



WEEK 5

ELEMENTARY LESSON OUTLINE



BIG IDEA

Jesus takes away our sin.

THE BIBLE

Cain Killed Abel: Genesis 4:2-16 (Psalm 51:1-10; Romans 3:23; Ephesians 4:31-32)

THIS WEEK AT A GLANCE

LARGE GROUP TIME

- **ACTIVITY** | Four Corners of the Earth
- **ACTIVITY** | Three-Legged Race
- **QUESTION** | Questions About Siblings
- **OBJECT LESSON** | Brother Balloon
- **THE BIG IDEA** | Jesus takes away our sin.
- **BIBLE STORY** | Genesis 4:2-16
- **OBJECT LESSON** | The Dead Plant
- **SCRIPTURE** | Psalm 51:1-10
- **VIDEO** | Why is sin a big deal?
- **ACTIVITY** | Entangled in Sin
- **SCRIPTURE** | Romans 3:23
- **ACTIVITY** | Blob Tag
- **OBJECT LESSON** | Sin Spreads
- **MUSIC** | Worship Time
- **TALK** | RECAP OF THE MONTH
- **MEMORY VERSES** | Romans 3:23; Psalm 139:14

SMALL GROUP TIME

- **DISCUSSION**
 - Why was Cain upset with Abel?
 - How did Cain respond when God was pleased with Abel's offering?
 - Can you share a time when you got into a disagreement or conflict with a sibling or friend?
 - What would you tell someone who said sin doesn't matter if you don't get caught?
 - What are some of the consequences of sin in our lives and our relationships with God?
 - How does Jesus take away our sin?
 - How does the Holy Spirit help us overcome sin?
- **SCRIPTURE** | Ephesians 4:31-32
- **ACTIVITY** | Dominoes
- **MEMORY VERSES** | Romans 3:23; Psalm 139:14



WEEK 5

ELEMENTARY LESSON GUIDE



BIG IDEA

Jesus takes away our sin.

THE BIBLE

Cain Killed Abel: Genesis 4:2-16 (Psalm 51:1-10; Romans 3:23; Ephesians 4:31-32)

LARGE GROUP TIME

WHAT? *What are we talking about today?*

ACTIVITY | Four Corners of the Earth

- Welcome! This is our last week in this series. This month, we're exploring the awesome planet God has given us. Isn't it cool how He created parts of the world to be totally different from each other? We are going to travel around some of them in this game.
- **INSTRUCTIONS:** *Print the Four Corners printables and tape one to each corner of the room. Tell the kids the name of each corner. One child will stand in the middle of the room and close their eyes and count to ten. The rest of the kids will move quickly and quietly to one of the four places. The one in the middle will then call out one of the corner names: mountains, desert, jungle, or glacier. The kids who are standing in that corner will be out. Keep playing until there is only one player left.*
- **Which of those four places would you rather live, and why? What would be the pros and cons of living in that place?**

ACTIVITY | Three-Legged Race

- **INSTRUCTIONS:** *Place cones on one side of the room for a starting line and more on the far end of the playing area as a finish line. Split your group into two teams and have each team get into pairs. Have each pair stand side-by-side and gently tie their legs together using bandanas. Have them line up at the starting line, and when you say, "Go," the first pairs will race to the finish line and back (while tied together). Then they will tag the next pair in line. They will race to see which can be the first team to get every pair through the race first.*

- **FOR KIDS WITH SPECIAL NEEDS:** *Because this activity requires coordination of their bodies in relation to other kids, this activity could be demanding and stressful. This could be a good opportunity for the child with special needs to bounce on a mini trampoline or a large fitness ball. Both are therapeutic, and the motion feels good to the child.*
- **What happened when one of you went the wrong way?** It was hard to play when someone was pulling you a different direction from how you wanted to go! Today we're talking about what happens when we make wrong choices.
- I don't know about you, but one of the ways I find myself making a lot of wrong choices is in the way I treat the people in my family.

