

Man  
in  
God's Creation

## MAN IN GOD'S CREATION - KINDERGARTEN OVERVIEW

The whole kindergarten year is on "Man in God's Creation," the parts of the body, care of the body, and the difference between man and animals.

In God's creation man is most important. We need to tell them that man is the most important thing in God's creation. Man is special and man was created by God. We tell them how God made them in such a unique way. How they are different. Man is different from the animals and what men can do that the animals can not do. We spend a lot of time on the differences between man and the animals. Then we spend time concerning people: the differences among people such as their appearance, height, color; yet the sameness of all people. Eventually, our point is that God made from one, every nation of men to dwell on all the face of the earth. All men are the same. It is a big thing to put into first graders of kindergarteners that in spite of all the apparent differences in color, in race, in language, and all these things, yet all mankind is one. The King James Version says, "of one blood." All mankind are the same. In God's eyes there is no difference. With kindergarteners, if you can put this thought that there is no difference among men, what a benefit it will be to them spiritually and humanly. What a benefit to society to raise children with no prejudice, no bias.

Before they go to school we can kill evolution. We can kill all the thoughts of evolution before they ever hear it. We can put the antidote in them.

There is a God who made the universe. He made man unique and special in creation. Their bodies are so wonderfully made. In this section on man we cover how to take care of our body; how the body has to be clothed and has to be covered. This is a big thing to them. We have to preserve this sense of modesty in our children, not to uncover themselves. Clothing is important to cover our bodies. You do not have to give them a detailed lesson about the birds and the bees. You just have to put these facts into them real young.

We give them the facts about not eating junk food. Too much candy is not good. We should help them to eat the proper food.

We teach them how to take care of their feelings. This is a big thing. You are not always happy. Well, what do you do? You hit somebody because you are not happy? No!

We cover the physical aspect of man, the psychological aspect of man, and eventually the spiritual aspect of man. There is something inside of you that tells you what is right and what is not right. Then give them some simple examples: When you say "No!" to your mother, how do you feel inside? You do not feel so good. There is something inside of you. You have to develop in them this sense, this inward sense, of what is right and what is wrong. This is part of man.

*The preceding are the blending of briefly edited transcriptions of Gene Gruhler's sharings given in several localities.*

# MAN IN GOD'S CREATION

## Lesson One

### GOD IS THE CREATOR

#### Burden to Impart:

*In this lesson we see that man is the very center and meaning of all of God's work of creation. God created all things, and apart from Him, nothing was made that was made (John 1:3). The three greatest items of His creation are the heavens, the earth, and man. God firstly created the heavens. The heavens were created for the earth. The heavens were created to contain the earth and to serve the earth (by giving light, heat, rain, etc.). Secondly, God created the earth. The earth was created as a perfect environment for man's existence. Man could not live on any other planet. Lastly, after preparing a whole universe and earth suitable for man's existence and enjoyment, God created His masterpiece, man.*

Memory Verse: "In the beginning God created the heavens and the earth" (Genesis 1:1).

Facts to Teach: Scripture reading: Zech. 12:1; Gen. 1:1, 17-18, 27

1. God firstly created the heavens. His throne is in the heavens (Psa. 103:19), high above all, from which He governs the earth (Dan. 4:26b). The heavens surround the whole earth and look down upon the earth. The heavens are for the earth.
  - a. The sun gives light and warmth to the earth during the day.
  - b. The moon and stars give light to the earth at night.
2. When God created the heavens He placed one special planet within them, the earth. God created the earth for man to dwell on. The temperature is just right for man: it is neither too hot nor too cold. There is not too much water or too little. The earth is for man.
3. Lastly, God created man. The first man's name was Adam. Man was created for God. God created man with a physical body. Man's body must be taken care of so he can live for God. Our body needs proper food, rest, exercise, etc. Man also has a heart. Our heart is to love God and to help us obey God. We also have a spirit. Our spirit is an inward part within us that was created to receive and contain God.

