

Adventures with GOD!

ABEL, THE FAITH OF A HERO (C.3.FALL.2)

Biblical Reference	Genesis 4:1-15
Key Verse	Hebrews 11:4
Key Concept	To be a true hero I need to put my faith in God.
Educational Objectives	At the end of the class today, the children will be able to: <ol style="list-style-type: none"> 1. Tell the story of Abel 2. Explain why Abel is included in the list of heroes of the faith in Hebrews 11 3. Say the Bible verse by memory

Life Application:

For those of us who have put our faith in God, we are called to put our trust in God even in the most difficult of circumstances. Obeying God is not easy, as we tend to doubt that God's power is indeed sufficient for us. Through the story today, the children will get to know Abel, a true hero who teaches obedience God.

Possible activities and class plan

Activity	Materials	Time
My GROW adventure	GROW Adventure w/God materials	5 minutes
Opening prayer	Candle	1 minute
Bible Reading	Bible	5 minutes
Introduction	Bible, Candy, cookies, onion, garlic	5 minutes
Bible exploration	Bible, illustrations, etc.	10 minutes
Bible verse	Stones or paper	5 minutes
Craft	A can, crayons, scissors, glue, wrapping paper	10 minutes
Project	See instruction	10 minutes
My GROW adventure	Review	5 minutes
Closing prayer	Candle	1 minute



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INSTRUCTIONS

My GROW Adventure with God Weekly Review: As children enter take time to have them reflect on their adventure with God booklets and either discuss or use art materials to express their journey during the past week. You may wish to add any art work, written poems, prayers or songs to a GROW wall in the room. You can find my GROW Adventure with God materials on the Covchurch.org website in the same place as the Adventures with God sessions.

Opening Prayer: Gather children around a candle. Light the candle and explain that we are entering into a special time with God. Encourage the children to hold their hands out in front of them palms up as a sign they are ready to receive what God has for them today.

Prayer Example: Lord God, thank you for making us, for loving us, for forgiving us, and guiding us. We know you are here with us right now. As we enter into your word, the Bible, help us draw close to you, to understand and to listen to what you have to say to us. Amen (For safety sake, you may wish to extinguish the candle after the prayer.)

Bible Reading: Explain that as we read the Bible we do so first to spend time with God. Children can remain with hands out-stretched, palms up to receive the word as it's being read. Alternatively they can be invited to draw what they hear. Read the biblical reference for the day (Genesis 4:1-15) two times and ask children to respond.

Question examples: What did you notice in this passage? How does it make you feel? Was there anything you would ask God about that you didn't understand or was confusing? Is God saying anything to you through the story?

Introduction: Part of the Bible lesson for today teaches us about faith. So, to begin the class, come up with some ideas of activities that require faith. For example, ask them to make a circle and choose one child to stand inside the circle. Count to three and then have the person in the circle "fall" backwards. The people in the circle should be close enough to the one in the center of the circle that they catch him or her. Repeat this activity several times.

Another activity that could be used also involves them sitting in a circle on the floor. Inside of a bag (that is transparent), have several food items like a cookie, candy, garlic and onion. Ask for a volunteer to come forward, close his or her eyes, and open his or her mouth to receive something from you. For those who truly trust and close their eyes, they will receive a cookie or a candy. Will they really trust you to be good and kind?

Bible exploration: Open your Bibles to Genesis 4 where we find the story of Cain and Abel. Ask them what the relationship is like between most brothers and sisters. How is their

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relationship with their siblings? For this story, have on hand two figures, two plates or trays, and two altars made out of small stones or clay. Use these visual helpers as you tell the story.

After you read the story together, ask the children what they notice about the relationship between Cain and Abel (show the figures or illustrations). What is Cain's attitude towards Abel? Why did God accept Abel's sacrifice and not Cain's? It seems from Reading Scripture that Abel brought the absolute best that he had, while Abel brought a good sacrifice, but probably not the best of his crop. In their offerings we see their attitude towards God. Abel was motivated to give God the absolute best. He knew what God required and obeyed. Cain it appears did not obey. Amazingly enough even after the evil that Cain committed against his brother, we see that God had mercy on Cain and gave him another opportunity to obey. God never forces us to obey, but gives us the opportunity to show our love for God through our obedience.

As we are talking about unexpected heroes, it seems that Abel is a hero in today's Bible story. How? He gave the best that he had, which probably cost him a lot, because of his obedience to God. How did Abel learn to put his trust in God? Do you think he heard the story from his parents about the Garden of Eden? Do you think Cain heard the stories to? Why then would they act so differently? Each person has to make his or her own decisions about whether or not they will love and obey God. Faith is like a piggy bank (show an example of a piggy bank); every day we put our trust in God, it helps build our trust and faith and allows us to be ready for difficult times when we need to obey God. If we can't trust God with the little things, we won't be able to trust God in the big things.

Talk about what it looks like for us to obey God, to trust God even when it is difficult? What do we learn from the Bible verse in Hebrews 11:4?

Bible verse: The Bible verse today teaches us that Abel was a hero. He decided to act according to God's ways, even when he was rejected and treated badly by his brother. In order to help them remember the verse, have the words written out on stones (either real stones that you stack up) or stones made out of paper that you can tape to the wall. Read the verse together. Take away a stone at a time until they can say the Bible verse by memory.

Craft: Show them the piggy bank entitled, "Faith savings." Each child can make their own "faith savings" piggy bank where they can put in a coin everytime they act out of faith to God. In order to make this craft you should have enough cans or little boxes for each person to decorate and take home.

Project: Work together on the project that will culminate the last week of the trimester. Ideas are found in the introduction section of the trimester materials.

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Today's GROW Adventure with God Review:

G: God's Word: What is the story? (Give children an opportunity to express their understanding of the story).

R: Relationships: Is there anything in today's Bible story that shows us how we should or shouldn't share God's love with others? (Remind children that sometimes God uses the stories of the Bible to show us how we shouldn't act toward God or others and give them a chance to consider how we might show God's love instead).

O: Outward Action: Is there anything in the Bible story that shows us how we should help or serve God or others? (Explore concrete ways the children could live this out in the coming week).

W: Worship: Is there anything in the Bible story that shows us how we should accept God's love for us and others? Ask: How do you feel about God? How would you like to respond to God? What would you like to say to God?

Closing Prayer: Gather children around the candle again. As you light the candle explain that the flame is something that is present in the light and the darkness. In the same way, it reminds us that God is always with us. Is there anything anyone wishes to say to God? After children have responded, close the prayer time.

Prayer Example: Lord God, we thank you that you are always with us, and always love us. It's good to be with you. Thank you for what we have learned today. Thank you for being with us and for teaching us through the Bible. Help us to remember what you have taught us today and to live it out when we leave. Amen.

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CRAFT

FAITH SAVINGS

Materials: A can or a small box, wrapping paper, glue, markers, scissors, decorations/stickers

Instructions: 1. Allow children to decide how to decorate their piggy bank. Allow them to use wrapping paper, cutting it out, wrapping it around the can or box and gluing or taping it down.

2. Make sure they make a hole in the top where they can deposit a coin everytime they act out of faith and obedience to God.



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ILLUSTRATION
CAIN Y ABEL

