

CAIN AND ABEL

LIFE POINT: PEOPLE SHOULD VALUE OTHERS AS GOD DOES.



LEVEL OF BIBLICAL LEARNING

God created people in His image.

BIBLE PASSAGE

Genesis 4:1-16

WEEKLY BIBLE VERSE

I praise you because I am fearfully and wonderfully made. *Psalm 139:14*

UNIT VERSE

In the beginning God created the heavens and the earth.
Genesis 1:1

SUGGESTED DATE

week of September 23

LEADER BIBLE STUDY

Competition among siblings is as old as the very first family. Cain was jealous of Abel's offering to God, and that jealousy drove Cain to kill Abel in a fit of rage. Unfortunately, domestic disputes are just as common today. According to the National Coalition Against Domestic Violence, nearly 20,000 phone calls are made to domestic violence hotlines every day in the United States. There is no greater proof of sin's destruction than the toll it takes on the family.

God created us for relationship with Him and with others. Although sin damaged those relationships, Jesus came to restore and heal the damage sin caused. Jesus told His disciples to love God and love others. He wanted them (and us) to realize that these are the most important commandments. When we allow God to transform our lives by His Spirit, the natural inclinations toward jealousy, envy, anger, and rage toward our families and others are replaced with love, joy, peace, patience, and the other fruit of the Spirit (Galatians 5:22-23). When our hearts, minds, and souls love God, we can begin to value others as God does.

What are some ways that jealousy or envy cloud your relationships with your family? _____

How can you allow God's love to transform your attitudes toward others? _____

How can you lead preteens to value others as God values them? _____

NOTE: Downloadable versions of items identified as *CD* are available in the Music and Print Extras Bundle. Items identified as *DVD* are available in the Digital Video Bundle.

Training for Bible Studies for Life: Kids is available at ministrygrid.com/web/biblestudiesforlife.

Bonus teaching helps and a social media plan are available at biblestudiesforlife.com/kidshelps.

PRACTICE BIBLE SKILLS

► Genesis Crosswords

1. Lead preteens to open their Bible and find the Book of Genesis.
2. Form groups of two or three preteens to play a gridless crossword game.
Distribute paper.
3. Explain that player 1 will locate the name of a person in the Book of Genesis and write that person's name in large letters, horizontally, in the center of the paper.
4. Challenge player 2 to locate another name from the Book of Genesis and connect it crossword-style to the original name.
5. Continue play until someone cannot link to an existing name.

► copy paper

Teaching Tip: If your group is small, suggest that preteens play as one group. The crossword game could be written on a dry erase board. You can also consider distributing graph paper. Kids can write one letter in each square to keep things lined up easier.

INTRODUCTORY ACTIVITY

► Like, Don't Like

1. Lead preteens to sit on the floor.
2. Explain that you will call out various objects and hobbies. Preteens who *like* what is called out should stand, and preteens who *don't like* what is called out should remain seated.
3. Invite preteens to share some of their *favorite* and absolutely *not favorite* things once the game is over.
4. Explain that in today's Bible story someone absolutely *did not* like his brother. He interpreted that his brother was the favorite and decided to despise and blame him rather than discovering his own strengths and relationship with God.

► Objects/Hobbies

Suggestions:

ice cream
video games
cleaning bathrooms
fireworks
paddleboating
running
watching movies
homework
ironing clothes
popsicles
cheeseburgers
receiving mail

MISSIONS EMPHASIS

1. Briefly review the "Missions in Mumbai, India" missions story.
2. Guide the preteens to wash their hands in the bucket and shake them dry.
3. Comment that people living in slums in India get water in a bucket from a large tank of water that is delivered for the entire community to share. The water must be reused because families do not know when the water tank will come again.
4. Pray that people will hear about Jesus and choose to trust in Him for all of their needs.

► DVD—Click on the missions tab on the DVD menu to find the video "Welcome to the Slums."

► "International Missions: India" (CD)—Print the "Missions in Mumbai, India" missions story.