# MAN IN GOD'S CREATION

## Lesson Two

### THE FIRST COUPLE AND THEIR FIRST HOME (1)

#### Burden to Impart:

*In this lesson we see how after God had created the heavens, the earth, and man, He went even further to make a very special home for Adam, a wonderful garden.*

**Memory Verse:** "And the Lord God planted a garden eastward in Eden; and there He put the man whom He had formed" (Genesis 2:8).

**Facts to Teach:** (Scripture reading: Gen. 2:8-10, 15)

1. The Garden of Eden was very large and spacious. It was green, beautiful, and luscious. Just being there brought pleasure to man. For this reason it was called Eden (meaning pleasure). It was filled with beautiful, colorful plants, flowers, and fruit trees. Animals lived there, and they were all friendly and tame. The temperature was just right for man to live comfortably. A river went through Eden to water it. Eden was man's home.
2. Man was to take care of this beautiful garden, which was not too hard then, for there were no weeds or thistles yet. He was also to guard it from any evil intruder (the Devil).
3. The garden had every kind of tree that was good for food. Man did not eat meat then, he only lived on the fruits that God provided.
4. There were two special trees in the center of the garden: the tree of life and the tree of the knowledge of good and evil. One tree was especially wonderful, the tree of life. God especially wanted man to eat of this tree. And one tree was especially terrible, the tree of the knowledge of good and evil. God did not want man to eat of this tree. It was like a tree of poison that would bring man death.

# MAN IN GOD'S CREATION

## Lesson Three

### THE FIRST COUPLE AND THEIR FIRST HOME (2)

#### Burden to Impart:

*In this lesson we see how man is indeed the "king" who rules over all of God's creation and creatures. But man was not to be alone, so God made a special creation for Adam, a woman. Thus Adam and Eve could together rule over all of God's creation, have a family, and fill the earth.*

Memory Verse: "And the rib, which the Lord God had taken from man, made He a woman" (Genesis 2:22).

Facts to Teach: (Scripture reading: Gen. 1:26-28; Isa. 11:6-8)

1. God firstly created man. Then He created woman from man's rib. (We will discuss the details of the creation of Eve in Lesson 8.) They two were to rule over all the creation. They were like the king and queen of God's creation. They were different than the animals, for they could speak.
2. They were to rule over all the "fish of the sea." Even the great sea monsters, like the eighteen-ton killer whale at Sea World, can be tamed by men. Also the sea otters, seals, sea lions, and porpoises. All sea animals were naturally subject to Adam and Eve. Today, however, it takes a lot of training to "subdue" them to us.
3. The "birds of the air" were all placed under man's dominion. The small parakeets and doves would sing for man and the parrots could imitate man's voice. Man did not need to put them into a cage. They would not try to fly away for they did not fear man. They would come when he whistled and they would do what he asked. They may have sounded like a great choir for Adam and Eve.
4. "Every living thing that moveth upon the earth" was subject to Adam and Eve. The animals felt close to them. They felt comfortable and safe by Adam and Eve. They were all friendly and tame. The lion and lamb could lay down together. It will be like that again one day (Isa. 11:6-8).

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## Lesson Four

### THE DISOBEDIENCE OF MAN AND THE RESULT (1)

Burden to Impart:

*God's enemy tempted man to disobey God, and man sinned. God still loved man and came to him to visit with him and restore him.*

Memory Verse: "...Resist the Devil, and he will flee from you" (James 4:7).

Facts to Teach: (Scripture reading: Gen. 3:1-13)

1. One day Eve was not "guarding" the garden as God had told them to do. She began talking with the serpent. Because Eve was innocent and the serpent was very crafty, he easily deceived her. Instead of obeying God's warning and command not to eat of the tree of the knowledge of good and evil, she followed the serpent's (Satan's) temptation and ate.
2. Once she realized that she had sinned she did not want to bear all the blame and shame alone, so she brought the fruit to her husband and led Adam into sin with her. Adam was not deceived (1 Tim. 2:14), but loved his wife more than God, so he joined her in her sin. As a result of their sin they felt ashamed and hid themselves from God's presence.
3. Although God already knew of their sin, He came to visit them. He called out, "Where are you?" He knew where they were, but He wanted them to come to Him willingly.
4. Then He asked them what they had done. He came to them and helped them to confess their sins so they could be restored to Him. However, Adam and Eve were not very honest, so in their confession they foolishly made excuses for their actions and blamed others.