QUESTION | Questions About Siblings

- **How many siblings do you have?**
- **What do you like to do with your brother or sister?**
- **Do you ever fight with them?** *Be honest!*
- We might all have times when it's hard to get along with our siblings. We're going to read a story from the Bible today about some siblings who fought. In fact, they had a really big fight that ended badly!

SO WHAT? Why does it matter to God and to us?

OBJECT LESSON | Mirror

- The relationship between brothers and sisters can be really great. You can play together, hang out together, and make great memories. But the relationship between siblings can also be tough sometimes. Sometimes, you fight and don't get along.
- **INSTRUCTIONS:** *Ask two kids to come up to the front. Tell them you will toss a balloon to them and while you're talking, they have to hit it back and forth to each other and try to not let it touch the floor. As the balloon is tossed from one side to the other, imitate a back-and-forth conversation that siblings might have, such as:*
 - "You get on my nerves." ---> "Yeah, well, you get on my nerves more."
 - "Stop taking my toys!" ---> "I can do whatever I want!"
 - "I'm telling mom!" ---> "Go ahead, tell her. I don't care!"
 - "Get out of my room!" ---> "You're not the boss of me!"
- **FOR PRETEENS:** *Empower preteens to lead the way during this object lesson. See your weekly instructions for details.*
- **Can you relate to any of those conversations?** It looks a bit silly, doesn't it? Sibling conflict can go back and forth just like that balloon. Then eventually (*POP!*), that conflict usually ends in something bad happening.
- Today's story is about siblings. And we will see the same thing – a brotherly fight that ended in a really bad way.

THE BIG IDEA | Jesus takes away our sin.

- **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, ask someone to come up and read it.
- This week's Big Idea: **Jesus takes away our sin.**

BIBLE STORY | Genesis 4:2-16

- Last week, we learned Adam and Eve introduced sin into the world. They ate the fruit from the tree God had told them not to eat from. After that, sin came into the world for everyone. We are all born with sin inside us. That means we all do things God doesn't want us to do. Adam and Eve were banished from the garden. Then they had children, and today's story tells us about two of them. Cain and Abel were brothers. Let's read a story to learn about them.
- **INSTRUCTIONS:** Look up the story in your Bible and encourage kids to do the same. Read it!
- **FOR KIDS WITH SPECIAL NEEDS:** Teaching visually is usually the preferred way of taking in information for those on the autism spectrum. Provide two small male figurines to be Cain and Abel and use them when telling the story. Illustrate with a picture of animals that they would eat and a picture of a farm with fruits and vegetables.
- **What sin was Cain struggling with even before murder?** He struggled with jealousy.
- **Why was he jealous of his brother?** God accepted Abel's sacrifice, but not Cain's. He gave Cain a warning and told him sin was crouching at his door, that it was coming into his heart.
- **Why do you think Cain chose sin, even after God had warned him?** Cain let sin that started small turn into a big problem in his heart. It overtook him and he gave into temptation and did something terrible. His anger turned into violence and Cain killed his brother. Then he tried to avoid talking to God about it. There were consequences for his sin.
- Sin affects our relationships with the people we love, it affects us, and most of all, it affects our relationship with God.
- When we sin, it creates a distance between us and God. But God doesn't leave us on our own to deal with sin. He sent Jesus to save us and forgive our sins. All we have to do is ask. But He doesn't only forgive us, He helps us so we don't have to give in to temptation and let sin control our lives! God sends the Holy Spirit to change our hearts and give us strength to stand up to temptation and overcome sin! That's great news!

