



BIG IDEA

God cares about what's on the inside.

GENESIS | AFTERMATH | WEEK 1 OF 4

Inside

GOD STORY

Cain and Abel

Genesis 4

KEY VERSES

God, see what is in my heart...Help me live in the way that is always right.

Psalms 139:23-24 (NIRV)

LEADER TIPS

- When students join your group, introduce yourself and learn their names. The Conversation Starter is a great time to do this and make everyone feel welcome! Encourage the students to learn one another's names, too.
- Remember that being prepared allows for smoother transitions and a better overall experience for everyone.

My Story

1 | CONVERSATION STARTER (7 minutes)

Lead into today's lesson by discussing things that are better on the inside than on the outside.

2 | INTRO ACTIVITY (5 minutes)

Illustrate that good things can come in plain packages (and vice versa) with a fun giveaway. Introduce this week's Big Idea.

God Story | Life Story

3 | WEEKLY VIDEO (12 minutes)

Watch the video, which includes host, God Story, and Life Story segments. Recap and discuss the teaching.

My Story

4 | APPLICATION ACTIVITY (12 minutes*)

Divide into two teams to play a tic-tac-toe trivia challenge that reviews today's lesson.

5 | WRAP-UP ACTIVITY (10 minutes)

Facilitate small group discussions and encourage the students to pray for one another.

Our Story

6 | DISMISSAL (2 minutes)

*Extend as needed and adjust timing for other activities.



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My Story

1 | Conversation Starter

SUPPLIES

- None

LEADER TIPS

- Do not introduce today's Big Idea yet!
- This is meant to be a casual conversation as the students arrive. Move on quickly to the Intro Activity so you have enough time for it before the teaching video.

INSTRUCTIONS

- a. As the students arrive, greet them and gather everyone together.
- b. Ask: What's something that you like the inside of better than the outside (e.g., Oreo, Kinder Surprise, filled donut)?
- c. Depending on the size of your group, have the students share their answers with the people sitting closest to them or with everyone.

2 | Intro Activity

SUPPLIES

- \$5 gift card
- Plain paper bag
- Old pen
- Gift bag

BEFORE THE ACTIVITY

- Place the gift card in the paper bag and a pen in the gift bag.

INSTRUCTIONS

- a. Hold up the two bags for everyone to see. Do not reveal the contents!
- b. Ask for a student to volunteer to help you.
- c. Invite them to choose which bag they'd like to have. Play it up! Use game show host phrases like, "Are you sure that's the one you want?" As they consider which one to choose, encourage them to share their decision-making process out loud.
- d. When they choose a bag, give it to them to hold—but don't let them open it yet.
- e. Ask the rest of the students which bag they would've chosen and why.
- f. Direct the volunteer to open the bag and reveal the prize.
- g. If they got the pen, ask if someone else would like what's in the other bag. Heighten the suspense by insisting that they must use it.
- h. Introduce today's Big Idea: **God cares about what's on the inside.**



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God Story | Life Story

3 | Weekly Video

SUPPLIES

- Video file

INSTRUCTIONS

- Play the video. It includes:
 - Host segment
 - God Story (Cain and Abel, Genesis 4)
 - Life Story (Mark made a bad decision that almost cost him his life. But he was miraculously saved after falling in a barn and landing on a bale of hay!)
- Invite the students to give a quick recap of what happened in the God and Life Stories.
- Discuss:
 - What's the connection between these stories and today's Big Idea (**God cares about what's on the inside**)?
 - What are the Key Verses for this series? (Psalm 139:23–24)



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My Story

4 | Application Activity

SUPPLIES

- Masking tape
- Bean bags

BEFORE THE ACTIVITY

- Tape a large tic-tac-toe game grid on the floor.

INSTRUCTIONS

- Divide the students into two teams.
 - Line up the teams an equal distance from the tic-tac-toe grid on the floor.
 - Give each team five beanbags of the same colour.
 - Explain that you will read a series of questions. After you finish reading a question completely, the teams will race to place a beanbag on a square in the grid. The winner answers the question. If they get it right, the beanbag stays on the square. If they get it wrong, the other team can steal the square if they answer correctly. If both teams answer incorrectly, no beanbag is placed. Then the next people in line will race to answer the next question.
 - Read the following questions:
 - Today's God Story was from which book of the Bible? (Genesis)
 - The God Story was about two guys, Cain and Abel. Who were their parents? (Adam and Eve)
 - In the God Story, God warned Cain by telling him that "this" was crouching at the door, and it wants to control him. (Sin)
 - After Cain killed Abel, God asked Cain a question. What was the question? (Where is your brother?/Where is Abel?)
- What did God promise to do for Cain even though he killed his brother? (Protect Cain; punish anyone who tries to harm him)
 - True or false: Cain didn't have any children. (False)
 - Adam and Eve had a third son. What was his name? (Seth)
 - What do you think was going on inside Cain when he gave God his offering? (He gave out of obligation; he was annoyed, frustrated, or maybe even angry that he had to give)
 - What do you think was going on inside Abel when he gave his offering to God? (He gave joyfully)
 - Why do you think God cares about what's on the inside? (Our actions come from our thoughts and feelings)
 - Fill in the blank: When I am _____, I want to yell at someone.
 - Fill in the blank: When I am _____, I want to sing loudly.
 - Jesus helps me feel _____.
 - Because of how Jesus makes me feel, I _____.
- After a team wins at tic-tac-toe, start a new game and carry on with the list of questions.



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My Story

5 | Wrap-Up Activity

SUPPLIES

- Question activity pages

LEADER TIPS

- Be sure to set an appropriate tone for this activity!
- Encourage the students to have confidence in their abilities as they share and pray.

INSTRUCTIONS

- a. Direct the students to form groups of three to four people.
- b. Give one person in each group a question page to help them facilitate a discussion.
- c. Instruct each group to read a question, then discuss it together.
- d. Guide the students to wrap up by praying for everyone in their group.

Our Story

6 | Dismissal

SUPPLIES

- Take-home cards
- Key Verses cards

INSTRUCTIONS

- a. Take a few moments to pray for the students if you have not already done so.
- b. Remind everyone about any upcoming events or relevant announcements.
- c. Make sure the students have all their take-home materials.
- d. Ensure the adult teaching is over before dismissing the students.