



WEEK 4

PRESCHOOL LESSON OUTLINE



BIG IDEA

Sin separates us from God.

THE BIBLE

Adam and Eve Sinned: Genesis 2:15-17, 3:1-15, 22-23

THIS WEEK AT A GLANCE

WELCOME TIME

- **ACTIVITY** | Earthquake Jumps
- **ACTIVITY** | Red Rover

TEACHING TIME

- **MUSIC** | Worship Time
- **THE BIG IDEA** | Sin separates us from God.
- **OBJECT LESSON** | Cookie Temptation
- **BIBLE STORY** | Genesis 2:15-17, 3:1-15, 22-33
- **ACTIVITY** | Don't Touch the Fruit
- **PRAYER**

DISCUSSION TIME

- **DISCUSSION** | Snack and Discussion
- **ACTIVITY** | Circle Time
- **ACTIVITY** | Tricky Serpent Chain
- **MEMORY VERSE** | Romans 3:23

PLAY TIME

- **ACTIVITY** | Coloring Page of the Week
- **ACTIVITY** | The Fruit and the Tree
- **ACTIVITY** | Cars and Tracks



WEEK 4

PRESCHOOL LESSON GUIDE



BIG IDEA

Sin separates us from God.

THE BIBLE

Adam and Eve Sinned: Genesis 2:15-17, 3:1-15, 22-23

WELCOME TIME

ACTIVITY | Earthquake Jumps

- Welcome back! We're so glad you're here today. During this series, we've been celebrating the awesome planet God created.
- There are so many beautiful parts of Earth, but one big and scary thing that happens sometimes on this planet is an earthquake. The plates of the earth shift which create a great rumbling, shaking, things breaking, and even great cracks in the earth's surface.
- **INSTRUCTIONS:** Stretch out two long jump ropes about six inches apart. Kids will jump from one side to the other. After everyone has completed that, kids can yell "earthquake" and then you will move the ropes farther apart. Allow everyone to try to jump across. Move the ropes farther repeat. If someone can't jump across, they will sit out. Continue until the ropes are so far apart that no one can jump across.
- The crack from our earthquake ended up too far for you to jump across. You were separated from the other side. Today we're going to talk about the things that causes us to be separated from God.

ACTIVITY | Red Rover

- Let's play a game where we are separated from each other, trying to break through a line to get to the other side!
- **INSTRUCTIONS:** Split the kids into two team and have them line up holding hands. Have one side shout "Red Rover, Red Rover, send _____ right over!" They will name one person. That person will run and try to break through the hands of two people on the other side and break the chain. If they break through, they get to take someone from that team back to their team. If they don't break through, they have to join that team. Keep playing until one team is outnumbered.

- **Was it hard to break through the other team's line?** We're going to learn about how sin entered the world and how it broke a perfect relationship between God and Adam and Eve.

TEACHING TIME

MUSIC | Worship Time

- **INSTRUCTIONS:** Spend some time singing with your preschoolers. You can select any songs you'd like, but for this lesson we like, "Looking at My Heart" by KidSpring and, "This Little Light of Mine."

THE BIG IDEA | Sin separates us from God.

- **INSTRUCTIONS:** Each week, do a big reveal (and make it fun) when you announce the Big Idea, like:
 - Ask the kids to give you a drumroll by stomping their feet or patting their laps.
 - Shout the Big Idea, then point to the kids and have them shout it back. (Change it up by using funny voices, different volumes, or inflections).
 - Have a character (either recurring or rotating) come out every week to reveal the Big Idea.
 - Write it on a piece of paper and hide it somewhere in the room. Have the kids go on a "hunt" for it. When it's found, read it to the kids.
- This week's Big Idea: **Sin separates us from God.**

OBJECT LESSON | Cookie Temptation

- **INSTRUCTIONS:** Get a cookie and show it to the kids.
- **How would you feel if I set this delicious cookie in front of you and told you not to eat it? Would you be sad? Frustrated? Would you be tempted to eat it anyway? What if I left the room and left you alone with the cookie for one hour?** It might be hard to resist temptation!
- We're going to hear a story from the Bible about two people who didn't resist, and because they gave in to temptation and did something they weren't supposed to do, there were lots of consequences that impact us today.

BIBLE STORY | Genesis 2:15-17, 3:1-15, 22-23

- **Have you ever had a hard time following the rules?** Maybe it's hard for you to not want to eat this cookie. Maybe it's hard to obey your parents or teachers. That's called temptation it's hard to do the right thing. We're going to learn about some people in the Bible who were tempted . . .
- **INSTRUCTIONS:** Look up the story in your Bible and read it to your preschoolers.
- Adam and Eve were in a beautiful garden, called the Garden of Eden. **Have you ever been in a beautiful garden?** It might have had big flowers and a waterfall. It was beautiful and perfect. Adam and Eve had a perfect relationship with God. But He gave them one rule.
- **What was the one rule God gave Adam and Eve?** He told them not to eat of the fruit from one specific tree in the Garden.
- But the serpent talked them into eating the fruit anyway. He tricked them. He told them God was trying to keep something good from them. They gave in to the temptation and ate the fruit.
- **After they ate the fruit, what did Adam and Eve do when they heard God walking through the garden?** They hid because they were ashamed.