OBJECT LESSON | The Dead Plant

- **INSTRUCTIONS:** Hold up a dead plant.
- This month, we've been talking about the earth and everything God made. We learned in Week 2 that God created all the plants. When He created plants, they were alive and beautiful and growing. But this plant isn't alive and growing. **What happened to this plant?** It stopped getting what it needed to live and so it died.
- When God created Adam and Eve, they were perfect. **Was there sin in the world in the beginning when they were in the garden?** No! There was no sin in the world when God created it. That means no plants were dead like this one. No bad things happened in the entire world. There was no bad weather or sickness in the world. Everything was wonderful and beautiful. When sin came into the world, death came into the world. Cain and Abel were the first example of death. Death is

a consequence or result of sin.

- **We don't have to let sin keep us** from God, though! Let's read a verse from the Bible to see what else the Bible has to say about sin.

SCRIPTURE | Psalm 51:1-10

- **INSTRUCTIONS:** *Look up the verses in the Bible and encourage the kids to look them up. Read them!*
- **According to this verse, when do we have sin in our lives?** Starting from birth! We are all born with sin inside of us. No one has to teach a toddler or young child to lie or disobey their parents. We have all do things we shouldn't do.
- **What does this verse say God will do about the sin in our lives?** He will wash the sin away! He will create a clean heart, with no more sin, inside us. He will get rid of sin and the consequences of sin in our lives. This is great news!
- **Have you ever seen freshly fallen snow before anyone walks on it? What does it look like?** It is pure white and perfect. The Bible says God will take the sin from our lives and make us look perfect and beautiful again like the snow!

VIDEO | Why is sin a big deal?

- **INSTRUCTIONS:** *Show [this](#) video.*
- The word 'consequence' means something that happens as a result of something else. The consequence for sin is death.
- Sin is very serious, so the consequences must be serious. God is perfect and holy and cannot tolerate sin.
- **What did God do to rescue us from that ultimate consequence?** God sent Jesus to rescue us from our sins. That's the good news! We don't have to be separated from God forever because of Jesus and what He did on the cross for us!

NOW WHAT? What does God want us to do about it?

ACTIVITY | Entangled in Sin

- **INSTRUCTIONS:** *Divide the group into teams of 5-6. Give each group two rolls of crepe paper. When you say, "Go," the teams will work to wrap one of their team members with the crepe paper. The team that uses up both of their rolls first wins. When the wrapping is done, challenge the kids who have been wrapped to do a few simple activities such as walk to the door, do jumping jacks, and give people high fives. They shouldn't be able to do these tasks easily because of the crepe paper.*
- I'm asking these friends to do pretty simple things. **Why can't they do them?** Because they are tangled up with crepe paper!
- **How did Cain get tangled up in sin?**
- **What are some examples of sins that we might get tangled up in?**
- **What kinds of consequences can come from those sins?**

SCRIPTURE | Romans 3:23

- **INSTRUCTIONS:** Look up the verse in the Bible and encourage the kids to look it up. Read it!
- **FOR PRETEENS:** See your weekly instructions for details on an object lesson to help preteens learn about sin and grace.
- One of our memory verses this month is Romans 3:23. **What does it say about our sin?** It says we all sin and fall short of God's perfection. That means that no matter how good we try to be, we can never be perfect.
- We all have sin in our hearts and our lives, and the only way we can get rid of it is by asking Jesus to forgive us and make us clean. And no matter what we've done, or how bad we think it is, He will always forgive us!

ACTIVITY | Blob Tag

- When we start with a little sin, it can grow, getting bigger and bigger. Cain's sin first started out small. **How did it start?** It started with jealousy. Then it turned to anger. The anger turned to violence and he killed his brother.
- We don't have to let our sins grow and grow. We all get tempted, but we can ask God to help us not give in to temptation.
- Let's play a fun game to help us remember what happens when a little sin gets bigger and bigger!
- **INSTRUCTIONS:** Choose one kid to be "it" and play a game of tag in a large area. When the kid tags someone, that person will hook arms with them, and they will run around chasing other kids. Whenever they tag someone, that person will also hook arms with them. Keep playing until all the kids are part of the blob.
- **What happened when another person got tagged?** The blob grew bigger and bigger. That's how sin can grow in our lives if we let it go without God's help!