# MAN IN GOD'S CREATION

## Lesson Five

### THE DISOBEDIENCE OF MAN AND THE RESULT (2)

#### Burden to Impart:

*When man disobeyed God and sinned, God had to punish him. All sorrow, sickness, pain, toil, and death came in due to man's sin of disobedience.*

**Memory Verse:** "He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy" (Proverbs 28:13).

#### Facts to Teach: (Scripture reading: Gen. 3:14-19)

1. Because the source of man's disobedience to God was the serpent, the Devil, God cursed the serpent. The serpent would no longer walk with legs, but would slide on its belly.
2. God promised Eve that one of her descendants would crush the serpent's head and would destroy him. This promise was fulfilled when the Lord Jesus died on the cross.
3. God punished Adam and Eve because of their disobedience:
  - a. Adam would have to work hard and sweat all his life to make the earth produce food.
  - b. It would be painful for women to bear children.
  - c. They would grow old and one day die.
4. There were changes in the creation after man's disobedience:
  - a. The earth did not produce food easily, rather it produced thorns and weeds.
  - b. The animals became wild and were no longer peaceful toward man.
  - c. Death came in.

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## Lesson Six

### THE DISOBEDIENCE OF MAN AND THE RESULT (3)

#### Burden to Impart:

*God loved man even after he sinned against God and failed Him, so before God punished man He provided a cover for man's nakedness.*

Memory Verse: "But God commendeth His love toward us, in that, while we were yet sinners, Christ died for us" (Romans 5:8).

#### Facts to Teach: (Scripture reading: Gen. 3:21-24)

1. After God punished man, He did not kill man, nor did He forsake man and leave him to live the rest of his life in nakedness and shame. Instead, He killed two of His creatures (probably lambs) and used their soft, furry wool to cover Adam and Eve and to keep them warm. This was because Adam would still have many, many years to live on the earth before he died. In God's sight, all of those years were just a little less than one day (2 Pet. 3:8).
2. Also, God drove Adam and Eve out of the garden so that they could not eat of the tree of life. There was now a separation between God and man, until the Lord Jesus would come many years later. Then through His death our naked condition of shame could be forgiven and covered. Then we could be brought back to enjoy God as our tree of life.



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## Lesson Seven

### MEN AND WOMEN ARE SPECIAL IN CREATION (1)

#### Burden to Impart:

*In this lesson we see how men and women are special in God's creation, they are different than the animals. God did not create Adam in the same way He did the animals, by simply speaking. He formed Adam out of the dust of the earth in a very special way and then breathed into him the breath of life. Unlike the other creatures, God did not create millions of men: He created only one man.*

**Memory Verse:** "And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life" (Genesis 2:7).

**Facts to Teach:** (Scripture reading: Gen. 1:20, 22; 2:7)

- I. God's creation of Adam was different than His creation of all the animals.
  - a. The animals were created by God's powerful word. He simply spoke and they came into existence.
  - b. God created the animals in great numbers, maybe thousands or even millions at a time.
  - c. God did not create Adam by simply speaking. He created Adam's body with His own hands directly. He "formed man of the dust of the ground." Adam was like a large, lifeless, mud figure upon the ground.
  - d. Then God breathed into Adam's nose the "breath of life." So man's life, spirit, came directly out of God's breath.
  - e. When God's breath entered into the mud figure, Adam became alive, a marvelous, living soul.
  - f. God created man (Adam) in a very special way, very differently than the way He created all the animals. Man was God's "hand-made" masterpiece.

