



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.
Know what is there. Test me.
Know what I'm thinking. See
if there's anything in my life
you don't like. Help me live in
the way that is always right.
Psalms 139:23–24 (NIRV)

LEADER TIPS

- When kids 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 kids 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 (2 minutes)

Lead into today's lesson by discussing things that are better on the inside than on the outside. Introduce this week's Big Idea.

2 | INTRO ACTIVITY (5 minutes)

Pass around a ball as the kids share something about themselves that you can't tell just by looking at them.

God Story | Life Story

3 | WEEKLY VIDEO (12 minutes)

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

My Story

4 | SMALL GROUP ACTIVITY (12 minutes*)

Write or draw about what's going on inside the kids today.

5 | WRAP-UP ACTIVITY (8 minutes)

Look up and read Psalm 139:23–24. Use the verses as a guide for prayer.

Our Story

6 | DISMISSAL

Connect with parents and give them take-home materials.

*Extend as needed and adjust the timing for other activities.



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My Story

1 | Conversation Starter

SUPPLIES

- None

LEADER TIP

- This is meant to be a casual conversation as the kids arrive. Move on quickly to the Intro Activity so you have enough time for it before the teaching video.

INSTRUCTIONS

- As the kids arrive, welcome them and gather everyone together.
- Ask: What's something that you like the inside of better than the outside (e.g., Oreo, Kinder Surprise, filled donut)?
- Depending on the size of your group, have the kids share their answers with the people sitting closest to them or with everyone.
- Introduce today's Big Idea: **God cares about what's on the inside.**

2 | Intro Activity

SUPPLIES

- Ball

LEADER TIP

- Make sure the kids know one another's names so this game works well. Spend some time reviewing them before playing.

INSTRUCTIONS

- Gather everyone to sit or stand in a large circle.
- Call out someone's name and toss or roll the ball to them.
- When they receive it, prompt them to say something about themselves that you can't tell just by looking at them (e.g., "I love to paint!" or "My favourite food is...").
- Guide that person to say someone else's name and toss or roll them the ball to take a turn.
- Repeat until everyone has had an opportunity to share something about themselves.
- Emphasize the Big Idea: **God cares about what's on the inside.**



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God Story | Life Story

3 | Weekly Video

SUPPLIES

- Video file

LEADER TIP

- Sit with the kids and encourage them to focus on the video.

INSTRUCTIONS

- Play the video. It includes:
 - Host segment
 - God Story (Cain and Abel, Genesis 4)
 - Key Verses segment
 - Life Story (Highschool can be hard! Ava shares how she realized that it matters more how God sees her than everyone else.)
- Recap the video teaching. Discuss:
 - What was the Life Story about in today's video?
 - What was the God Story about?
 - What do you think was going on inside Cain when he gave God his offering? (He gave out of obligation; he was annoyed, frustrated, and 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 tried to help or warn Cain?
 - Why do you think God cares about what's on the inside?
 - What's the connection between today's God and Life Stories?

My Story

4 | Small Group Activity

SUPPLIES

- What's on the Inside? activity pages
- Pens
- Markers

LEADER TIPS

- If anyone doesn't feel like drawing or writing, encourage them to write the Key Verses in the heart on the page.
- Make sure everyone's names are on their pages.

INSTRUCTIONS

- Gather your small group to sit together.
- Give each person an activity page.
- Place the other supplies where everyone can share them.
- Review what's on the activity page with the kids.
- Ask the following questions and encourage them to write or draw their responses on their pages:
 - Have you ever been so mad at someone that you wanted to hurt them?
 - Have you ever been so happy that you wanted to hug someone?
 - What's going on inside of your heart today?
 - What might God say to you about what's going on inside you?
- To wrap up, emphasize the Big Idea: **God cares about what's on the inside.**



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My Story

5 | Wrap-Up Activity

SUPPLIES

- Key Verses sign
- Wall-safe tape
- Bibles

BEFORE THE ACTIVITY

- Place the Key Verses sign where everyone can see it easily.

LEADER TIP

- Learning to navigate the Bible is a crucial skill. Empower the kids by taking the time needed to help them.

INSTRUCTIONS

- Remain in your small groups.
- Make sure everyone has a Bible. Share them if needed.
- Help the kids look up Psalm 139:23–24, which are the Key Verses for this series. Start by showing them the table of contents. Discuss whether the book is in the Old Testament (before Jesus was on earth) or in the New Testament. Find the page number where the book begins. Flip to it and explain that the large numbers are chapters. Find chapter 139. Explain that the smaller numbers are verses. Find verse 23.
- Read the passage out loud.
- Explain that you're going to read the verses again but this time you're going to pause after each sentence. Invite the kids to close their eyes and use the words that you read as a prayer.
- Read the verses a final time. Use them to pray for the kids by changing it to "we"/"us" language.

Our Story

6 | Dismissal

SUPPLIES

- Crafts
- Take-home cards
- Key Verses cards
- Key Verses colouring pages

LEADER TIP

- Organize the take-home materials so they're easy to access. It may be helpful to sort them before the lesson, then set out any crafts later. Consider having one leader focus on handing out everything.

INSTRUCTIONS

- Greet parents as they arrive to pick up their kids. Take a moment to share a highlight or two from your time together today.
- Give everyone a weekly take-home card as well as the series Key Verses card and colouring page.
- Remind the kids to take their crafts.
- Make sure their security numbers match before they leave your group's space.