



WEEK 5

PRESCHOOL LESSON OUTLINE



BIG IDEA

Jesus takes away our sin.

THE BIBLE

Cain Killed Abel: Genesis 4:2-16

THIS WEEK AT A GLANCE

WELCOME TIME

- **ACTIVITY** | Three Legged Race
- **ACTIVITY** | Tug O' War

TEACHING TIME

- **MUSIC** | Worship Time
- **THE BIG IDEA** | Jesus takes away our sin.
- **BIBLE STORY** | Genesis 4:2-16
- **ACTIVITY** | Hidden Sin Hot and Cold
- **PRAYER**

DISCUSSION TIME

- **DISCUSSION** | Snack and Discussion
- **ACTIVITY** | Circle Time
- **ACTIVITY** | Erasing Sin
- **TALK** | RECAP OF THE MONTH
- **MEMORY VERSE** | Romans 3:23

PLAY TIME

- **ACTIVITY** | Coloring Page of the Week
- **ACTIVITY** | Tangled Up
- **ACTIVITY** | White Boards and Markers



WEEK 5

PRESCHOOL LESSON GUIDE



BIG IDEA

Jesus takes away our sin.

THE BIBLE

Cain Killed Abel: Genesis 4:2-16

WELCOME TIME

ACTIVITY | Three Legged Race

- Welcome back to church! We've been learning this month about the story of God creating the earth and everything in it! Last week, we learned about when Adam and Eve sinned. After that, every person was born with sin. We're going to learn about someone from the Bible who something he shouldn't have done.
- **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.
- **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.

ACTIVITY | Tug O' War

- We're talking today about someone who disobeyed God! **How do you think it makes God feel when we disobey Him?** It makes Him sad! We try to do things our own way, and we fight doing things the right way, kind of like this game . . .

- **INSTRUCTIONS:** Get a large rope or an old sheet folded like a rope and tie a bandana around the middle of it. Tape two lines on the floor 2 feet apart. Divide the kids into two teams and tell them to hold the rope and start pulling when you say "Go." Whichever team gets the bandana across their line on the floor first wins.
- This game reminds me of a fight between two brothers, going back and forth, back and forth! **Have you ever been in a fight with someone and felt like you were being pulled and pushed and going back and forth?**
- We're going to hear about two brothers who had a bad fight, and it had big consequences.

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, "Make Me New" by KidSpring and, "Jesus Loves Me" by God's Kids Worship.

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, read it to the kids.
- This week's Big Idea: **Jesus takes away our sin.**

BIBLE STORY | Genesis 4:2-16

- **How many brothers or sisters do you have? What do you like to do with them? Do you always get along with them?** Be honest! Sometimes we might not get along perfectly with our brothers or sisters. We're going to read about some brothers who had a really hard time getting along!
- **INSTRUCTIONS:** Look up the story in your Bible and read it to your preschoolers.
- These two brothers had a big problem! **Remember last week when we talked about sin entering the world when Adam and Eve ate from the tree?** Well, because of that, every person is born with sin inside them. They don't have to disobey God; we have freedom to choose to obey. But Cain gave in to temptation and chose to disobey.
- **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 his. **Have you ever been jealous of your brother or sister, or a friend? Maybe they did better in a game or sport, or they got a toy you wanted, and you were jealous?** Cain's sin started small, with jealousy. Then he gave in to the temptation and it turned into anger. That anger turned into violence. Then he did something terrible. He killed his brother.
- **What did Cain do after he killed Abel?** He tried to hide it. But God knew, and wasn't happy.

- Sin hurts our relationships with the people we love, it hurts us and most of all it hurts our relationship with God.
- When we sin, it keeps us from God, because God can't be around sin. 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 rule our lives! God give us strength to stand up to temptation and overcome sin! That's great news!

ACTIVITY | Hidden Sin Hot and Cold

- **What did Cain do when God asked him where his brother was?** He tried to lie and hide what he had done! **Can we hide our sin from God?** No! God knows everything.
- Let's play a game to see if we can find the hidden sin.
- **INSTRUCTIONS:** Write the word "sin" on a piece of paper and hide it somewhere in the room when the kids aren't looking. Let them look for it. If they get close, say "Hot" and if they are far from it, say "Cold." Let the kids take turns hiding it and saying "Hot" and "Cold."
- We can't hide our sins from God, because He knows everything. It's not a sin to be tempted to do something wrong, but when we do something wrong, we are sinning.
- **What should we do when we sin?** We should admit it and ask for forgiveness.

PRAYER

- Let's spend time talking with God in prayer.
- Dear God, We're sorry for our sins. Help us stand up to temptation. Thank you for sending Jesus to take away our sins. 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!
- **What are the names of the two brothers?** (Cain and Abel.)
- **Why did Cain get up with Abel?** (God was pleased with Abel's offering and not Cain's.)
- **What sin did Cain start with?** (Jealousy.)
- **What did Cain do after he killed his brother?** (He tried to hide it.)
- **Who does it hurt when we sin?**
- **How can God help us with our sin?**

ACTIVITY | Circle Time

- **INSTRUCTIONS:** Have the kids sit in a circle. Toss a ball of yarn to one kid. Have them unwind it, hold the yarn, then toss it to someone else. Each kid will repeat the process until there is a big web. As each person gets the yarn, have them share one way sin hurts us or one way Jesus helps us with our sin.
- This yarn made a big web that is a mess! Cain got himself into a web of sin and it was a mess. He disobeyed God, and it hurt him, and it hurt his brother. When we sin, we hurt ourselves and others.

- But God helps us with our sin! He sent Jesus to die on the cross so we can be forgiven and have a relationship with Him. He gives us the Holy Spirit to help us not sin. We don't have to live tangled up in a web like this! That's amazing news!

ACTIVITY | Erasing Sin

- **INSTRUCTIONS:** Get a permanent marker and a white board. Write the word *sin*, or draw a broken heart on the white board. Ask the kids to come up and try to help you erase it. You won't be able to. Then take a dry erase marker and write over it (exactly on top of it), then show the kids what happens when you erase it. It disappears! (This is a good tip for teachers with white boards that accidentally get permanent markers on them!)
- **What are some examples of sins?**
- **What does Jesus do for our sin?** He takes it away. He forgives us and He helps us not 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 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 Jesus takes our sin away.

ACTIVITY | Tangled Up

- Cain was tangled up in sin. We sin too, but we don't have to let it keep us from God. We don't have to get tangled up with sin! Let's play a game to see if we can get free from something that tangles us up!
- **INSTRUCTIONS:** Have the kids stand in a group in the middle of the room. Wrap the whole group with toilet paper or crepe paper. Pass it through the group and get them really tangled. Then let them break through and get free.

ACTIVITY | White Boards and Markers

- **INSTRUCTIONS:** Give the kids white boards and dry erase markers (or chalk boards and chalk) and let them take turns drawing things and erasing them as a reminder that Jesus erases our sin.

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