► plastic bucket filled partially with water

STUDY THE BIBLE



➤ Pack Items 1, 2, 16

➤ Teaching Picture 4

➤ DVD

➤ masking tape, 12 index cards, marker—Mark 4 lines on the floor with tape to make a tic-tac-toe board. Write 6 X's and 6 O's on the index cards.

Option: "Tic-Tac-Toe Game" (CD)

➤ buttons or coins to be used as game markers

➤ copy paper, red and black markers, packing tape—Write each word of the Unit Verse on a separate piece of paper and tape the papers in a circle on the floor at one end of the room. Mark the first word with a red star.

➤ dry erase board and markers—Write the words *blame* and *beautiful*, large and vertically-spaced.

GETTING TO THE POINT

► "God Created the World Title Banner" (Pack Item 1)

- Remind preteens that God created the world. He said that what He made was good—His creation had value and importance to Him. Remind preteens they were created by God and therefore have great value.
- Form a boy group and a girl group. Instruct each group to stand in a circle, turned so that each preteen faces the back of the preteen in front of him. On the back of the person in front of him, give each preteen a few seconds to write or draw something with his finger that he likes about that person. Allow preteens to turn the opposite way and do the same thing.
- Reiterate that all people are valuable to God and should be treasured, but that's not what happened in today's story.

LOOK IN THE BOOK

► "The Blame Game" (Pack Item 16), Teaching Picture 4

- Appoint volunteers to take turns reading aloud Genesis 4:1-16. If your class doesn't have strong readers, guide your preteens to open their Bibles to Genesis 4 while you share the story in your own words using the guide on the back of the Teaching Picture.
- Discuss the following points:
 - God reached out to Cain with love and gave him the opportunity to deal with his anger the right way (See Gen. 4: 6-7.)
 - Cain refused to listen, killing his brother instead. (See Gen. 4:8.)
- Explain that murder is a horrible offense to God because in that act one human is saying he has the right to decide when another person's life should end. Share that life and death belongs only to the Creator.
- Make sure preteens understand the time line of the story by playing "The Blame Game."
- Play the "Cain and Abel: Bible Story" video from the DVD.

REVIEW CHALLENGE

► Tic-Tac-Toe

- Play "Human Tic-Tac-Toe." Use the review questions (page 90) or use the questions on the back of the Teaching Picture.
- Group preteens into two teams. Give one team the X cards and the other team the O cards. Alternate teams, asking one question per team at a time.

- If a player answers the question correctly, she chooses where to stand on the tic-tac-toe board, holding her *X* or *O* card. If a player answers incorrectly, the team loses its turn and the next team tries to answer the question. The first team to get three *X*'s or *O*'s in a row wins.
- Play several rounds, and include review questions from previous weeks as needed.
- As an alternative to human tic-tac-toe, form teams of preteens and play using the boards provided on the CD.

UNIT VERSE CHALLENGE

► “Genesis 1:1 Unit Verse” (Pack Item 2)

- Guide preteens to line up on the opposite end of the room from the Unit Verse circle that you placed on the floor.
- Explain that preteens will take turns running around the word circle, finding the words to the verse in order and reading the verse.
- Make the second round more challenging by removing three or four words.

OPTION: Memorize the Weekly Bible Verse: Psalm 139:14.

APPLY THE BIBLE AND PRAY

- Guide preteens to help you brainstorm things about the word *blame* that are hurtful—one for each letter of the word, if possible, such as: belittles the value of another person, leaves out personal responsibility for things going wrong, and so forth.
- Guide preteens to brainstorm things about human beings that are *beautiful*, such as: being friends, eyes, amazing talents, and so forth. Encourage preteens to be creative!
- Lead kids to conclude that blaming others instead of admitting their own wrongs or their own need for help is hurtful and damaging to relationships. Emphasize that people should value others as God does.
- Show “Cain and Abel: Life Action” video.
- Pray, asking God to help preteens remember to value others as God does.
- Dismiss preteens to their Live It Out groups.

