

Intergenerational Life Group Guide

Genesis Week 4: Forgiveness



✦✦✦ Make this week even better by: having someone bring an essential oil, and have some dominoes to share. People could also bring a picture of their siblings.

Hi and Lo:

By now you probably know most people's names, so today you can take time to go around and let everyone share one 'hi' (good thing) and one 'lo' (bad thing) from the past week or coming up. The rules are: keep it brief, anyone can say 'pass' if they don't want to share, and everyone quietly listens without interrupting when it's someone else's turn.



Bonus idea: Have time to let people share a funny story about them and their brother or sister, those that have a sibling. What shenanigans did the adults get up to in the past? What core memories do the kids have so far?

Recap:

If not everyone in your group saw the adult message this week, briefly go over the story.

Option 1: Invite a few readers to read **Genesis 4:1-12** out to the group.

Option 2: Challenge or invite someone(s) who did hear the message this morning to retell the story to the group.



Option 3: Go on Youtube and look up 'Saddleback Kids Cain and Abel's Offering' to see an engaging 2 minute video of Genesis 4:1-7. *this is only the 1st part of the story*

Are you a group that includes a **snack or a meal** in your time together? Consider tying it in to the topic this week:

- Have some meat (pepperettes?) and some 'fruits of the soil' (Maybe carrots, potatoes, etc.)
- If you do a whole meal, consider barbecuing, weather permitting, so you can tie it in to how they may have been sacrificing their offerings.
- Put out a few classic combinations, like chips and dip, or peanut butter (if you have no allergies) and either chocolate or jam. Just like those treats, how sweet it is when we work well together!

Misplaced Anger:

Abel's choices didn't have anything to do with Cain! Cain didn't give God his best, and God told him to make a better choice. But Cain took it out on Abel. Connect with that by:

Option 1: Spend 10 minutes setting up some dominoes and then push them down. Imagine you are a domino: would you maybe get mad at the domino that pushed you over, instead of the hand that started the chain reaction?

Option 2: Pick a person in your life who makes you feel jealous or intimidated. Someone you know in person, or have seen online. Do you ever feel angry at them for their success? Keep them silently in mind as you move through this study today.

Discussion Questions: *If you've got a big paper or a screen, make a list for the forth question.*

- Why might Cain have brought what he did to give to God?
- What is a modern example of that kind of offering?
- Why did Cain lash out at his brother?
- What are some options Cain could have done instead?
- Which of those options are available to us in our difficult relationships today?

Psalm Connection:

Read together Psalm 133 written by King David:

"How good and pleasant it is/when God's people live together in unity!

2 It is like precious oil poured on the head,/running down on the beard,
running down on Aaron's beard,/down on the collar of his robe.

3 It is as if the dew of Hermon/were falling on Mount Zion.

For there the Lord bestows his blessing,/even life forevermore."

Talk about it:

- Can you think of a recent moment in your family or found family that felt like that?
- What does reading this psalm make you want to do, or start or stop doing?

Sweet Unity

It really is great when a family or other group clicks well together! But conflict can be like a piece of sand in the gears. Consider taking this part of your meeting outside if you can.

Option 1: Go old school! Use bandanas, or big elastics, or whatever is on hand to have a 3 legged race. Pair up and attach people's leg to their partner, then race to see who can get to the other side of your space fastest! This requires some real unity!

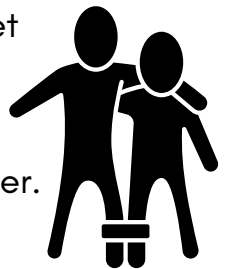
Option 2: Get a bag and grab a bunch of something heavy, maybe cans. Have someone hold the bag, and have people suggest things that might annoy each other. For each suggested slight, add one more can to the bag. You could pass the bag around as it fills up, and notice how heavy it gets to carry. Think about the things you all are still 'carrying around' that are weighing you down. Ask God to help your group let go and forgive, then empty the bag as a symbol.

Option 3: Play a couple of rounds of Taboo (one person gets a card with a key word, which they need to try to get others to guess, and some 'taboo' words that they cannot say in any of their clues.) Point out how much harder it is to win together when we have to always hold back and hide something from each other. We need to let go and forgive!

Pray together

Consider letting people put a drop of essential oil on their hand for a sensory experience as your group prays. Take time to feel it and smell it quietly before praying out loud.

Thank God for the times of good and pleasant unity you have experienced, and ask God to show you who you need to forgive, and to give you the strength to do that, so you can be refreshed.



TABOO GAME CARDS 1

MONKEY

ANIMAL
TREE
ZOO
BANANA

APPLE

GREEN
RED
FRUIT
ROUND

CAR

DRIVE
WHEELS
ROAD
GARAGE

FARMER

FARM
GROW
JOB
COUNTRY

CAT

MILK
MEOW
KITTY
PET

AIRPORT

TRAVEL
PLANE
FLY
PASSPORT

CHICKEN

ANIMAL
KFC
EGG
FARM

GHOST

SCARY
WHITE
HAUNT
DEAD

DINNER

NIGHT
EAT
LUNCH
FOOD

MILK

WHITE
COLD
DRINK
COW

FISH

WATER
ANIMAL
SWIM
SEA

BED

SLEEP
PILLOW
BLANKET
TIRED

HIPPO

ANIMAL
AFRICA
RIVER
FAT

FAMILY

MOTHER
FATHER
BROTHER
SISTER

ORANGE

COLOUR
RED
YELLOW
FRUIT

ENGLISH

ALPHABET
ABC
LANGUAGE
CLASS

BIRTHDAY

CAKE
PARTY
AGE
PRESENTS

COMPUTER

PLAY
GAME
EMAIL
INTERNET

TREE

GREEN
TALL
FOREST
LEAF

PHONE

TALK
ANSWER
LISTEN
MACHINE