

An illustration of Adam, a man with a beard and long hair, wearing a dark, sleeveless tunic. He is smiling and has his hands clasped in front of him. To his left, a woman in a purple dress is partially visible. The background is a bright, hazy landscape with a large tree on the left and a bright light source on the right.

UNIT 1 | SESSION 3

THE FIRST FAMILY

GENESIS 4

CHRIST CONNECTION: God had promised that someone from Eve's family would put an end to sin and death. Cain was not that person. As families grew and sin spread, people waited for God to keep His promise. At just the right time, God would send His Son, Jesus, to save sinners.

BIG PICTURE QUESTION: Who is God? God is our Creator and King.

KEY PASSAGE: Psalm 104:24

STORY POINT: Sin keeps us from God.



PREPARE

IN ADVANCE TO TEACH THE SESSION

LEADER Bible Study

Genesis 4 offers insight into the first family in history—showcasing sin’s desire to rule human hearts and the merciful nature of God. Here, we read of Abel’s blood that was wrongfully shed, which cried out for justice. Later, the Biblical narrative reveals to us One whose blood speaks a better word than Abel’s—a firstborn Son would shed His blood to justify sinners and provide everlasting life. (Heb. 12:24)

What can we learn about God through His response to Cain’s sin? How is Jesus the greater firstborn Son?

Brothers Cain and Abel both offered sacrifices to God, but the former’s offering wasn’t truly a sacrifice—pleasing to God and reflective of His true worth. God spoke directly to Cain asking him to consider why he felt so rejected by His response to the offering. God also warned him that though sin’s temptations were strong, he could rule over it. Through God’s encounters with Cain, we come to learn that God desires for the sinner to not be ruled by sin, which leads to death; rather, God calls us to trust Him by faith that we may do what is right. Yet Cain did not heed the words of his Creator. Instead, he chose for sin to rule over him, resulting in murderous actions toward his brother.

God drew near to Cain and addressed his wickedness, acknowledging the unjust death of the righteous Abel. God told Cain that he was now cursed. As a result, Cain would not receive back from the earth the fruit of his labors and would wander for the rest of his days. Even still, God protected Cain from the fate he forced upon his brother; he received protection against the threat of death by another’s hands. However, this act was only a glimmer of God’s mercy toward sinners. In Christ’s sacrifice on the cross, we see the greatest picture of God’s mercy toward sinners: the righteous blood of Jesus satisfies God’s wrath over sin and provides our justification.

Reflect on Jesus’ righteousness in light of the unrighteousness of Cain, Adam and Eve, and the rest of mankind. The promised descendant who would redeem us amidst our sin wasn’t Eve’s firstborn son, but Jesus, the firstborn of all creation. God’s plan has always been to redeem us through faith in His Son. Pray for the preschoolers hearing today’s lesson, that their hearts will be opened to the mercy of their Creator who leads us away from destruction and into everlasting life.



PREPARE

THE WEEK PRIOR

Prepare your heart to teach; plan the session



LEARN

10-15 MINUTES

Teach preschoolers the story of the gospel



LOVE

20-25 MINUTES

Lead preschoolers to love the God of the gospel



LIVE

15-20 MINUTES

Lead preschoolers to live the mission of the gospel



PREPARE

IN ADVANCE TO TEACH THE SESSION

GATHER Supplies

Keep these items on hand for each session: Allergy Alert, Bibles, construction paper, copy paper, washable markers, crayons, scissors (adult use), blunt-tipped scissors, glue sticks, glue, blocks, baby dolls, play dough, world map or globe, snack food, paper cups, and napkins.



