

Creation

You Are Unique

(Mankind is Unique from Animals and More Precious to God; We are NOT Evolved!)

INTRODUCTION

You are unique. There is nobody just like you. Your very own birthday suit is yours alone; there's none other like it. No one has finger or toe prints just like yours. God made you just the way you are for a very good reason and a purpose. He has your life all planned out. And, He has good things in mind for you to do every day of your life!

Today we're going to learn about how awesome and wonderfully God made you.

OPENING PRAYER

Father, the Bible says that You created us and that we did not come about by chance! Today, please open our ears and eyes so that we might see just how wonderfully You designed us. Excite us as we learn how special we are to You. In Jesus' name, I pray. Amen.

MEMORY VERSE

Look at the birds of the air; for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? (Matthew 6:26)

LESSON

3,000 years ago King David wrote: I will praise You, for I am fearfully and wonderfully made; (Psalm 139:14)

You are a fantastic creation, unique in all the world. There never has been and never will be another person just like you. Your body is so wonderful and so unique we can barely understand it.

We are not close cousins of the animals. We are the most excellent of all God's works; a gift from God. There are some things about humans that make us different and much better than animals. Let's talk about some of the amazing and wonderful ways God created you...

Hands

Man is the only being in God's creation that has a hand. The monkey has something like a hand; but when you watch one as it takes things, you see that it is a very clumsy thing compared to your hand.

Your hands are amazing little "machines" created to serve you perfectly. More than half the bones in your body have been placed in your hands and feet.

The same fingers that can grip a heavy hammer can be trained to do needle work. The hand that can grasp a heavy rope firmly, can also take a thread between its thumb and finger. The hand can constantly change the positions of its fingers to do different kinds of work. Not only can it play the piano or the clarinet, it can button and unbutton a shirt.

You could never build a machine to do the things that a hand can do. Have you ever seen a person without a hand? Often the best a doctor can do for someone without a hand is to rig up a mechanical hook, but it is not useful to pick up a pen and write. Only God could have made a machine, like a hand, to be able to do so much.

A hand is also an instrument with which the mind feels things. The muscles in your hand are all connected to your brain by nerves. The brain uses your nerves to perform all the many motions of your hand and fingers. The brain also uses nerves to know what the hand and fingers feel. That's how you explore the world!

When you stroke over a smooth surface, you can feel the slightest rough spot. This is called your *sense of touch*. [Prepare a "feely" box with a cotton ball, a feather, piece of sand paper, etc. Let the children guess what's in it with their sense of touch.]

A great amount of knowledge gets into your mind through the tips of your fingers. Messages go from your fingertips through nerves to your brain. Blind people read with their fingers. Have you heard of Braille reading?

Blind people pass their fingertips over tiny bumps which represent the letters of the alphabet.

Mind

The Bible tells us that God made man in His own image (Genesis 1:27). We are not like animals; we do not have to act on instinct. We have a mind that can think and make decisions. We are far more intelligent than animals. We can design and make things, appreciate beauty, write poetry, and do arithmetic. We can be creative; we can paint pictures, compose music, invent machines and build houses.

Only people are able to make expressions on their faces that correspond with their feelings. We smile when we are happy and we cry when we are sad. We laugh at funny things, even at ourselves when we do silly things.

God created mankind to take care of the animals and to tend the trees and crops. God created mankind in His own image so that He could have a friendship with us. We can know God as well as we know our own daddies. Animals can't know God. He created humans with the ability to think about God and have feelings of love and appreciation for Him. Animals can't do that.

God has also given man a conscience that makes us aware of right and wrong. We can choose whether or not we will obey our parents. And, best of all, we have a spirit made to fellowship with God.

Speech

Only humans have the ability to develop languages and speak. He created us with the ability to speak so that we can talk to Him and so that He can talk to us. The most important way God talks to us is when we read the Bible. We're the only part of God's creation that can understand His word.

Conclusion

We are special in God's creation. God knows and loves each of us personally. Even in our deepest sorrow, God cares! David wrote in the Psalms that God puts our tears into a bottle (Psalm 56:8). God knows every problem we have and sees every tear that we shed. He even knows the number of hairs on our heads (Matthew 10:30).

How many of you know God as your best Friend?

Closing Prayer

Father our bodies are so wonderful it proves to us that we did not just come about by chance, but that You designed us. Thank You for showing us today just how marvelous we are. We know that You have a reason and a purpose for everything You do. Show us each day how we might fit into Your master plan for our lives. In Jesus' name, I pray. Amen.

LEARNING CENTERS

Imagination Station

(Craft Center)

Choose one of the following craft projects:

1. Make Your Own Skin Prints

Get a soft-lead pencil (#2) and rub it on a paper until you get a dark blob. Pick up a smudge of that blob with your finger. Take a clean piece of sticky tape and put that on your dirty fingertip. Then take the tape off, and lay the tape on a clean piece of paper. Presto; your very own fingerprint!

