

Cain and Abel: A Story About the Heart

(Based on Genesis 4)

Words to Know:

Offering – A gift to God

Confess – To admit the truth

Firstfruits – The first and best part of your harvest or work.

The Story of Cain and Abel — Easy Retellings for Kids:

Adam and Eve had two sons. Cain grew fruits and vegetables. Abel took care of sheep.

One day, both brothers brought gifts (offerings) to God to say thank you—just like their parents taught them.

Cain was annoyed. “Why do I have to give my best?” he said. “The ground is hard to work. I’ll just bring something and be done.”

But Abel took his time. He looked for his best lamb—one with no spots. “God has cared for us,” he thought. “He deserves the best I have.”

God’s Response

God accepted Abel’s gift but not Cain’s. The Bible doesn’t say exactly why, but we know Abel gave his best, and Cain didn’t.

Later in the Bible (Leviticus 2:12–14), God explains that both animal and grain offerings are okay—but they must be the firstfruits—the best part.

God gave Cain a chance to make things right. But instead of fixing his offering, Cain stayed angry. He let jealousy grow in his heart and ended up doing something terrible—he killed his brother.

What Can We Learn?


1. Be Thankful

The Bible tells us over 150 times to be thankful! Cain focused on how hard life was. He forgot to be thankful that his plants even grew.

Think about this:

What are some good things in your life?

- Food
- Clean water
- A place to live
- Family
- Church
- The chance to learn about God!

 James 1:17 (NirV)

“Every good and perfect gift is from God. This kind of gift comes down from the Father who created the heavenly lights.”

2. Give God Your Best

We can never give God all He deserves—but He asks for our best.

That means:

Our best time – Don’t wait until you’re half-asleep to talk to God. Spend time with Him when you’re alert and focused.

Our best effort – Whether you’re doing homework, helping at home, or practicing something new—do it like you’re doing it for God!

 Mark 12:30

“Love the Lord your God with all your heart, all your soul, all your mind, and all your strength.”

This doesn’t mean being perfect—it means doing your best out of love.

Final Thought:

Cain’s story shows us how dangerous it is to let jealousy and anger grow. But it also shows us that God gives us chances to do better. Let’s be like Abel—thankful and willing to give God our best.