OBJECT LESSON | Sin Spreads

- Let's look at another example of how sin affects us and causes consequences all around us.
- **INSTRUCTIONS:** Get a jar or glass of water and red food coloring. As you talk, add a drop of the food coloring and let the kids watch it slowly spread throughout the jar of water.
- God warned Cain, but he sinned anyway. He killed his brother in a field far away from everyone. Maybe he thought he wouldn't get caught or that no one would know. But God knew! God sees our sins, even when we don't get caught or get in trouble.
- **What do you see happening with the red in the jar?** It is spreading all the way through the water. When we sin, there are always consequences and they spread further and affect more things than we think about in the moment we make that choice.
- **Who else would be hurt by Cain's sin of killing his brother?** Abel, their parents, their friends, their family.
- **How was Cain hurt by his own actions?** He would have to be separated from his family and his land. Sin always causes some kind of hurt and consequence.
- **Can you think of a time you knew you were doing the wrong thing? What were the consequences?**

MUSIC | Worship Time

- **INSTRUCTIONS:** You can sing any songs you'd like, but for this lesson, we like "Jesus in My Place"

by Summit Church and "Jesus Came to Save" by The Village Church.

- When you're worshipping today, think about this: We can thank Jesus because He can help us overcome sin.

TALK | RECAP OF THE MONTH

- We've learned so much this month! We've talked about this incredible planet we get to live on, and the story of God creating it! On the very first page of the Bible, we see that our planet, galaxy, and universe were all created with love and care by the same God who loves and cares for each of us.
- The first week, we learned that **the Bible tells us God's big story**, and that we have a place in that story.
- Then we heard the story of **God creating the whole earth and everything in it**.
- When we heard the story of God creating Adam and Eve, we learned that **God created us in His image**.
- When we heard the story of Adam and Eve sinning, we learned that **sin separates us from God**.
- And today, when we heard the story of Cain killing Abel, we learned that even when we make mistakes, **Jesus takes away our sin**.

MEMORY VERSES | Romans 3:23; Psalm 139:14

- **INSTRUCTIONS:** Give every kid memory verse magnets or stickers. Then work on the memory verse together. For ideas on how to do this well, check out the Memory Verse Guide in your Programming folder and give them to your small group leaders, if you'd like.

SMALL GROUP TIME

DISCUSSION

- **Why was Cain upset with Abel?** (Because God looked with favor on Abel's offering, and not Cain's.)
- **How did Cain respond when God was pleased with Abel's offering?** (He was jealous and angry. He told Abel to go to the field, and he killed him.)
- **Can you share a time when you got into a disagreement or conflict with a sibling or friend?**
- **What would you tell someone who said sin doesn't matter if you don't get caught?**
- **What are some of the consequences of sin in our lives and our relationships with God?**
- **How does Jesus take away our sin?**
- **How does the Holy Spirit help us overcome sin?**

SCRIPTURE | Ephesians 4:31-32

- **INSTRUCTIONS:** Look up the verse in the Bible and read it!
- **Which sins are listed in verse 31?**
- **What are some consequences that can happen when we do those things?**
- **How does verse 32 tell us to act toward others?**

ACTIVITY | Dominoes

- **INSTRUCTIONS:** *Have kids work together to form a line of dominoes standing up on their ends. Tell them to make a line as long as they can without letting it fall over. Once they complete their line, pause and discuss before letting them knock them all down.*
- **What happens when one of these falls over?** It ends up affecting all of the other dominoes.
- **How is that like sin? How does sin affect our relationships with others?**
- God loves us so much that He sent Jesus to pay the price and keep us from facing the worst consequence of our sin — being separated from Him. He wants us to honor Him and not get tangled up in sin because He knows it will hurt us and other people.

MEMORY VERSES | Romans 3:23; Psalm 139:14

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