



Session 3



CAIN AND ABEL

Genesis 4:1-16

After they were forced to leave the perfect abode God had created in the garden of Eden, Adam and Eve had children. In the garden, Adam and Eve experienced daily communion with God. Now, that communion had ended and the consequences of their sin covered their world. Toil and labor were immediate consequences of their sin. Work became toilsome and tiring, the ground did not yield its produce, and death entered creation.

The story of Cain and Abel highlights the destructive power of sin. The two sons could not have been any more different. Cain was a tiller of the ground, and Abel was a shepherd. It is possible that God had already instituted the offering of sacrifices as a way to maintain fellowship with Him. Both Cain and Abel brought offerings before God as a part of their worship.

God accepted Abel's offering, but rejected Cain's offering. No commentary is given explaining why one offering was accepted and the other was not. It's likely that God had implemented a sacrificial system at this point, and with that, He would have given clear instructions to the worshipers about making those sacrifices. God gave Cain another chance to make the appropriate offering. Instead of making things right, Cain became furious and ultimately killed his brother.

As with the sin in the garden, this sin also carried consequences. Cain and his descendants would suffer a lifetime of hard toil to make the ground yield crops. Cain's family would also become wanderers with nowhere to call their home. Cain moved away and settled in the land east of the garden.

God described sin as crouching at the door. This visual gives the idea that sin is always lurking. We all struggle with the temptation to sin. Help kids know that God calls us to obey Him and resist the temptation to sin. Guide boys and girls to know that God wants us to turn away from sin and to love God and others.

SESSION FOCUS

TEXT TRUTH

Love God and love others.

BIBLE STORY

Genesis 4:1-16

BIBLE VERSE

Matthew 22:37,39

CHRIST IN CONTEXT

Genesis is a book about beginnings—the beginning of the world, the beginning of a people chosen by God, and the beginning of God’s plan to restore all people to Him through His Son, Jesus.

BIBLE SKILLS: Babies and toddlers will . . .

- Hear that the Bible helps people know what to do.
- Hear Bible verses that relate to everyday activities.



CONNECT WITH FAMILIES

Provide these weekly resources to help families explore the Bible together.

- Explore the Bible at Home (available on Ministry Grid)
- Diaper Bag Card
- Preschool Family Card



SESSION ACTIVITIES

BABIES EXPLORE THE BIBLE

Babies are sensory learners and they are relational. They learn best when teachers engage them through conversation and play. Prepare two or three activities for babies to enjoy as they explore the Bible.

First hour–

- Move Gel in Bags
- Play with Balls
- Tap Spoons on Bowls

Next hour–

- Repeat activities with babies in the next hour.

TODDLERS EXPLORE THE BIBLE

Toddlers are on the go and ready to learn. They learn best through playful exploration and discovery. Offer three or more multisensory activities to lead young preschoolers to discover and learn Bible truths.

First hour–

- Walk on a Footprint Path
- Put Stickers on a Line
- Drop Clothespins in a Can
- Play with a Parachute

Next hour–

- Draw with Crayons
- Snap Plastic Blocks Together
- Drive & Park Toy Cars

PLUS Circle Time!

TEXT TRUTH

Love God and love others.

BIBLE STORY

Two Brothers: Cain and Abel
Genesis 4:1-16

BIBLE VERSE PARAPHRASE

Love God and others.
Matthew 22:37,39

PACK ITEMS

3 Story Picture: Two
Brothers: Cain and Abel
15 September Bible Markers
16 Creation Pictures
17 Book: *God's Wonderful
World*

LEADER TIP!

Any ball given to a baby
should be bigger than the
child's mouth.

TWO BROTHERS: CAIN AND ABEL

Genesis 4:1-16

- *Cain and Abel were brothers.*
- *Cain hurt his brother, Abel.*
- *God was angry. God sent Cain away from his family.*

EXPLORATIONS

MOVE GEL IN BAGS

Tools: Bible, Creation Pictures, gallon-size freezer ziplock bags, hair gel, large wiggle eyes, duct tape

- Laminate one set of the Creation Pictures. Put a few pictures and several wiggle eyes into two or three plastic bags. Fill the bags halfway with gel. Press out the air, seal the bags, and tape them closed.
- Lay the bags on the floor for babies to explore. Or hold a bag while a young baby sits in your lap.
- Guide a baby's hand to press on the gel bag to move the objects in the bag. Point out pictures showing things God created.
- Say: "God made all these things. God made people, like Cain and Abel. God wants people to love Him and others."
- Open the Bible to Matthew 22 and say today's Bible verse. Hold a baby's hands and clap them together as you say: "Love God and others."