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## Lesson Eight

### MEN AND WOMEN ARE SPECIAL IN CREATION (2)

#### Burden to Impart:

*In this lesson we see how God created the very last item, a woman, in the most special way. The woman, Eve, was not made from lifeless mud, like Adam was. She was made from a living rib taken out of Adam's flesh. She was a perfect match for Adam. There were now two human beings on the earth, one male (Adam) and one female (Eve). Like two halves of a watermelon, when put together they were really just one whole.*

**Memory Verse:** "And the rib, which the Lord God had taken from man, made He a woman, and brought her unto the man" (Genesis 2:22).

**Facts to Teach:** (Scripture reading: Gen. 2:18-24)

2. God's creation of Eve was the most special of all.
  - a. God saw that Adam was alone on the earth. There was no human companion for him.
  - b. God wanted Adam to realize his need for a companion so He brought all the animals before him, had him look at each one, and then give it a name. After seeing all the animals on the earth and naming them, Adam realized that there was none like him! He was all alone!
  - c. Then God caused a deep sleep to fall upon Adam (like in the hospital when someone has surgery). While Adam slept, God took one of his ribs out. God somehow used Adam's rib as the material to make the last item of His creation, the most special one, a woman. She was bone of Adam's bone, flesh of his flesh.
  - d. Eve matched Adam; She was a human, so was he. The only difference was that he was a male and she was a female. They belonged together. By themselves, they were like half a watermelon. Together, they were like a complete watermelon. They matched each other and were happy together.

# MAN IN GOD'S CREATION

## Lesson Nine

### MEN AND WOMEN ARE SPECIAL IN CREATION (3)

#### Burden to Impart:

In the last lesson we saw that God created man (both Adam and Eve) differently than the animals. In this lesson we see that *man is the most special creature of all that God created, for he was the only creature created in God's image. Only man was created like God.* Because man was created like God, in God's image, man can contain God (like a glove can contain a hand because it is made in the image of a hand). Also, man can enjoy God and serve God upon the earth.

Memory Verse: "And God created man in His own image, in the image of God created He him, male and female created He them" (Genesis 1:27).

Facts to Teach: (Scripture reading: Gen. 1:26-28)

3. In the last lesson we saw that the way God created men and women was different from the way He created the animals. In this lesson we will see that human beings, men and women, are different from the animals.
  - a. Man was made according to God's image. The animals were not. All the creatures God created were made "after their kind." Men and women, however, were made after God's "kind." God Himself was the pattern; men and women were made in God's own image and likeness. The only creature with God's image is man. Man "matched" God, just like Eve matched Adam.
  - b. Man was made to contain God. The animals were not. A glove is made in the image of a hand so it can contain a hand. If a glove only had three fingers it could not contain a hand. Man was made exactly in the image of God, so he can perfectly contain God. Because the animals do not have God's image they cannot contain God. Only men and women can.
  - c. Man was made to enjoy God, the animals were not. Because man has God's image, he is like God and can even receive and contain God. So, only man can enjoy God. Man can love as God loves, feel as God feels, and think as God thinks. Man was made to be a companion to God, to enjoy God. No other creature was made to enjoy God.
  - d. Man was made to serve God on the earth, the animals were not. The angels serve God in the heavens, but He created men and women to serve Him on the earth. Because only man can understand God's desire, he is the only creature that can serve God on the earth (Gen. 1:28).

# MAN IN GOD'S CREATION

## Lesson Ten

### MEN AND WOMEN ARE SPECIAL IN CREATION (4)

#### Burden to Impart:

*In this lesson we see some of the differences between man and the animals. All the animals were created for man's enjoyment, food, and service. Some animals therefore were created with the ability to do some things that man cannot do and even some things better than man can do them. God, however, created man as the highest, most intelligent, and best of all the creatures. So God gave man dominion over all the animals of the earth. Man is the master of the animals, to use them and to take care of them. Therefore there are many things that man can do, that the animals can't do.*

Memory Verse: "...Have dominion over the fish of the sea, over the birds of the air, and over every thing that moves on the earth" (Genesis 1:28).

