

## **Topic:** Creation – Man awesomely and wonderfully made (5)

Note: The practical applications provided in the lesson are offered as suggestions to help the saints in their preparation. They are not meant to direct or limit the ways in which the focus of the lesson can be applied. The saints are encouraged to pray and contact the Lord to receive His burden and guidance in teaching and applying the lesson. Fellowship with other saints, and inquiring of the children themselves, may also bring out many helpful applications.

### **Elementary:**

Verse: “I will praise You, for I am awesomely and wonderfully made; Your works are wonderful, And my soul knows it well” (Psalm 139:14).

Focus: The Bible tells us that we were made by God. There are so many things about our body that are awesome and wonderful. One awesome and wonderful part of our body is our heart.

Practical Application: Have the children reach up in the air, touch their toes, turn side to side, and jump up and down. Ask them, “How can the different parts of your body perform all those activities?” Have them feel for their heart. Without our heart we could not do any of those things. Our heart pumps blood to carry oxygen, food and vitamins to every part of our body so we can move, think, grow, and heal. It is only the size of a pear, and weighs the same as a large apple, but is made of strong muscles and is able to pump all the blood we need so we can be active. Only a wise Creator could have designed the heart to be so small yet function in so many ways.

### **Intermediate:**

Verse: “...since He Himself gives to all life and breath and all things” (Acts 17:25b).

Focus: The Bible tells us that we were made by God. There are so many things about our body that are awesome and wonderful. One awesome and wonderful part of our body is our respiratory system (lungs and air passages).

Practical Application: Have the children sit down and draw a picture of a body. Then have the children run sprints until they are out of breath and stop to take several deep breaths. Whether we realize it (running until out of breath) or not (sitting and drawing) we need to breathe. We breathe about 20,000 times per day. With each breath our respiratory system functions to take in oxygen and carry carbon dioxide out. Only a wise Creator could have designed our lungs and air passages to work in such a marvelous way.

### **Advanced:**

Verses: “For it was You who formed my inward parts; You wove me together in my mother's womb. I will praise You, for I am awesomely and wonderfully made; Your works are wonderful, And my soul knows it well” (Psalm 139:13-14).

Focus: The Bible tells us that we were made by God. There are so many things about our body that are awesome and wonderful. One awesome and wonderful part of our body is our digestive system.

Practical Application: Give the children something to eat then ask what happens to that food. Go into detail about how the digestive system works: your mouth salivates, your teeth bite and chew, the tongue pushes food down, the food slides down the pharynx to the esophagus and the stomach, where food is broken up, and germs are killed. Finally, the food is passed on to our intestines where it is broken down further. Then, the sugars, fats, proteins, vitamins and minerals are passed through the wall of the intestine into the blood. How big of a machine would man have to build to carry out the same functions as our digestive system? Only a wise Creator could have designed the digestive system which does so many things in such a small space.