LEARN

Welcome and worship with song

- ☐ "God Made the World" song

Tell the Bible story

- ☐ Bible Story Picture Poster
- ☐ "The First Family" video (optional)
- ☐ story telling tips props (optional)
- ☐ family photo

Review

- ☐ Giant Timeline

Respond through song and prayer

- ☐ "Great and Mighty Things" song
- ☐ "Thank, Thank, Thank You God" song



LOVE

Follow the path

- ☐ bookmark
- ☐ masking tape

Complete a puzzle

- ☐ "Emotion Puzzles" printable

Play out jobs

- ☐ worship songs of your choice

Paint ice cubes

- ☐ bowls
- ☐ ice cubes
- ☐ washable watercolor paints
- ☐ paint brushes
- ☐ plastic tablecloth
- ☐ paint smocks
- ☐ paper towels



LIVE

Learn the Big Picture Question

- ☐ Big Picture Question Poster

Practice the Key Passage

- ☐ Key Passage Marker
- ☐ Key Passage Poster
- ☐ "How Countless (Psalm 104:24)" song

Missions Moment

- ☐ soccer ball

Worship with music

- ☐ toy rhythm instruments
- ☐ worship songs of your choice



LEARN

THE STORY OF THE GOSPEL

LEARN the Bible Story

1 WELCOME AND WORSHIP WITH SONG

Greet preschoolers with a smile. As preschoolers arrive, sing an action song such as “God Made the World”, to engage and welcome them. Lead motions enthusiastically and encourage preschoolers to join you. Between songs, help the preschoolers think through what it means to worship God and why we often use music to help us do so. Take time to talk about any lyrics that might be challenging to understand.

2 TELL THE BIBLE STORY

Show a photo of your family. Spend some time talking about your family members.

SAY “I’m so thankful that God made families. Today’s Bible story is about the first family. Do you remember the names of the two people God created? (Adam and Eve) Our story is about Adam and Eve’s two sons: Cain and Abel.”

Open your Bible to Genesis 4:1-16,25-26. Show the video or tell the Bible story using the provided storytelling tips. Use the bold version of the Bible story for young preschoolers.

THE FIRST FAMILY

“After Adam and Eve left the garden of Eden, they started a family. Adam and Eve had two sons, Cain and Abel. They grew up and Abel became a shepherd. Cain became a farmer.

One day, Cain took some of the food he grew and gave God an offering. Abel gave God some of his sheep. God was happy with Abel’s offering, but He was not happy with Cain’s. This made Cain angry!

“Why are you so upset?” God asked. “If you do what is right, I will be happy with your offering.” God told Cain to be careful. “Sin wants to control you,” God said. “But you must control it.”

Then Cain did something very wrong. Cain invited Abel to go out into the field, and Cain killed Abel.

“Where is your brother Abel?” God asked Cain.

“I don’t know,” Cain lied. “Is it my job to take care of him?”

But God knew what Cain did, and God punished Cain. God said Cain would spend the rest of his life walking around the earth. He would not have a home. If Cain tried to farm, nothing would grow. Still, God was kind to Cain and put a mark on him to protect him. So Cain went and lived in the land of Nod.

STORYTELLING TIPS

Show faces: Make a smiling face on one side of a paper plate and a frowning face on the other side. Show the different emotions as you tell the story.

Sit in a field: Lay a large brown blanket or sheet for children to sit on as you tell the story. Tell them to pretend like they are sitting outside in a field.



LEARN

THE STORY OF THE GOSPEL

God gave Adam and Eve another son, Seth. Adam and Eve's family grew. Seth grew up and had a family too. Around this time, the people in Adam's family began to pray to God. ”

Christ Connection: God had promised that someone from Eve's family would put an end to sin and death. Cain was not that person. As families grew and sin spread, people waited for God to keep His promise. At just the right time, God would send His Son, Jesus, to save sinners.

3 REVIEW

Point to the giant timeline as you review today's Bible story. Ask the following review questions.

