

Inside

Cain & Abel | Genesis 4

Big Idea

God cares about what's on the inside.

Conversation Starters:

Get ideas flowing by sharing some of your own ideas too!

Use these questions to get your kids thinking about the Big Idea.

- What is something that you like the inside better than the outside? (e.g. Oreos, jelly donut, etc.)

Introduce the Big Idea: God cares about what's on the inside.

Video:

Watch this week's video.

Pray & Discuss:

After the video take time to talk about it together.

- What was the God Story about?
- What was going on inside Cain?
- What was the Life Story about?
- What kind of things do we often keep inside and not share?
- **Pray:** Dear God, please help us to be loving inside and out. Help us to take care of how we think and act so that we are loving you and loving others well. In Jesus' name we pray, AMEN.

Drawing Activity

Supplies:

- Markers
- Inside Activity Page

Invite your child to fill out the Inside activity page.

- Give your child the activity page and markers.
- Encourage them to draw or write what is going on inside of them today: how are they feeling? What are they thinking about? What's in their heart today?
- When they are finished, ask your child: If God cares about what's going on inside of us, what do you think he would say to you about all of these things?
- Discuss together.

Additional Activities

Key Verse Activity

Supplies:

- Key verse sign

Review the key verse together. Discuss:

- Is there anything in that verse that you don't understand?
- What do you think the verse is saying?

As a family, learn the Key Verse together this week and use the actions below.

Key Verse:

God, [*point up*]

See [*make binoculars with your hands*]

What is in my heart [*make a heart over your heart*].

Know [*point to temples*] what is there.

Test me [*raise hand like answering question*].

Know [*point to temples*] what I'm thinking.

See [*binoculars with hands*]

If there's anything in my life you don't like [*thumbs down*].

Help me live in the way that is always right [*thumbs up*].

Psalm 139:23-24 [*hands like holding open book*]