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Cain and Abel

Scripture: Genesis 4:1-16

Theme: God looks at the heart, not just the outside

Nursery (Ages 0-2)

Free curriculum for small and rural churches

Lesson Overview

"God's Big Love!" "God loves you so much! He sees your heart, just like you!" "Bring your heart to Him, not just what you give." (Repeat: "God sees the love!")

Bible Story

God Loves Us All

Once, God gave Adam and Eve two sons: Cain and Abel. Cain brought some fruit he had grown. Abel brought some sheep he had raised.

God looked at Abel's offering and smiled. God looked at Cain's offering and was sad. Cain was angry, and Abel was happy.

One day, Cain got very upset. He said, "Why does God love Abel more?" God said, "I love you both, my child. Your heart matters, not just what you give."

Cain wanted to hurt Abel. So he went away, sad and alone.

Why This Matters God always loves us, just like He loved Cain and Abel. His love is big and always kind. When we feel sad or angry, remember: God wants us to trust Him, just like Abel did!

Key Verse

Genesis 4:7

For Babies & Toddlers: God loves you so much! He sees you and smiles, just like when you offer a hug! God likes kind hearts, just like when you give love!

Activities

Activity 1:

Toddlers will color and cut out hearts to show how God loves them always, just like He loves Cain and Abel. They'll keep their hearts as a reminder to worship with a thankful heart.

1. Show the Bible: Read the first part of Genesis 4:1, 2 ("God loved Cain and Abel") and ask, "How do you think God feels when we worship Him?" Point to hearts in your hands.
2. Give each child a heart: Cut two large hearts per child (red for Cain, yellow for Abel). Let them color their hearts with crayons.
3. Glue and label: Glue the hearts onto paper. Write "God's Love" on one and "Worship" on the other. Say, "God wants us to love like Him!"
4. Take home reminder: Tape their hearts to their backpacks or arms as a gentle reminder to worship with thankfulness.

Activity 2:

A musical game where toddlers move like hearts (big jumps for love!) to learn that God wants them to praise Him with joy.

1. Read the lesson: Share Genesis 4:1, 2 ("God saw Abel's offering and loved it") and ask, "What does 'loving' mean?" Say, "God loves us so much, He wants us to love Him too!"
2. Sing a simple song: Play a worship song and clap or jump like hearts when the song says "Thank you, God!" or "Love is strong!"
3. Circle dance: Hold hands in a circle. When you say, "Worship like Abel!", do big jumps. When you say, "Walk like Cain (calmly)," walk slowly.
4. End with hugs: Say, "God loves us with hugs and hearts!" Give hugs to everyone. "Praise God with love!"

Discussion Questions

- Here are four open-ended discussion questions for babies and toddlers about God's love and Cain and Abel, using simple language and heart-focused repetition:
- God always loves you, just like He loves Adam and Eve!
- "When did you see God smile at you today? What was special about that?"
- (Pause for them to share or point to something.)
- Abel worshipped God with his heart, he gave what he loved.
- "If you could give God something you love (like a toy or a hug), what would that be? Why did you choose it?"
- Cain was sad because he felt left out, God always wants us to feel loved!
- "What made you feel happy today? How can you tell God, 'Thank you for my [happy moment]'?"
- God forgives even when we make mistakes, just like He forgave Cain!
- "If you fall down or cry, what can you say to God to make Him happy?" (Example: "I'm sorry. Please forgive me.")
- Tip: Use gentle repetition of phrases like "God loves you!" or "What did you do today?" to keep the conversation flowing.

Prayer Focus

"Dear Heavenly Father, Love us like a little family, just like You love Cain and Abel. Help them know You always love them, even when they feel sad or mad. Be their best friend forever, just like You are!"

>> Missions Spotlight

The Quechua people of the Andes Mountains in South America have a deep understanding of sacrifice through their agricultural traditions. Missionaries have found that the concept of a 'perfect sacrifice' speaks powerfully when sharing the Gospel.

-> To the Cross

Abel's offering was accepted because it was given in faith and with a right heart (Hebrews 11:4). This points to the ultimate acceptable sacrifice, Jesus, whose perfect life and death would be the once-for-all offering for sin.