

The activities below will help your children remember and apply the lesson they learned this week. Plan some time to do each of these together as a family.

BIBLE STORY: GENESIS 4:1-17

Genesis 4:1-17 tells the story of Cain and Abel and the offerings they brought to God. Explain to your family that God wants our best and that is why He didn't accept Cain's offering of his crop. It wasn't the best. Talk about some times when we need to do our best (sports, playing with friends, obeying our parents and teachers, church).

ACTIVITY 1: DO YOUR BEST

Place a piece of paper high up on the wall. Ask your child to try to hit that piece of paper with a ball or bean bag. Tell them that they have to do their best to try to hit the paper with the ball or bean bag. When they are not able to hit to paper ask them if they did their best. If they did their best, give them some kind of reward (sticker, an extra five minutes of playtime before bed, one on one time with mom or dad, etc). Remind them that God doesn't expect us to be perfect, but He does want us to do our best at everything we do.

ACTIVITY 2: OBSTACLE COURSE

Set up an obstacle course in your living room or backyard. Make several of the parts unachievable (such as having to jump from one line to the next or stacking couch pillows without toppling them). Invite everyone in the family to go through the course. When everyone has had a chance to go through, sit down and ask everyone if they were able to complete the obstacle course perfectly. Then you can ask your family if they tried to do their best in the course. Remind your family that God asks us to simply do our best.

Help your children remember what they learned today by using the motions below.



GOD

WANTS ME

**TO DO MY
BEST**

God Wants Me To Do My Best!

Lesson 4

Use the pictures and text below to retell the Bible Story to your children. Some questions and answers are included to help you gauge their remembrance and understanding of the story.



How many sons did Adam have? *(Two.)*

Adam had two sons. One was Abel who was a shepherd. Abel watched sheep, took care of them, and kept them safe.

Adam's other son was Cain. Cain was a farmer. He raised fruit and vegetables.

One day Cain and Abel took their gifts to God. Cain took some of his fruits and vegetables. Abel brought the very best firstborn lamb from his flock of sheep.

Did God accept Abel's gift? *(Yes.)*

God accepted Abel's gift because Abel brought the very best he had. God wants us to do our best and that's what Abel did when he brought his best lamb.

Did God accept Cain's gift? *(No.)*

God didn't accept Cain's gift because Cain just brought some of his crop. He didn't pick out the very best fruits and vegetables for God.

If you are giving a gift, it should be the very best gift that you can give. It doesn't have to be the most expensive, just the best you can do. God wants us to do our best and that's what Abel did!