choose love instead.

Materials:

- 1 Plastic Solo cup per group
- Small slips of paper (enough for each kid to have one)
- Pencils, Crayons, Markers

Instructions

1. Give each child a slip of paper. Ask them to quietly draw or write something that might make them feel jealous (like a friend with a new toy, someone who gets more attention, or a sibling who wins a game).
2. Have kids crumple their paper and drop it in the jar/cup.
3. Shake the jar and say: **When jealousy builds up inside us, it can feel heavy—like this (jar/cup) filling up. It makes us turn our backs on God.**
4. Ask: **And what do we call it when we turn our backs on God?** (Lead them towards the answer and action representing sin)
5. Then open the jar/cup and pour the slips out on the floor.
6. Say: **But God sees our hearts and helps us empty out those jealous feelings. He reminds us we can choose love instead of hurt.**

Wrap Up:

Say: **Sometimes we all feel jealous, just like when we put things in our jar. In today's story, two brothers felt that way too. One of them made a really hurtful choice, but before he did, God came close and warned him. We'll hear how God saw his heart and tried to help him choose love instead of hurt.**

Large Group

Opening Section:

Say: **Welcome back to Club! I'm so glad you're here today. This is a place where we get to hear stories from the Bible, learn who God is, and think about what it means to be part of his story.**

Set expectations for students: We are Kind, We are respectful, We are responsible.

"Who is Jesus" call and response.

Opening Prompt:

Take a minute to ask your group what they remember from last week's story. This helps kids build connections and notice how God's story keeps going. Segue into the lesson of the day by giving a preview of what's to come.

Say: **Last week, we heard how God made the whole world and gave people a special job. Do you remember what it was?** *(Let kids respond — guide them toward: "to take care of it" / "to care for what God made.")*

That's right! God gave people the job of caring for his creation and for each other. But sometimes people don't make caring choices.

Ask:

- Have you ever been jealous of someone else?
- What kinds of things do people sometimes fight about?

Say: **The people that God made also had these kinds of feelings. They thought they knew better than God and they turned their back on God** (act out turning your back on someone). **When we turn our back on God we call it sin.**

In today's story, two brothers both wanted to give something to God. But when one brother got angry and jealous and sinned, God came close to warn him. Let's listen to what happened.

Large Group: The Tumbling Tower

Objective: Tell the story of Cain and Abel while showing how relationships can topple and fall when sin is introduced to it.

Materials:

- Jenga blocks

Instructions:

1. Say: **Our relationships with other people are kind of like this tower. When we act in a loving way, it builds up.**
2. Begin stacking blocks. With each block, name a loving action:
 - a. **"Sharing your toy."**
 - b. **"Helping a sibling with homework."**
 - c. **"Telling the truth."**
3. Say: **See how the tower gets stronger when we make choices of love?**
4. Start removing blocks, one by one. With each, name a hurtful action:
 - a. **"Taking the bigger piece of dessert on purpose."**
 - b. **"Rolling your eyes at your sister."**
 - c. **"Not sharing when your brother asks."**
 - d. **"Talking behind a friend's back."**
 - e. **"Getting jealous when someone else wins."**
5. Say: **Each of these things by themselves don't ruin a relationship, but they add up. Each one makes the tower shakier.**
6. Finally, remove a block that makes the tower fall.
7. Let the group react, then say: **That's what happens when anger and jealousy take over. A relationship can crumble. That's what happened to two brothers in the Bible. Let's hear what happened.**

Read Genesis 4:1-6 out loud. Pause after verse 7, pointing to the fallen tower.

**Who is God?**

Ask: **"What did we learn about God today?"**

(Take 2–3 responses and write one clear statement on the Who Is God? poster.)

Wrap-Up:

Say: **Today we heard about two brothers, Cain and Abel. When things didn't go the way Cain wanted, he became angry and jealous. Before he made a hurtful choice, God came close, saw his heart, and warned him. But instead of listening, Cain turned away from God.**

Sin is when we turn our backs on God and choose our own way instead of his. God was showing Cain a better way—a way of love—but Cain chose to hurt his brother. And that choice brought pain and broke their relationship.

This story shows us that God sees our hearts. When we feel angry or jealous, he comes close to help us. God warned Cain because he loved him, and even after Cain sinned, God still loved him. That means we have a choice too. We can turn toward God and choose love, or turn away and choose hurt.

Game: Cain's Red light, Green light

Objective: Help kids experience stopping before making a hurtful choice, connecting to how God warned Cain and gave him a choice.

Instructions:

1. Have kids line up on one side of your small group space. The leader stands on the opposite side.
2. Say: **We're going to play Red Light, Green Light. When I say "Green Light," you move forward. When I say "Red Light," you freeze. If you move on red, you go back to the start.**
3. Play 1–2 quick rounds so everyone understands the game.
4. Say: **Now we're adding something new. When I say "Yellow Light," you have to freeze, put your hand on your heart, and take one deep breath. Practice this once together.**
5. Continue playing, mixing "Green Light," "Red Light," and "Yellow Light." Keep the pace quick and fun.
6. For the final round, say: **This time, if you move on red or forget to stop on yellow, you go all the way back to the start.**

Say: **In that game, you had to stop and pay attention before you moved. In today's story, God gave Cain a moment like that. God saw what was happening in his heart and warned him, giving him a chance to stop and choose.**

We have moments like that too. When we feel angry or jealous, it's like a "yellow light" moment. We can stop, notice what's happening in our hearts, and choose love—or we can ignore it and hurt someone.

Small Group Session 2



Share the Key Takeaway: God sees my heart, and he helps me choose love instead of hurt

Ending Together

Say: **Today we saw that Cain's jealousy didn't stay inside—it spread and hurt his brother. But before that happened, God came close and warned him. Cain had a choice. He could listen to God and choose love, or turn away and choose hurt. Sin is when we turn our backs on God and go our own way.**

Ask:

- When have you felt angry or jealous?
- What is one loving choice you could make instead?

Say: **When those feelings show up, God comes close to us too. He helps us see what's happening in our hearts and leads us toward what is good. We can listen to him and choose love, or turn away and hurt others.**

Closing Prayer

Pray a simple prayer of thanks and blessing over the group.