

ROCK SOLID – WEEK THREE - PRESCHOOL

Lesson in a Word: Slow

What Should I See?

Adam and Eve had two sons named Cain and Abel. Cain became a farmer and Abel became a shepherd. One day, they each brought a gift to God. Cain just picked up some fruit from the ground for his gift, but Abel gave the best from his flock of sheep. God was very pleased with Abel's gift but not with Cain's gift. This made Cain very angry! Cain invited Abel out into the field. There in the field, Cain attacked his brother and killed him. When the Lord asked Cain where his brother was, Cain replied, "I don't know. Am I his keeper?" Then the Lord confronted him. Because of Cain's bad treatment of his brother, God punished Cain and said, "You will not grow good crops from the ground anymore. You will instead wander around the earth." (Source: Genesis 4:2-12)

Memory Verse:

Do not become angry easily. James 1:19c NCV

What's The Key?

Cain let his anger and jealousy take over his heart. We all feel angry and jealous now and then. But what we do with those angry feelings is important. When we act too quickly, we may say or do things that could hurt others.

What's That To Me?

We wouldn't harm our brother or friend like Cain did in the story, but we may use unkind words or even physical harm to get back at people who hurt us. When we have these feelings, we have to "slow up" before we do or say something that we might be sorry for later.

How Should I Be?

Is slowing down hard to do? You bet it is! We have to remember that God can guard our hearts and He will be there for us before things get out of hand. When we feel like we might get angry, we should take a deep breath and pray for God's help. When we have bad thoughts, just thinking about God can soften our angry hearts.

Practice Point:

If I slow up,
I won't blow up!

Week #3:

“Do not become
angry easily.”

James 1:19c NCV

Slow Up!

Friday – Read the Bible story to your child:

Cain and Abel

Adam and Eve had two sons named Cain and Abel. Cain became a farmer and Abel became a shepherd. One day, they each brought a gift to God. Cain just picked up some fruit from the ground for his gift, but Abel gave the best from his flock of sheep. God was very pleased with Abel's gift but not with Cain's gift. This made Cain very angry! Cain invited Abel out into the field. There in the field, Cain attacked his brother and killed him. When the Lord asked Cain where his brother was, Cain replied, "I don't know. Am I his keeper?" Then the Lord confronted him. Because of Cain's bad treatment of his brother, God punished Cain and said, "You will not grow good crops from the ground anymore. You will instead wander around the earth." (Source: Genesis 4:2-12)

Saturday – Memorize Bible verse with your child:

"Do not become angry easily." James 1:19c NCV

Sunday – Pray with your child:

It's hard to listen when we are distracted. When we pray, we close our eyes so we are not looking around. We fold our hands so we are not busy playing with toys.

Dear Jesus, Help me to slow down. Give me the strength to control my anger so that I won't hurt others with my words or actions Thank You for always being with me.
Amen.

Monday – Play "Slow Up" with your child:

Tell your child, "When I say *fast*, we're going to run as fast as we can. But, when I say *slow* we're going to walk as slow as we can." Play again, using other action words such as skip, hop, dance, etc.

Tuesday – Be with your child:

Find a time in your busy day to slow down and read a favorite book together. Talk about which part is your favorite and why.

Wed. – Practice memory verse with your child

TALK TO US! WE WANT TO HEAR FROM YOU!

(We will remove and keep this form. No one will see this except for your Kids Rock teacher. **You must turn this in to receive all points for turning in your packet.** Answers may be as short as one sentence, but please write SOMETHING and be honest! You do not have to have a prayer request, comment, and question. Circle at least one each week though; even if you just circle 'comment' and write, 'I liked Tuesdays activity.' *Parents of preschoolers and kindergarteners:* You can help your child write their answers and / or give us your thoughts.)

Name (First and Last): _____

How has God spoken to you this week?

How have you responded to what He has said?

I HAVE A...
(circle all that apply)

Prayer Request

Comment

Question

Please write your prayer requests, questions and/or comments on the back.

Thanks for coming to Kids Rock this week!
We had a great time. We hope you did too.
We will see you next time!