



CAIN AND ABEL

Preschool-K • #OT4 • June 29, 2025

Concept

God made it possible for everyone to be His friend by *faith*.

Goal

Children will learn from Abel's example of faith in God.

Passage

Genesis 4:2-15

Key Verse: "It was by faith that Abel brought a more acceptable offering to God than Cain did. Abel's offering gave evidence that he was a righteous man, and God showed his approval of his gifts. Although Abel is long dead, he still speaks to us by *his example of faith*." (Hebrews 11:4)

Planning Ahead

Lesson Supplies	Craft Supplies
<p>Introduction:</p> <ul style="list-style-type: none">• <i>Helpful Hal's Treasury of Christian Virtues, Michael Waite</i>• <i>Cain laminated stick puppet</i>• <i>Abel laminated stick puppet</i> <p>Lesson:</p> <ul style="list-style-type: none">• A backpack*• A stuffed lamb• A child's garden tool• A basket or bowl of fruit and vegetables (real or plastic) <p>* NOTE: The asterisk designates that these items are the responsibility of your teaching team.</p>	<p>Activity Station:</p> <ul style="list-style-type: none">• Printed maze, 1/child <p>Learning Activity #2:</p> <ul style="list-style-type: none">• Abel figure copied on cardstock, 1/child• Cain figure copied on cardstock, 1/child• "Doesn't love God" stickers, 1/child• "Does love God" stickers, 1/child• Craft sticks, 2/child• Glue sticks• Crayons• Markers

*TEACHERS PLEASE NOTE

For clarity, the italicized areas in the Planning Ahead section indicate supplies that are in—and should be returned to—your classroom SHARED SUPPLY bag.

Background Information/Teacher Helps

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"Cain's Religion and Abel's Relationship. The two brothers, Cain and Abel, each offered sacrifices to God. Cain brought the 'fruit of the ground' (Genesis 4:3) as his offering and God did not accept it. Abel, on the other hand, brought by faith the sacrifice of an unblemished animal which God accepted (see Hebrews 11:4). Why was one rejected and the other accepted?

"God was not playing favorites with Cain and Abel. Both were Adam's sons and were as fallen and alienated from God as was Adam. Both brothers were equally religious in the sense that they each brought offerings to God. The difference, however, was in their heart attitudes.

"Abel's sacrifice. Abel offered his sacrifice according to God's requirements. He responded to God by faith and, because of his obedience, God accepted Abel's offering. His sacrifice was important because it revealed something of God's Redemptive Plan, even though Abel knew little of its future significance.

"Abel's sacrifice was a 'copy of heavenly things to come' (see Hebrews 9:23)...Abel offered up an unblemished animal which God had designated as a picture of what He was going to do about man's problem of sin (see Leviticus 17:11). This principle of the death of an innocent and blameless life substituting for the guilty one is used throughout the Old Testament. The only way that a sinful man can live with God forever is for a sinless life to die in his place. Here we have a preview of God's Redemptive Plan in embryonic form. An expanding revelation of the details will unfold in the years to come.

"Cain's Sacrifice. Cain's sacrifice was brought as a religious exercise rather than an act of faith. There are two ways people attempt to approach God. One is by faith, as Abel did, bowing to God and responding to His Word. The other way is by saying, in effect, 'God, bless my plan, bless what I am doing in Your name,' without a sense of sin and recognizing no need of God's forgiveness. God alone can see a person's heart and judge whether the person is responding in faith or functioning self-sufficiently. The contrast between a relationship by faith and a religious self-effort continues through all the history of man."¹

¹ Martha McCallum, Jane Hamblin, God's Incredible Plan, Media Concepts, Xenos Christian Fellowship, pp. 29, 31.

Set Up

- The week before class: The teacher who is teaching the Lesson should bring a backpack to stuff with the lamb, a garden tool and real or plastic fruits and vegetables to use as props.
- The day of class: Pray with your team that the Holy Spirit will use you in class. Pray that He will show His love and grace to the children through you.

Incorporation Lg. Group

Activity Stations:

- **One Way Maze**

Goal: To learn the concept of “one way”

- **Instructions:** Give each child a printed maze and a marker or crayon. Show the children where to start and instruct them to try to move on the path from the start position to the center without crossing any lines. As they work, discuss that there are many things do in which there is only one correct way, such as reading a book, playing.

