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Cain and Abel

Scripture: Genesis 4:1-16

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

PreK-K (Ages 3-5)

Free curriculum for small and rural churches

Lesson Overview

"God Loves Our Hearts!" , Cain and Abel Lesson God made two special brothers, Cain and Abel. Both brought gifts to Him, one had fruit, the other had the first lamb he raised. While the gifts looked different, God saw what mattered most: how each boy loved Him with all their hearts! (Genesis 4:4-5) Even though Cain felt jealous, God knew his heart. His love didn't change, it just needed a friend. Just like you, God sees your heart, not just your actions! He loves you so much! When Abel gave his heart whole to God, He smiled, just like when you share your toys or hug your family with love. Cain's jealousy hurt God's heart, but His love never stops! Today, we can worship God with our whole hearts, just like Abel did. God loves you! Show Him love every day, with kindness, honesty, and a big heart. Let's wonder: How can we give God a heartfelt gift today?

Bible Story

Cain and Abel: God Loves Our Hearts

Long ago, in the garden where Adam and Eve lived, God made two sons, Cain and Abel. They were very happy and loved God too! God told them to bring something special to offer as a gift. Cain brought fruit from his land, while Abel brought the first animal he caught. God looked at Abel's gift and smiled with joy. But Cain's heart felt sad, and he didn't give God his best.

One day, God asked, "Why are you sad, Cain? Why won't you give Me your best?" Cain was angry and said, "I don't know what you mean." God said, "If you have no heart for Me, you will have no heart to share with others either." Cain's heart was so wrong that God told him, "The ground won't give you what you want. You will be called 'The Wanderer,' and the earth will never grow for you." Abel's heart was full of kindness, and God blessed him.

God loved Abel's heart because he offered his best. Cain's heart was angry, and his gift wasn't enough. Even though Cain tried to hide, God saw his heart. "I will punish him," God said, "but I will show you mercy." Cain hid in the garden,

afraid, but God knew he would need help. "You must not eat from the fruit of the earth," God warned, "because your heart was wrong."

This story teaches us that God sees our hearts! When we give our best, our love, kindness, and prayers, God smiles. But when we are angry or hold back, God helps us change. "Let your heart be right with God," God says, "so you can be happy forever!" Let's try to give God our best today!

Key Verse

Genesis 4:7

Oh, this is a wonderful story about how God loves us so very much! God saw something special in Abel's offering. He smiled and said, "I like this!" Just like when you give your toys to a friend, God liked how Abel shared with Him. God loves when we offer our best to Him, just like when you share your favorite cookie or draw your favorite picture! His heart is full of joy when we give our love to Him. Wonder how God sees all your special gifts? Maybe tomorrow, you'll offer something wonderful too, and God will look with wonder and love!

Activities

Activity 1:

Children create flowers to show how Cain and Abel worshiped God differently, one with a heart of love, the other with anger. They learn worship makes God happy!

1. Prep: Cut a green paper plate into a flower shape (teacher does this). Tear construction paper into small petal pieces.
2. Color: Let kids color their plates with crayons. Talk: "God loves us when we sing to Him or give thanks!"
3. Make petals: Glue petal pieces around the plate. Add a red heart in the center for love.
4. Add story: Glue a Bible picture of Abel offering a lamb (worship) and Cain offering fruit (anger). Say: "Abel worshiped God with a heart full of love!"

Activity 2:

Kids explore a box with objects to remind them God's love is always present, even when we feel angry. They share what they wonder about God's heart!

1. Prep: Put 3-4 objects inside the box (teacher picks). Write "What does God want us to wonder?" on paper.
2. Explore: Let kids pick objects one by one. Ask: "Is this like how Cain felt angry? How like Abel felt thankful?"
3. Share: Have them whisper to a neighbor what they wonder about God's heart.
4. Wrap-up: Open the box to show the Bible story. Say: "God always loves us, like sunshine!"
5. Tip: Use repetition (e.g., "Worship makes God happy!") and wonder ("What does God want us to wonder?") to keep their minds engaged!

Discussion Questions

- Here are four open-ended discussion questions to spark curiosity and wonder about the story of Cain and Abel in a way that connects with little ones:
- What Do You Think Made Abel's Offering Feel Special?
- "Cain and Abel both brought gifts to God. Cain brought fruits from his land, but Abel brought something different, what do you think made his offering feel so special? How can we tell God we love him with our hearts, just like Abel did?"
- (Encourages them to think about kindness, love, and how offerings show gratitude.)

- How Do You Think Cain and Abel Felt When They Didn't Share Their Love?
- "After God liked Abel's offering, Cain got very angry. Do you think he felt sad, mad, or something else? Why do you think they didn't like each other? How can friends help each other feel happy, just like Jesus taught them?"
- (Opens up about emotions, conflict, and how God's love can help repair friendships.)
- What Can We Learn from Abel's Heart?
- "Abel loved God so much that he gave his best. Do you know what 'best' means? What can you give God, maybe your smile, your help, or your prayers, that shows you care? How can we always try to give God something special?"
- (Connects worship to giving with love, even in small ways.)
- What Happened When Cain Was Sad?
- "Cain got so mad that he almost hurt Abel. What do you think happened next? Why is it important to ask for help when we're upset? How can we tell God we're sorry, like Cain did later?"
- (Explores forgiveness, asking for help, and repentance in a gentle way.)
- Tips for the Lesson:
 - Use simple gestures (e.g., holding hands to show love, acting out "giving gifts").
 - Let them share their own ideas about gifts or feelings.
 - End with a prayer: "God, help us give you our best like Abel did, and help us forgive others like You do!"
 - Would you like any adjustments to match a specific teaching style?

Prayer Focus

Prayer for the Heart of Worship First, close your eyes and listen, let's pray together! Dear Heavenly Father, We come to you with hearts full of wonder, like Cain and Abel who brought their gifts. Help us to give our best, with joy and love, just like they did, though their hearts were different. You made us special, just like you made them. Help us to worship with our whole hearts, not just the things we give, but how we love. Let's pray that we grow to be kind and kinder, like the kind God always wants us to be! Now, open your eyes and share one thing you're thankful for today! (Teachers can lead this with gestures like pointing to hearts or gifts to keep it visual and interactive!)

>> 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.