



THE STORY OF CAIN AND ABEL

How terrible is sin? Listen to the story of these two brothers, Cain and Abel.

Let's Get Started

Episode Theme: Doing What's Right- The Story Begins

1. [1 Samuel 16:7](#) says that humans look at the outward appearance of a person, but God looks at the heart. What things might your heart be telling God about you?
2. God can see what is inside our hearts. In [Genesis 4:1-16](#) God saw the hearts of Abel and his brother, Cain. What he saw in Abel's heart pleased him, because he was doing what was right. What he saw in Cain's heart displeased him, because Cain did not do the right thing. As you listen to this episode, think about how God wants us to do what's right, no matter who is watching.

Memory Verse

But you did the wrong thing, and now sin is waiting to attack you like a lion.

Genesis 4:7

After You Listen

Today, people show all kinds of different "faces" to the world. This is especially true in the world of social media. You may want others to see something that doesn't really show who you truly are. You might only want people to see the "perfect" you. When God looks at you, he doesn't see the perfect picture posted on social media. God sees inside your heart and knows who you truly are, not the person you wish for the world to see. God loves you and wants your heart, words and actions to be true to him.

Read about how God knew what was in both Cain's and Abel's hearts in [Genesis 4:1-16](#). Want to dig deeper and learn more about how God searches the heart? Check out [Jeremiah 17:10](#), [Psalm 139:1](#) and [1 Kings 8:39](#).

Challenge

Think about what you want God to see when he looks at your heart. Is this what you show to the world? Do you or your family members use social media? Complete this challenge with your family:

- On a small piece of paper, write a "tweet" (40 characters or less) that describe you
- Have someone read the "tweets" and see if you can guess who each is

We may try to show the world a "face" that we want seen. God wants to know our hearts. One place where it can be tricky to show both at the same time is social media. Interview an adult using the questions below.

1. What is one of the biggest challenges you have with social media?
2. Do you see any good parts of social media?
3. What advice do you have for me as I use now or may use social media in the future?

Finish your time together by praying and asking for God's guidance and wisdom in the area of social media.

Take the Episode Quiz

Question 1: What did Cain offer to God?

Answer: Crop from his harvest

Question 2: What did Abel offer to God?

Answer: Meat from his flock

Question 3: Why did God not like Cain's offering?

Answer: Cain kept the best for himself.

Question 4: How did God know Cain's offering wasn't done with love?

Answer: God looked at his heart.

<https://kidscorner.reframemedia.com/bible-stories/the-story-of-cain-and-abel>

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