Facts to Teach: (Scripture reading: Gen. 1:28; Psa. 8:6-8)

4. God created all things for man. The heavens are for the earth, earth is for man, and man is for God. God created the animals for man also.
  - a. Animals provide man with food (meat, eggs, milk, cheese....)
  - b. Animals provide man with clothing (furs, gloves, coats, shoes....)
  - c. Animals also are friends to man and especially to children. Which ones?
  - d. Animals also serve man in many ways. So God created some animals that can do things we can't do, or that can do some things better than us.
    - 1) Some animals are stronger than people (ox, donkey, horse, llama, camel, elephant, sled dog...).
    - 2) Some animals can fly. Which ones?
    - 3) Some animals can run faster than man. Which ones?
    - 4) Some animals can live under water. Which ones?
5. Man, however, is the highest and best of all of God's creation. God gave man dominion over all the animals on the earth, the fish of the sea, and the birds of the air (Psa. 8:6-8). Man is their master. Man can do many things the animals cannot do:
  - a. Man can speak, read, write, study, plan, foresee, imagine....
  - b. Man can make machines to make up for physical limitations:
    - 1) Wheelbarrows, cranes, trucks, etc. to carry things.
    - 2) Bicycles, cars, trains, etc. to move faster.
    - 3) Airplanes and rockets to fly and go into space.
    - 4) Scuba gear, submarines, boats, etc. to be in water.
  - c. Man can contact, know, love, and understand God's heart.
  - d. Ask the children for other examples.

# MAN IN GOD'S CREATION

## Lesson Eleven

### MEN AND WOMEN ARE SPECIAL IN CREATION (5)

#### Burden to Impart:

*In this lesson we see more differences between man and the animals. Man: 1) needs a long time to grow up, 2) as a child needs to be protected, fed, cared for and loved for a very long time, 3) needs other people and can't live alone happily, and 4) has higher feelings (such as the sense of right and wrong, modesty and shame, regret and repentance).*

Memory Verse: "What is man, that Thou dost take thought of him? And the son of man, that Thou dost care for him?" (Psalms 8:4).

Facts to Teach: (Scripture reading: Psa. 8:4-8; 1 Cor. 15:39)

6. Other differences between man and the animals:
  - a. Man lives longer than most animals. (Some, like some turtles, live longer.)
    - 1) Man takes a lot longer than animals to grow up.
    - 2) Consider some different ages of responsibility for man:
      - a) 16 years old to drive a car
      - b) 18 years old to legally leave parents and join the military
      - c) 21 years old to vote
      - d) In the Old Testament, 25 years old to begin training as a priest
      - e) In Old Testament, 30 years of age to serve God as a priest
  - b. Man needs to be protected more than the animals.
    - 1) Man needs complete protection, feeding, and care by his parents for many years in order to survive, whereas some creatures (frogs, snakes, etc.) do not.
    - 2) Man especially needs love in order to grow up healthy and happy.
  - c. Man needs other people. He can't live alone happily.
    - 1) Man feels very sad if he is separated from others and is left alone.
    - 2) Many animals stay together (fish, birds, cattle, sheep, wolves), but they do not seem to need each other as much as man does.
  - d. Man has higher feelings than the animals.
    - 1) Man's sense of right and wrong is very keen and fine. He can sense when his actions are right or wrong, if his words are right or wrong, or even if his own thoughts are good or bad.
    - 2) Man is able to feel regret and sorrow if he does wrong. He is able to then repent and admit his failure or confess his mistake and say, "I'm sorry."
    - 3) Man has feelings of modesty and shame. Therefore he needs to wear clothes.

# MAN IN GOD'S CREATION

## Lesson Twelve

### SIMILARITIES AND DIFFERENCES IN PEOPLE (1)

#### Burden to Impart:

*In this lesson we see that since God "made from one (Adam) every nation of men to dwell on all the face of the earth" (Acts 17:26), all men have many similarities and are alike in many ways: basic physical features, needs, ways of living, and psychological make up. We may live together happily with others by following the "golden rule" given by the Lord Jesus in Matthew 7:12.*

**Memory Verse:** "Therefore, however you want people to treat you, so treat them" (Matthew 7:12 NAS).

#### Facts to Teach:

1. How am I the same as everybody else?
  - a. Physically: the same basic features (eyes, ears, nose, mouth, hair, etc. Let the children list.)
  - b. Same basic needs (food, water, clothing, housing, family, friends)
  - c. Same basic way of living (breathing, eating, sleeping, seeing, hearing, speaking, etc.)
  - d. Mentally: We all need love, respect, attention, rights of ownership (to have our own things, toys, etc.), and freedom (not always bossed around).