- **Have you ever tried to pretend like you didn't do something when you got caught doing something wrong?**
- When Adam and Eve ate the fruit and disobeyed God, sin entered the world. Sin is anything we do that God doesn't want us to do.
- **Do people still sin today?** Yes, we all sin. **What are some examples?** It could be lying, disobeying our parents, hitting or kicking, stealing a toy from someone, being mean to something. It could also be when we know something good that God wants us to do, but we don't do it. If you know God wants you to help someone, and you don't help them, that could be sin too.
- God didn't want us to have to live with this sin problem forever. He had a plan to send His Son, Jesus, to rescue us from sin. He even mentioned him in Genesis 3:15, where He promised that, one day, Jesus would destroy all evil! This happened when Jesus died on the cross for our sins.
- We can thank God for sending Jesus so we don't have to be separated from Him. All we have to do is ask Jesus to forgive our sins, and He will do it! Then we can have a relationship with Him.

ACTIVITY | Don't Touch the Fruit

- **What did God tell Adam and Eve not to do in the Garden?** He told them not to eat the fruit from the tree! Let's play a game where we try not to touch the fruit.
- **INSTRUCTIONS:** *Get some real fruit (or draw some on paper) and spread it out all over the floor. Tell the kids to close their eyes and have a partner lead them across the room, without letting them touch the fruit. You could also have all the kids run around the room with their eyes open and try not to touch any of the fruit as they run.*
- **What kind of fruit do you like? What kind do you not like?**
- **Why did Adam and Eve eat the fruit in the garden?**

PRAYER

- Let's spend time talking with God in prayer.
- Dear God, we're sorry for the times we sin and disobey you. Help us not to sin. We love you. Amen!

DISCUSSION TIME

DISCUSSION | Snack and Discussion

- **INSTRUCTIONS:** *Pass out a snack to all of your preschoolers and ask them to sit and listen while they eat. Your discussion will be more effective when they're busy sitting and snacking!*
- **Where did Adam and Eve live?** *(In the Garden.)*
- **What one rule did God give Adam and Eve?** *(He told them not to eat the fruit from the tree in the middle of the garden.)*
- **What animal tricked Adam and Eve to get them to sin?** *(The serpent.)*
- **What did Adam and Eve do after they sinned?** *(They tried to hide from God.)*
- **What did God do to help people with sin?** *(He sent His Son Jesus.)*
- **What are some consequences for sin?**

ACTIVITY | Circle Time

- **INSTRUCTIONS:** Have the kids join you in a circle in the middle of the room. Put a bucket in the middle of the circle. Give a few kids a bean bag and have them toss them to the bucket. Have them take a few steps back and try to toss it from further away. As they are playing, ask the kids questions.
- Some bean bags went in and some didn't. If we think about sin, it's like missing the target. We know what God expects us to do and we don't do it. That sin separates us from God, and only Jesus can rescue us.
- **What is a sin you have struggled with or been tempted to do?**
- **What can you do when you sin?**
- **How does God help us with our sin?**
- **How does it make God feel when we sin?**
- **What can you do when you feel tempted to disobey?**
- **Why do we have rules in our lives?**

ACTIVITY | Tricky Serpent Chain

- **INSTRUCTIONS:** Before the service, cut one-inch strips of green and yellow paper. You need between 12-16 strips per child (half green and half yellow). Have the kids help make loops of each strip. Staple them together to form a chain, alternating between green and yellow. Let the kids glue wiggly eyes on the front.
- **Who tricked Adam and Eve to get them to disobey God?** That's right, the serpent tricked them! The serpent lied to them and told them that if they ate the fruit from the tree, they would be like God. **Was that true?** No! When they ate the fruit, sin came into the world.
- This leads us to our memory verse for the month. Let's work on it together!

MEMORY VERSE | Romans 3:23

- **INSTRUCTIONS:** Check out the Memory Verse Guide in your Programming Folder for ideas on how to help your preschoolers memorize Bible verses. Here are the hand motions for this month's memory verse . . .

FOR ALL HAVE SINNED (spread your arms far apart and then do thumbs down with both hands)
AND FALLEN SHORT (pretend to fall over by leaning forward)
OF THE GLORY (put both hands up above your head and pump your arms)
OF GOD (point up).

PLAY TIME

While you're waiting for parents to pick up their kids...

ACTIVITY | Coloring Page of the Week

- **INSTRUCTIONS:** Give every kid a Coloring Page, plus markers or crayons. As they color, remind them that sin separates us from God, but God helps us with sin by sending Jesus.

ACTIVITY | The Fruit and The Tree

- Adam and Eve sinned by breaking God's rule about the tree in the middle of the garden. Let's play a game to pretend some of us are the fruit and some of us are the tree.
- **INSTRUCTIONS:** *Stand in the middle of the room and have a few kids stand next to you. Have the rest of the kids all stand on one side. Tell them the ones in the middle are the tree, and the rest are the fruit. They will try to run across the room and try not to let the tree tag them. If they get tagged, they become part of the tree.*

ACTIVITY | Cars and Tracks

- **INSTRUCTIONS:** *Let the kids play with cars and car mats with roads and tracks (or make your own roads and tracks using paper and markers). Tell them that there are rules for driving cars, like staying on the road and following the rules of driving. Remind them that the rules of the road are there to help us, like God's rules in the Garden for Adam and Eve.*

Encourage your preschoolers to help clean up the room while they wait for their parents.