LIVE IT OUT

CHOICE 1

- Activity Pages
- tape, sticky notes, art supplies such as markers, colored pencils, stickers, and so forth
- large sheet of paper—Hang the paper on the focal wall.

CHOICE 1 (GIRLS)

► Encouragement That Sticks, “Of Great Value” (Activity Page)

1. Discuss different ways and reasons families experience difficulties. List the ideas on the paper. Ask:
 - Are there perfect families? (*no*)
 - What can preteens do to help avoid some of these difficulties? (*be patient, be selfless, pray*)
2. Write *GOD* in large letters across the paper to illustrate that God can take care of and overcome all family difficulties as girls provide answers to the last question.
3. Emphasize the importance of treating family members and others with respect and kindness. Read Romans 12:10 aloud to the girls. Invite each girl to consider members of her family she would like to encourage.
4. Distribute sticky notes and art supplies to the girls. Invite girls to write messages to these family members on sticky notes and decorate them using the art supplies.
5. Challenge girls to take the notes home and either personally give them to the family members they want to encourage or leave them around the house where the notes can be found.
6. Help girls complete “Of Great Value” on their Activity Pages.

CHOICE 2

- Activity Pages
- CD
- toilet paper (1 roll for each pair), timer, washable markers

CHOICE 2 (BOYS)

► Wrapped Up, “What’s the Price?” (Activity Page), “I Will Rise Up” (CD, track 2)

1. Guide each boy to find a partner. Give each pair one roll of toilet paper.
2. Announce that one person from each pair will wrap the other with toilet paper.
3. Play “I Will Rise Up” while boys wrap up their partners. Call time after the song ends.
4. Hold an applause contest to see who is “wrapped up” the best. Remind boys that it is easy to get “wrapped up” in their own lives and not think about how they treat others. Direct wrapped-up preteens to break free from the paper. Ask:
 - How did Cain’s being “wrapped up” in himself affect his family? (*Abel was murdered; Cain’s punishment made him a wanderer; Adam and Eve lost both sons.*)
 - What are some ways preteens can be “wrapped up” in themselves and have a negative effect on the family? (*not sharing possessions, being rude, not doing chores*)
 - How can God help? (*providing forgiveness*)

5. Remind boys that God is loving, not harsh and accusatory. When Cain messed up, God reached out to him and wanted to teach and comfort his heart. Encourage boys to ask God to help them with anger and other temptations they face.
6. Lead boys to complete “What’s the Price?” on their Activity Pages.

CHOICE 3 (BOYS AND GIRLS)

► Study of Dough, “Of Great Value” (Activity Page), “I Will Rise Up” (CD, track 2)

1. Display a loaf of bread and a sheet of matzo. Ask:
 - Why is the loaf of bread larger than the matzo? (*yeast*)
 - What would the loaf of bread look like if there were no yeast in it? (*flat*)
2. Show the yeast to preteens, and then sprinkle some in a bowl of warm water. Share that even when yeast is doing its job, you can’t really see what’s happening.
3. Share that God is often working in people’s lives even when you can’t really see what He is doing.
4. Distribute a sheet of paper to each preteen. Guide the boys and girls to write down areas of difficulty in their lives, making sure they know that no one else will see what they have written. Allow some time for preteens to reflect and write. Play “I Will Rise Up” while kids work.
5. Share that although you have not seen what preteens wrote on their papers, you can say with absolute confidence: “God is bigger than everything that was written down.”
6. Guide preteens to write *God is bigger!* across their papers. Invite preteens to tear up their papers and throw them in the trash as a way of reminding them that God can take care of any problem—big or small.
7. Explain that God wants all people to know and realize that they are valuable to Him.
8. Lead preteens to complete “Of Great Value” on their Activity Pages.

WRAP UP

- Pray together for God to help people in your church see value and reach out with care to all people in your community.

CHOICE 3

► Activity Pages

► CD

► loaf of bread, sheet of matzo (unleavened bread) or tortilla, package of yeast, clear glass or bowl, warm water, copy paper, trash can

WRAP UP

► No advance preparation or supplies needed