2. Thummies (Fingerprint Pictures)

Your fingerprints are unique. So are your talents and abilities. Use your fingerprints to create a unique scene.



Materials

- White paper
- Washable ink
- Inkpad
- Pencils or a fine-point felt-tip pen
- Crayons or markers

Directions

1. Use pencils, pens, or markers to sketch a picture. Be sure to leave areas where fingerprints can be incorporated into your sketch.
2. Pour washable (non-waterproof) ink on an empty inkpad.
3. Press your thumb on an inkpad, and then press it on a piece of paper. With a fine-point felt-tip pen, add details to your thumbprint to create an animal, a person, or a silly character. Draw ears, whiskers, and a tail to make a cat, or add spots, legs, and antennae to make a ladybug. There are many fun creations you can make with thummies. Try using your pinky or index finger for prints in different sizes and shapes. Or press four or five thummies in a row to make a caterpillar. Use thummies to decorate greeting cards and stationery or to illustrate a story.
4. Write the memory verse at the bottom.

Fun House

(Game Center)

1. Telephone

Test your sense of hearing. Play the “telephone” game where one person whispers something in another’s ear and that person begins to pass the message down the line. See if the end person gets the right message!

2. Creation Bean Bag Toss

As suggested in Lesson Two, make seven large circle targets. Decorate each to depict a day of creation. Divide the children into two teams and ask them questions about today’s lesson (see below). If a team gets a correct answer, one child gets to toss a beanbag for points. Make the points 1,000 times the # of the day of creation. For example, if the bag lands on Day #5, the team gets 5,000 points. Give prizes for all.

Review Questions for Bean Bag Toss

1. What did God create on the sixth day of creation? (*animals and humans*)
2. When were fish and birds created? (*On the fifth day of creation*)
3. What was created after the sixth day? (*Nothing!*)
4. What does the Bible mean when it says that God created things “according to its kind?” (*Things reproduce their own kind*)
5. Did God think snakes were good when He created them? (*Yes*)
6. Why did God create mankind? (*To have someone to talk to and to love*)
7. Why does God use the plural form, “let us make man in our image” is verse 26? (*God is three persons*)
8. How did God create Adam? (*He took some dust from the ground and made a man. Then put breath into the man and made him alive.*)
9. How did God create Eve? (*He caused Adam to fall into a deep sleep. He took one of Adam’s ribs and made woman from it.*)
10. What do you think it means that God “created man in His own image”? (*We can think and be creative. We have the ability to love, be patient, forgiving, kind and faithful. We can know God and have a real friendship with Him and talk to Him and love Him.*)
11. Why did God want mankind to reign over the animals? (*God wanted us to be His representative to take care of them and to enjoy them.*)
12. What did all the animals and people eat at first? (*Only vegetables and fruits*)
13. How many actual 24-hour days did it take God to create the world? (*Six*)

3. Staying Cool

What You Need

- An oral thermometer
- A watch
- An adult partner
- A pencil and paper to record your results

What You Need to Do

- Record your temperature
- Record the # of breaths you take in a minute
- Find your pulse and record your heart rate (# of beats per minute)
- Do 5 minutes of aerobic exercise (run in place, jumping jacks, etc.)
- Repeat the measurements

What Do You See?

The exercise caused your body to heat up and your heart and breathing rates to increase. If you're fair-skinned, your face, neck and shoulders may have turned redder. That's because your blood was heated by the exercise. This may have caused you to sweat. But, as you rested, your body sent your hot blood closer to your skin so the heat could escape. God designed us to sweat; it helps us to cool off.

God designed you to need rest. It's good for you to exercise, but your body could never keep it up non-stop. Your body needs rest; it puts everything in order!

God's Weird and Wonderful World

(Science Center)

Discover How Fearfully and Wonderfully You are Made

How many of you realize just how neat your body is? Within the next minute, the following things will happen inside your body:

- Your heart will beat approximately 75 times.
- Four quarts (1 gallon) of blood will pass through your heart.
- You will breathe eighteen times.
- Your lungs will process over six quarts (12 gallons) of air.
- Your skin will tell you whether the air around you is hot or cold.
- Your ears will hear dozens of noises.
- Your eyes will see thousands of colors.
- Your brain will block out all unnecessary information.

Your body is a wonderful machine, with all the parts working together to enable you to live, move, and grow.

1. Appreciate Your Eyes

God gave you two eyes so that you can see distances correctly. This helps you watch a ball.

Balance yourself on one foot with your arms at your sides with your eyes wide open. Stand that way for a full minute. Then close your eyes. Try to stand that way for a minute.