PLAY WITH BALLS

Tools: Bible, September Bible Markers, Book: God's Wonderful World, Diaper Bag Card, medium-sized box, several colorful small plastic balls (enough to cover the card and Bible)

- Place today's marker in the Bible at Matthew 22:37,39. Place the Diaper Bag Card, the book, and the Bible in the box. Spread the balls over the items.
- Put the box in front of a few babies seated on the play mat. Take a ball out of the box and put it back in. See if a baby follows your example.

- When a baby uncovers the Bible, take it out of the box and open it to the marked verse. Say the Bible verse. Comment: “Cain and Abel were brothers.”
- Show the picture on the Diaper Bag Card. Point to Cain and Abel in the picture. Comment: “God wants people to love Him and others.”
- Read the book to the babies, reminding babies of the things God made.

TAP SPOONS ON BOWLS

Tools: Bible, Story Picture: Two Brothers: Cain and Abel, 2 small bowls, 2 wooden spoons

- Lay the Bible and Story Picture near the bowls and spoons.
- When a baby shows interest, give her a spoon and show her how to tap a bowl with the spoon. Talk about the sound the baby hears.
- Tap and sing these words (tune “God Is So Good”): *We can love God. We can love God. We can love God, and love others, too.*
- Open the Bible to Genesis 4 and tell the Bible story. Point to the Bible page and say: “You learn from the Bible. The Bible tells us to love God and others.”
- Show the Story Picture and say the names *Cain* and *Abel*.

LEADER TIP!

Allow older babies to play on the floor as much as possible to encourage movement and socialization.

Younger babies might sit in cribs or baby seats for short periods to be a part of the activity.



NEXT HOUR (MORE EXPLORATIONS FOR BABIES)

- Continue and repeat activities from the first hour. Babies learn through repetition and practice.
- As you cuddle, rock, soothe, and tend to babies’ needs, talk about the Bible. Say Bible words and phrases.
- Use the Bible with babies. Let them see, touch, and turn Bible pages.

TEXT TRUTH

Love God and love others.

BIBLE STORY

Two Brothers: Cain and Abel
Genesis 4:1-16

BIBLE VERSE PARAPHRASE

Love God and others.
Matthew 22:37,39

PACK ITEMS

3 Story Picture: Two
Brothers: Cain and Abel
15 September Bible Markers
16 Creation Pictures
17 Book: *God's Wonderful
World*
18 Movement Cube

PRINTABLES

Footprints

LEADER TIP!

Print Footprints on assorted colored paper. Use clear contact plastic to attach Footprints to the floor. This will make them more stable.

TWO BROTHERS: CAIN AND ABEL

Genesis 4:1-16

Adam and Eve had children. Their first son was born, and he was named Cain. After a while, Adam and Eve had another son. His name was Abel.

As the brothers grew, they took care of the animals God made and they grew crops in the land. Cain worked in the fields to grow food for the family. Abel took care of the sheep and other animals.

Each brother gave an offering to God. Cain gave an offering of grains and food he had grown. Abel gave a lamb from the flocks as his offering.

God was pleased with Abel's offering. God knew Abel loved God and obeyed Him.

God was not pleased with Cain's offering, though. God knew Cain did not obey God like he should.

Cain was angry. He hurt his brother, and Abel died.

God punished Cain for what he did to his brother. God sent Cain away from his home and family.

EXPLORATION STATIONS (45-60 MINUTES)

WALK ON A FOOTPRINT PATH



Tools: Bible, Footprints, Story Picture: Two Brothers: Cain and Abel, Movement Cube, tape, September Bible Markers

- Print and cut out about 20 Footprints. Tape the Footprints to the floor in a winding path. Place the Bible marked at today's verse and the Movement Cube on the path. Put the Story Picture at the end.
- Invite a child to walk on the footprint path. When he reaches the Movement Cube, tell him to toss it and do the movement. When another child reaches the Bible, help her open it to the verse and say the words.
- At the end of the path, gather the children and look at the Story Picture. Tell the Bible story in your words.

PUT STICKERS ON A LINE

Tools: Bible, Creation Pictures, long sheet of art paper, marker, colorful circle stickers, masking tape

- Use the marker to draw a line the length of the paper. Draw loops and curves from end to end. Tape the paper to a wall at the children's eye level. Place the stickers on a chair.
- Lay the Creation Pictures on a nearby table. Lay one set faceup and the other set facedown in a stack.
- Invite toddlers to put stickers on the line. Tell the Bible story as children work.
- Say: "God wants people to love Him and others. We can show love by being kind to people at church."
- Open the Bible to Matthew 22 and point to the page. Guide toddlers to say the verse with you.
- Children waiting for a turn to add stickers can match Creation Pictures.

