

THIS WEEK’S LESSON AT A GLANCE

Lesson Title: Cain & Abel – God Sees the Heart

Bible Passage(s): Genesis 4:1–16

Big Idea: God cares about our hearts, not just our actions, and He calls us to trust and obey Him.

MEMORY VERSE

“The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.” 1 Samuel 16:7

Tip for Parents: Help your child understand that God sees what is happening on the inside, even when no one else can.

TODAY YOUR CHILD LEARNED...

Your child learned about Cain and Abel, the first two brothers in the Bible. Both brought offerings to God, but God accepted Abel’s offering because Abel trusted God and wanted to please Him. Cain became angry when his offering was not accepted, and instead of listening to God’s warning, he chose sin.

This lesson showed that God does not play favorites. God looks at the heart and cares about why we do things, not just what we do.

WHY THIS LESSON MATTERS

This lesson helps children understand that feelings like anger and jealousy start in the heart. God lovingly warned Cain before he sinned, showing that God wants people to turn back to Him.

The lesson also points to Jesus. Abel’s blood cried out for justice, but Jesus gave His own blood so we could be forgiven. Jesus obeyed God perfectly and is the better, perfect sacrifice.

DEFENDING THE TRUTH (AT HOME)

A Question Children Often Ask: Why didn’t God accept Cain’s offering?

A Simple Biblical Answer: God wanted Cain's heart, not just a gift. Abel trusted God and wanted to please Him, but Cain did not listen or obey.

Scripture to Read Together: Genesis 4:3–7 1 Samuel 16:7

TALK ABOUT IT AT HOME

Family Discussion Question: Why do you think God cares about our hearts?

Optional Follow-Up Question: What can we do when we start to feel angry or jealous?

TRY THIS AS A FAMILY

Take a moment this week to talk about choices. Ask your child to share one way they can show love and trust in God with their heart. Pray together and ask Jesus to help your family choose what is right.

PRAYER TO PRAY TOGETHER

"Dear God, thank You for loving us and seeing our hearts. Please forgive us when we choose wrong. Help us trust You and obey You. Thank You for Jesus, who loves us and helps us every day. Amen."

A FINAL THOUGHT FOR PARENTS

Small conversations make a big difference. God is at work in your child's heart, and He uses simple moments at home to grow faith and trust in Him.