1. What did you like about the Bible story? (Answers will vary.)
2. What were some things in the Bible story that made you happy or sad? (Answers will vary.)
3. What did Abel bring as an offering? (sheep) What did Cain bring? (food he grew)
4. Why do you think Cain was angry at his brother? (Answers will vary.)
5. Who was the person God promised to send to save sinners? (Jesus)
6. **Who is God? God is our Creator and King.**

SAY ” Both brothers gave an offering to God. God was happy with Abel's offering, but he was not happy with what Cain brought. Cain was very angry, and he made a wrong choice. He killed his brother. God punished Cain and sent him away because of his sin. **SIN KEEPS US FROM GOD**, that's why God sent Jesus! At just the right time, God would send His Son, Jesus, to save sinners. ”

4 RESPOND THROUGH SONG AND PRAYER

SAY ” God had promised that someone from Eve's family would put an end to sin and death. Cain was not that person. As families grew and sin spread, people waited for God to keep His promise. At just the right time, God would send His Son, Jesus, to save sinners. ”

Sing “Great and Mighty Things” as preschoolers move with the music. Prepare for prayer by singing “Thank, Thank, Thank You God.” Collect an offering.

SAY ” God, thank You for our families. Thank You for sending Your Son, Jesus, to rescue us from our sin. Please forgive us of our sin and help us to follow and obey You. Amen. ”



LOVE

THE GOD OF THE GOSPEL

LOVE God because of what we learned

Choose the activities that best fit your group, space, available resources, and time constraints. Set up activities in one of these ways: as a group, all at the same time; in small groups that rotate through each activity; or set up as centers, allowing preschoolers to browse and choose.

1 ☐ DECORATE A PAPER



Tell preschoolers they will decorate a paper to give to someone in their family or to another person they care about. Distribute paper, crayons, and markers for preschoolers to use on their papers. Offer drawing prompts such as a flower, sunshine, or a picture of the person they want to give their paper to. Allow preschoolers to decorate more paper if they wish to do so.

SAY “You drew a beautiful picture. Who will you give your paper to? They will enjoy getting this special picture from you! Maybe they will hang it on their refrigerator, Cain and Abel gave a special offering to God. An offering is a gift. What did Abel give to God? (a sheep) Abel trusted God, and God was happy with his offering. Abel showed God how much he loved Him. What are some ways we can show God that we love Him?”

2 ☐ FOLLOW THE PATH

Place a bookmark in a Bible at the key passage, Psalm 104:24, and set it at the opposite side of the room. Use masking tape to create a path from one side of the room to the Bible on the opposite side of the room. Consider enlisting older preschoolers to help create the path with tape. Invite children to follow the tape path to the Bible. Give preschoolers special instructions such as walk, tiptoe, hop, gallop, or take giant steps. When they reach the Bible, choose a child to open the Bible to the key passage. Lead children to say the key passage by reading it aloud.

SAY “We followed the path and what did we find? (the Bible) There was a bookmark in the book of Psalms. That is where our key passage is found. Let’s say it again together. [Lead preschoolers to say the key passage.]”

3 ☐ COMPLETE A PUZZLE

Print the “Emotions Puzzle” printable on heavyweight paper and cut apart the pieces. Show preschoolers how to mix and match the pieces to make different emotion faces.

SAY “God gave us so many different emotions: happiness [show a happy face], sadness [invite children to make a sad face], and anger are a few. Which emotion did Cain feel in our Bible story today? (anger) Cain was angry that God was not happy with his offering. His anger led him to sin by killing his brother. Sin is disobeying God, and our **SIN KEEPS US FROM GOD**. God punished Cain because of his sin, but God was also kind to Cain by protecting him. God showed kindness to us by sending Jesus. When we trust Jesus and ask Him to forgive our sin, He does!”



LOVE

THE GOD OF THE GOSPEL

4 PLAY OUT JOBS

Lead children to march around the room while music is playing. Pause the music and tell children to freeze. Call out “shepherd” or “farmer.” If you say “shepherd,” preschoolers will kneel and bleat like sheep. If you say “farmer,” preschoolers will pretend to pick vegetables. Restart the music, instructing preschoolers to march around. Pause the music and repeat the game. Consider choosing a child to be the caller.