DROP CLOTHESPINS IN A CAN

Tools: Bible, Book: God's Wonderful World, large cylindrical can (chip can, formula can), duct tape, peg-type clothespins, Preschool Family Card

- Cover the can with duct tape. Lay the Family Card in the bottom of the can. Put the clothespins around the edge of the can. Place the can on the floor with the Bible and book.
- Invite a toddler to remove a clothespin and drop it into the can from a standing position. Clap when the child is successful.
- As children take turns dropping clothespins, open the Bible to Matthew 22 and say the Bible verse. Encourage children to repeat the verse with you.
- Ask a toddler to get the Family Card from the can. Look at the picture and point to the two brothers. Say: "Abel loved God, but Cain did not love God as he should."

PLAY WITH A PARACHUTE

Tools: Bible, child's small recreational parachute or a round tablecloth, Diaper Bag Card

- Guide several toddlers to raise and lower a parachute in a steady rhythm. Say: "Up, down, up, down."
- While lifting the parachute, lead children to say today's Text Truth: "Love God and love others."
- Pause play for a moment and sit down to look at the Diaper Bag Card. Say: "Cain and Abel were brothers. Each man gave an offering to God." Tell more about the story.
- Open the Bible to Genesis 4 and show children the names of the brothers. Say: "God was not pleased with Cain's offering."
- Finally, lay the card in center of the parachute and tell children to lift and lower the parachute.

TEXT TRUTH

Love God and love others.

BIBLE STORY

Two Brothers: Cain and Abel
Genesis 4:1-16

BIBLE VERSE PARAPHRASE

Love God and others.
Matthew 22:37,39

CIRCLE TIME TOOLS

- Bible
- Music & Print Extras

PACK ITEMS

3 Story Picture: Two
Brothers: Cain and Abel
15 September Bible Markers

CIRCLE TIME (2-5 MINUTES)

Your toddlers may be ready for a simple circle time. You decide when and how long to have a group experience.

GATHER

- Play music as you lead children in a march around the room. Move to the Circle Time area.
- As children are seated, sing these words (tune “Mary Had a Little Lamb”): *God wants us to show our love, show our love, show our love. God wants us to show our love to Him and others, too.*

HEAR THE BIBLE STORY

- Open the Bible to Genesis 4. Comment: “Last week we heard that Adam and Eve disobeyed God and had to leave the garden God made for them. Today you will hear about their sons and what happened to them.”
- Hold the Bible as you tell the Bible story in your own words.
- Pass the Story Picture around the circle and let each child hold it for a few seconds.
- Ask the group: “Did Cain show love to God and his brother?” (No.)

PRACTICE BIBLE SKILLS

- Turn to today’s marker placed at Matthew 22:37,39.
- Invite toddlers to stand. Guide the children to say the verse using motions:
Love—cross both arms over chest;
God—point straight up;
others—put both hands, palms up, in front of your body.
- Say the verse together two times.

PRAY

- Ask God to help the children learn to love Him and others. Pray for each child by name.

NEXT HOUR (MORE EXPLORATIONS FOR TODDLERS)

Continue activities from the first hour or offer these additional activities to help toddlers explore the Bible.

DRAW WITH CRAYONS

Tools: Bible, Diaper Bag Card, September Bible Markers (Pack Item 15), crayons, paper

- Distribute a paper and a few crayons to each child. As children draw and scribble, recall the Bible story.
- Show children the picture on the Diaper Bag Card and point to the brothers. Say: “God wants people to love Him and others. Abel showed His love for God in the right way.”
- Open the Bible to today’s marker placed at Matthew 22:37,39. Say the Bible verse, then encourage the toddlers to repeat the verse with you.

SNAP PLASTIC BLOCKS TOGETHER

Tools: Bible, Story Picture: Two Brothers: Cain and Abel (Pack Item 3), plastic interlocking blocks

- Lay the Story Picture on the floor and cover it with the blocks. Sit on the floor.
- Invite one or two toddlers to snap blocks together to build. Comment: “You are working together. God wants people to love Him and other people. You can show love by working together.”
- Show the Story Picture to the children. Ask children if they remember the names of the brothers (Cain and Abel).
- Open the Bible to Matthew 22 and say today’s Bible verse. Say the Bible verse with the children.

DRIVE & PARK TOY CARS

Tools: Bible, index cards, marker, masking tape, 5 sturdy toy cars

- Print the words of the Bible verse on index cards, one word per card. Tape the cards to the tops of the cars. If you have a large group of toddlers, make two sets of cards and cars. Use masking tape to create a parking lot for the cars.
- Invite children to drive the cars. When children notice the word cards taped to the cars, read the words. Say: “Those are words in our Bible verse, but they are scrambled. Let’s put the words in the right order, then say the Bible verse together.”
- Direct toddlers to drive the cars to the right spots in the parking lot. Give directions as needed to help children get the word cards in the right order. Say the Bible verse together.

*Look for printable
Next Hour helps in
Music & Print Extras.*