#### Practical application:

Since we all came from the same great grandparents (Adam and Eve), we have many similarities and share many of the same desires and feelings. We must learn to live together with our fellow men and neighbors. After all, we are all only distant cousins. The easiest rule to follow to live together happily with others is what the Lord Jesus taught us in Matthew 7:12.

# MAN IN GOD'S CREATION

## Lesson Thirteen

### SIMILARITIES AND DIFFERENCES IN PEOPLE (2)

#### Burden to Impart:

*In this lesson we see that God made each of us with special differences, such as our appearance, fingerprints, likes and dislikes, ways of acting, activities, languages, and customs. Although we are all different from one another in so many ways, yet we are all made by God and are equally precious to Him. Therefore we should love and respect all of our fellow men.*

**Memory Verse:** "...You shall love your neighbor as yourself" (Matthew 22:39).

#### Facts to Teach:

2. How am I different from others?
  - a. Appearance: height, face, coloring, hair, eyes, etc.
  - b. Fingerprints: everyone has different fingerprints.
  - c. Likes and dislikes: food, drinks, pets, etc.
  - d. Ways of acting: fast or slow, eager or cautious, sloppy or neat, careful or careless.
  - e. Activities: physical (games, strength, etc.) and mental (school work, reading, etc.)
  - f. Languages
  - g. Customs: food, clothing, housing, etc.

#### Practical application:

Although we are all different from one another, yet the Lord made us all and cares for all of us. We are all precious to Him, so we should all love and respect one another.

# MAN IN GOD'S CREATION

## Lesson Fourteen

### HOW PEOPLE ARE MADE: THE PHYSICAL ASPECT (1)

#### Burden to Impart:

*In this lesson we see how God made us physically. He made man with a body, including our head, body (trunk), and limbs. Our head contains most of our senses: sight, hearing, balance, smell, and taste. By our senses we can perceive the world around us. God also created us with the most wonderful computer ever designed in the universe, our brain. Our brain enables us to interpret and understand all the information our senses provide. Our body was created as a house for us to live in. Also, our body is our servant through which we may serve the Lord.*

Memory Verse: "For you were bought with a price; therefore glorify God in your body" (1 Corinthians 6:20).

#### Facts to Teach:

1. Our human body is a marvelous creation of God. Every part is a small masterpiece. Some doctors spend their whole lifetime to understand just one single part, like the eyes, or one organ, like the heart.
2. Our body was created by God to be our "house" for us to live in. We live in our body, and our body is a part of us. Also, our body serves us so we can do the things we want to do and so we can serve the Lord and do what He wants us to do.
  - a. We live in our body. (It is our "house.")
  - b. Our body takes us where we want to go. (It is like our bike or car.)
  - c. Our body works for us. (It is our servant.)
3. Our body has three sections: the head, the body (trunk), and the limbs.
  - a. The head:
    - 1) The head is the most important part of our body. The most important senses are located in the head:
      - a) Sight--in the eyes.
      - b) Hearing--in the ears.
      - c) Balance--in the ears.
      - d) Smell--in the nose.
      - e) Taste--in the tongue and mouth.Through our senses we can know the world around us. Our senses are able to perceive the things in our environment, even some invisible things, such as odor and sound. Our senses are amazingly accurate. (It would be good to give some examples to the children to demonstrate smell detection, hearing perception, and distinction, etc.)
    - 2) The head contains the brain. The brain is capable of storing so much information that it would take a ten-story building filled with computers to match it. Imagine, a computer the size of a ten-story building reduced to the size of a grapefruit! The brain's main function is to store, interpret, and understand all the information given to it by the senses. Without the brain we could not understand the pictures the eyes see, the sounds the ears hear, etc. We could not think or even live without our brain.