SAY “Cain and Abel had special jobs. Abel was a shepherd; what animals do shepherds take care of? (sheep) Cain was a farmer. What do farmers take care of? (crops, plants, gardens) God was happy with the sheep offering Abel brought. God was not happy with Cain’s offering. Cain became angry and sinned. **SIN KEEPS US FROM GOD.** God punished Cain because of his sin. God had promised that someone from Eve’s family would put an end to sin and death. Cain was not that person. As families grew and sin spread, people waited for God to keep His promise. At just the right time, God would send His Son, Jesus, to save sinners.”

5 PAINT ICE CUBES

Cover a table with a plastic tablecloth. Assist preschoolers in placing a smock over their clothes. Put ice cubes in a bowl for each child and set it on the tablecloth. Place washable watercolor paints and paintbrushes next to the bowl. Demonstrate how to use the paint to add color to the ice. Keep paper towels close by for preschoolers to clean their brushes.

SAY “Look at all these beautiful colors! The colors melt off the ice and spread to make new colors. God is the creator of the beautiful colors that we see. **Who is God? God is our Creator and King.** God created Cain and loved him even though he chose to sin. God promised that someone from Eve’s family would put an end to sin and death. As families grew and sin spread, people waited for God to keep His promise. At just the right time, God would send His Son, Jesus, to save sinners.”



THE MISSION OF THE GOSPEL

LIVE for God out of love

1 LEARN THE BIG PICTURE QUESTION AND ANSWER

SAY “ Let’s whisper our big picture question together: **Who is God?** Now, let’s shout the answer: **God is our Creator and King.** Great job. Let’s say it again! [Whisper] **Who is God?** [Shout] **God is our Creator and King.** When we disobey God by sinning, our **SIN KEEPS US FROM GOD**, our Creator and King. But God had a plan to bring us back to Him, He sent Jesus to rescue us from our sin. ”

2 PRACTICE THE KEY PASSAGE

Place the key passage marker at Psalm 104:24. Invite a child to open your Bible to the key passage. Read the key passage aloud. Invite preschoolers to clap out the syllable of each word as you say the key passage together.

SAY “ The book of Psalms is found in the Old Testament. This book is full of poems and songs praising God as the wonderful Creator and King. ”

Sing the key passage song “How Countless (Psalm 104:24)” together.

3 PRAY

Invite preschoolers to tell you any prayer requests they have. Pray for them.

SAY “ God, You are our Creator and King. Thank You for hearing us when we pray and talk to You. Thank you for sending your Son, Jesus, to rescue us from our sin. Amen. ”



THE MISSION OF THE GOSPEL

4 MISSIONS MOMENT

Guide preschoolers to sit in a circle. Give one preschooler a soccer ball. Remind preschoolers that **SIN KEEPS US FROM GOD**, but the good news is that God sent His Son, Jesus, to rescue us from sin. Point out that for people to believe in Jesus, another person must tell them about Jesus. Invite preschoolers to take turns saying the name of a friend, family member, or neighbor that they could tell about Jesus. Remind preschoolers that they can share Jesus by telling a Bible story or simply saying, “Jesus loves you!” Let preschoolers take turns rolling the soccer ball and saying people’s names. Be sure everyone has a chance to play.

SAY “What kind of ball did we pass around the circle? (a soccer ball) Soccer is the most popular sport in the country of Brazil. We call it ‘soccer,’ but in Brazil, it’s called ‘football.’ People in Brazil need to hear the good news about Jesus. **SIN KEEPS US FROM GOD**. That’s why missionaries like Eric and Ramona Reese are there telling people that Jesus rescues people from sin. Let’s pray for the people we named. [Lead in prayer.]”

☐ WORSHIP WITH MUSIC

Distribute rhythm instruments to each preschooler. Play favorite worship songs and encourage preschoolers to play along. Play an instrument to help preschoolers keep the beat of the song.

SAY “Worship is praising God. One of the ways we can worship God is by singing and playing music. What songs do you like to sing about God? [Allow responses.] Abel wanted to worship God, that was why he brought a sheep offering. Abel loved God and wanted to give him the best thing he had. How else can we worship God? (listening to the Bible, praying, coming to church, helping others)”