Now, try catching a ball with only one eye open.

2. Appreciate Your Hands

Spread out your hands and look at your thumbs. Now move your thumbs into the palms of your hands. Because you can move your thumbs like that you can eat pizza, telephone a friend, and write a letter.

(You'll need help with this one) Put your thumb in the palm of your hand, and then tape it there with masking tape. Do the same with the other thumb. Then tape the rest of your fingers on each hand together. Try to pick up a pencil and write your name. After a while, you'll thank God for fingers.

3. Appreciate Your Skin

Your very own birthday suit fits you perfectly with folds and pleats in all the right places. It grows as you grow, mends itself when torn, is waterproof and germproof, and comes with a lifetime guarantee.

4. Make Your Own Skin Prints

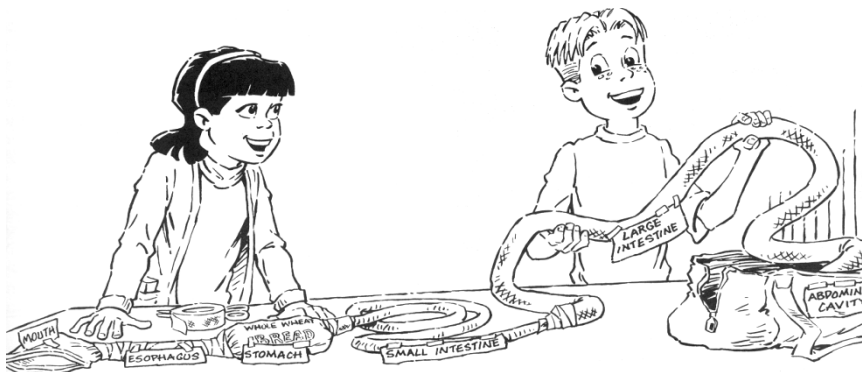
Get a soft-lead pencil (#2) and rub it on a paper until you get a dark blob. Pick up a smudge of that blob with your finger. Take a clean piece of sticky tape and put that on your dirty fingertip. Then take the tape off, and lay the tape on a clean piece of paper. Presto C your very own fingerprint!

5. How Long Is the Digestive Tract?

Let's make a model of the digestive tract and see how scientists use models to understand what they're studying.

What You Need

- Duct tape
- A bread bag
- A small re-closable plastic bag
- A 5 foot vacuum cleaner hose
- A tube from a roll of paper towels
- A 20 foot garden hose or thick piece of rope
- A small travel or gym bag



What You Need to Do

- Start with the re-closable plastic bag. This is the mouth.
- Cut a hole in one corner of the bottom.
- Tape one end of the paper towel tube (the esophagus) to the edges of the hole.
- Tape the other end to the top opening of the bread bag (the stomach).
- Make a small hole in the bottom of the bread bag.
- Tape it to one end of the garden hose (the small intestine).
- Tape the other end of the garden hose to one end of the vacuum cleaner hose (the large intestine).
- Now, starting with the vacuum cleaner hose, stuff the digestive tract into the travel bag (the abdominal cavity).
- Keep going until the bread bag is in the travel bag, leaving the paper towel tube and the "mouth" sticking out.

Having a bit of trouble fitting it all in? The digestive tract is made of very flexible materials that allow them to be packed into a small space.

6. Take Your Breath Away

How much air do you think your lungs can hold? One liter? Five liters? Here's a device that will allow you to find out. It's called a *spirometer*.

What You Need

- A large jar with a lid
- A measuring cup
- A bowl or basin
- A 3-foot piece of tubing (e.g., a piece of garden hose.)
- Masking tape
- A felt marker
- An assistant

What You Need to Do

Pour 2 cups of water into the jar. Attach a small piece of tape to mark the height of the water. Continue adding 2- cup



portions of water and marking the height of the water after each addition until the jar is full. Put the lid on the jar. Fill the bowl halfway with water. Turn the jar upside down and stand it in the bowl of water. Carefully remove the lid and insert one end of the tube into the jar, without letting any air get into the jar. You are now ready to measure your lung capacity.

Take a deep breath. Come on, you can take a deeper breath than that! Try again. That's better! Now, blow into the tube as hard as you can and keep blowing until you can't blow anymore. Feeling a little dizzy? Take it easy, then. Maybe even sit down for a minute. Now, check how much the level of the water has changed.

What Did You See?

When you blew air into the jar, it forced water out. Your lung capacity equals the volume of water you forced out of the jar by blowing in the tube. See who has the greatest lung capacity. Your lung capacity will depend upon how old you are, how big you are, and whether you are a girl or a boy.

[For more expositional lessons for children, visit <https://www.freechildrensministylessons.com>]