# MAN IN GOD'S CREATION

## Lesson Fifteen

### HOW PEOPLE ARE MADE: THE PHYSICAL ASPECT (2)

#### Burden to Impart:

*In this lesson we see more details regarding how God made us physically. Our human body is a wonderful creation made from God's own heart and hand. Man was created according to God's own design; he did not evolve from monkeys. Our body has many organs and glands and many complex systems which are in continuous operation even without our conscious knowledge. Also, our limbs are wonderfully engineered so we can stand, move ourselves around, work, and do things.*

**Memory Verse:** "Our body is...for the Lord, and the Lord for the body" (1 Corinthians 6:13).

#### Facts to Teach:

3. Our body has three sections: the head, the body (trunk), and the limbs (etc.).
  - b. The body (trunk):
    - 1) The trunk is the largest part of our body and contains the remainder of the organs (those which are not in the head). It is like the hood on a car which covers and protects all the hidden working parts of the engine.
      - a) The heart--to pump and circulate the blood.
      - b) The lungs--to inhale fresh air and exhale used air.
      - c) The kidneys--to filter and clean the blood.
      - d) The stomach--to digest food.
      - e) The intestines--to digest food.
    - 2) How our body works (two examples):
      - a) Breathing: Our lungs breathe in fresh air, which passes through the lungs into the blood, and also breathes out the air that has already been used by the body. This wonderful, continuous exchange of old air for fresh air happens about 18 times every minute, with no effort or conscious thought. How marvelous!
      - b) Circulation: Our heart is the strongest muscle in our body. It pumps about 1000 gallons (20 large barrels) of blood through over 3,000 miles of blood vessels every single day, with no effort or conscious thought from us! If it depended on our good memory and we forgot or got distracted, our heart would stop beating and we would die!
  - c. The limbs:
    - 1) We are made in the most balanced way. We have two very strong lower limbs to support and transport our heavy body around and we have two upper limbs to work for us and do fine jobs and tasks.
    - 2) On the end of each limb are five digits. Our toes are very important for balance so we can stand, walk, and run. Our fingers are the most valuable parts of our body for doing work.

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## Lesson Sixteen

### CARE OF THE BODY (1)

#### Burden to Impart:

*In this lesson we see how we should take care of our body by cleanliness without and proper eating within. Our body is very precious to God. It is not our own, it belongs to Him. For this reason we should respect our body, treat it properly, and do nothing that would harm or damage it.*

Memory Verse: "Or do you not know that your body is a temple of the Holy Spirit...and you are not your own?" (1 Corinthians 6:19).

#### Facts to Teach:

1. Cleanliness: The care of our body begins on the outside. The way we keep our body healthy on the outside is by cleanliness. Some healthy habits to care for our body are:
  - a. Wash our hands (especially before eating). Our hands touch all kinds of dirty things and carry many germs. We pick up dirt and germs by touching animals, picking up things off the ground, handling money, etc. Then when we eat we pick up the food with our hands and get the germs into us. They may make us sick.
  - b. We should daily wash the dirt and sweat off our body.
  - c. We should take care of our fingernails properly, cleaning under them and cutting them.
  - d. We should take care of our hair by combing it properly each day, washing it, and having it cut.
  - e. We should take care of our teeth, brushing them at least twice a day to avoid cavities and gum diseases.
2. Eating: The most important care of our body is on the inside and has to do with eating.
  - a. We should try to eat balanced meals. To do this we should not eat a lot of one food (like peanut butter and jelly sandwiches) and almost none of another (like fruits, oranges, etc.). To have a balanced diet we should eat a little of several kinds of different foods.
  - b. We should avoid eating "junk food" because it spoils our appetite so that we are not hungry for the nutritious foods at meal times. "Junk foods" are packaged snacks, candies, ice cream, potato chips, etc.
  - c. At the table we should have a pleasant atmosphere so that we enjoy our meal. There should be no arguing. (That spoils the appetite.) Also, it should not be too rushed, for then you don't chew properly and will eat too much. Also, you might choke on your food. (Choking is very dangerous, causing death.)
  - d. Our parents usually try to serve us a balanced, nutritious meal so we should eat what we are served, not only what we like. We should try new foods. Usually we don't like anything (unless it is very sweet or salty) until we have had it several times.