Introduction Lg. Group

Story – "Gilly Greenweed's Gift for Granny"

Instructions: Read the story on pages 37-50 of Helpful Hal's Treasury of Christian Virtues. This is a long story. For the younger classes, you may want to summarize the pages rather than reading every word.

Because Gilly loved her Granny so, she wanted more than anything to give her a wonderful gift. When we love someone a lot we want to show that person our love. Today we will learn about Adam and Eve's two sons, Cain and Able (show the stick puppets). Abel loved God and gave God his heart, just like Gilly gave herself to her Granny.

Lesson Lg. Group

Adam and Eve had two boys. Their names were Cain and Abel (bring out stick puppets). Adam and Eve loved their two boys very much. They probably told Cain and Abel about the very bad choice they made to disobey God. They also probably taught Cain and Abel all about God's love and His promise to someday take away sin.

When Cain and Abel grew up, Abel was a shepherd who took care of sheep (pull out stuffed lamb and pretend to feed it) and Cain was a farmer who grew lots of beautiful fruits and vegetables (bring out fruit and vegetables and put in basket).

One day Cain and Abel both took gifts to God. Abel loved God so much that he took his very best lamb (set lamb in front of class) to give God. It was because of Abel's faith- or trust- in God that he brought God the best sheep that he had as a gift to God. This is why it says in Hebrews 11:4- "It was by faith that Abel brought a more acceptable offering to God than Cain did." This kind of trust is pleasing to God!

Lesson Continued

Cain did not have this same kind of faith- or trust- in God. Cain took his fruits and vegetables (set basket in front of class) to God because he knew he was supposed to. He did not have the same kind of attitude as Abel. And God looks at what's in our hearts! So God didn't accept Cain's vegetables, which made Cain very angry towards God.

God talked to Cain, asking him why he was so angry. God warned Cain about sin (explain "sin"). But Cain did not listen to God and God's warning to him. So he chose to disobey God. Cain was so angry that he killed his brother Abel. When God gave him a chance to admit that he had disobeyed God, Cain did not tell God he had made a bad choice. Because of the very bad choice Cain made, Cain had to go far away from God forever. This was the consequence for Cain's sin against God.

What happens in this story of Cain and Abel is sad, isn't it? But a lesson that we can take away from their story is that God wants us to learn from Abel's example of faith in Him! Abel offered up his very best to God because of his faith in him! Faith means that you believe or trust. You have faith in your mom and dad because you know that they will feed you and take care of you. God is so big that He helps your mom and dad take care of you. God was pleased with Abel because Abel had faith in Him. We can learn from his love and faith in God!

Let's pray now and thank God that He loves us and wants to be our friend, even though we have all made bad choices. God made it possible for everyone to be His friend by faith (or trust) in Him through Jesus coming to earth to pay for our sin on the cross.

Let's get into small groups to talk about Cain and Abel and to pray.

We can choose to be like Abel or we can choose to be like Cain. We can choose to love God in our hearts like Abel did, who trusted God and offered to God the very best that he had as a gift.

- Who can tell me what they learned from the lesson about what "faith" means?
- Why is it hard for us to trust in God?

Let's pray now and thank God that He loves us and wants to be our friend. We can thank God for how he made it possible for us to be friends with Him by faith. Is there anything else you would like to pray for?

Craft – Cain & Abel stick puppets

Instructions: Give each child one cardstock figure each of Cain and Abel, one black heart sticker, one white heart sticker, 2 craft sticks and crayons/markers to color the figures. Have them put the "Doesn't love God" heart on Cain and the "Does love God" heart on Abel.

Transition

Learning Activity#1 Sm. Groups

Learning Activity#2 Lg. Group

Learning Activity# 2 Continued

After they have colored their figures, glue each to a craft stick. As the children work, remind them that Cain didn't really love God and chose to disobey God. Abel had faith in God and loved Him. Talk about God's goodness; e.g., He makes the sun come up in the morning to give us light and keep us warm, the moon at night, pretty flowers, parents to take care of us and teach us about Him, etc.