# MAN IN GOD'S CREATION

## Lesson Seventeen

### CARE OF THE BODY (2)

#### Burden to Impart:

*In this lesson we see more about how we should take care of our body. We need some kind of daily exercise in order to have a strong and healthy body. We need adequate rest and sleep so our body can rebuild and heal itself after a long day of activity. We should cover our body with the proper clothing.*

**Memory Verse:** "For no one ever hated his own flesh, but nourishes and cherishes it..." (Ephesians 5:29).

#### Facts to Teach:

3. Exercise is necessary to have a healthy body. Exercise strengthens our vital organs, such as the heart and lungs, as well as all other parts, such as the muscles, bones, blood vessels, etc. In order to keep our body healthy for ourselves and for the Lord we need some form of exercise each day.
  - a. The most basic exercise is to stand and to sit straight. Since we spend most of our time (during our 16 waking hours) either standing or sitting, we should learn the proper posture. Our back should be straight, our shoulders should be held back, and our abdomen should be held in.
  - b. We must be careful not to damage our body or health by over-exerting ourselves. To be active and to exercise is good, but to over-exercise is unhealthy. Some examples are:
    - 1) Taking a very long bike ride or hike when you aren't used to doing that.
    - 2) Exercising, running, playing hard when you are sick.
    - 3) Staying up late, getting up early, not resting enough during the day when you are sick or feeling weak.
  - c. We should always practice safety when we exercise, otherwise we may injure our body very seriously. Some examples are:
    - 1) Lifting--Always try to keep your back straight when lifting a heavy object. Lift with your legs and not your back. The legs are much stronger than your back. If anything is too heavy or large and clumsy, ASK FOR HELP! (You might drop something on your toes or hurt your back or belly muscles if you attempt to do it by yourself.)
    - 2) Swimming--After eating, always wait at least 30 minutes before swimming. Otherwise you may get a stomach cramp. A strong cramp will make you unable to swim and you will sink like a rock. Never attempt to swim so far out in water over your head that you will not easily be able to swim back.
4. Adequate rest and sleep is very important in order to have a healthy, responsive body. Everybody's body is slightly different; some people need more rest and sleep than others. We must know the signs of inadequate rest and sleep and adjust our schedule so as to allow adequate rest and sleep.
  - a. If you find it very hard to arise in the morning, or if you feel weak, dragging, and tired after getting up in the morning you did not get enough sleep. Go to bed earlier and you will feel better, work better, and be happier the whole next day!
  - b. If you do not get enough rest and sleep you may get sick easier and more often, especially with colds, sore throats, and coughs.

MAN IN GOD'S CREATION Lesson Seventeen (continued)

5. Wearing the proper clothing:
  - a. We should wear the proper size clothing. Our clothes should fit.
  - b. Our clothing should match the environment. If it is warm out, wear lightweight clothing. If it is cold out, we should wear warm clothes.
  - c. Our clothing should be proper for the activity we will be doing.

# MAN IN GOD'S CREATION

## Lesson Eighteen

### HOW PEOPLE ARE MADE: THE PSYCHOLOGICAL ASPECT

#### Burden to Impart:

*In this lesson we see how God created man as a "living soul." Our soul is simply our personality, our self, us. Our soul was created with: 1) a mind, to think, reason, remember, and understand, and even higher, to imagine things unseen or unheard of before; 2) an emotion, which gives us many feelings, such as love and hate, joy and sorrow, shame and confidence, etc.; and 3) a will, which allows us to make choices and decisions. Man was created with a soul so that he could express and magnify the Lord through all of his thoughts, feelings, and choices.*

**Memory Verse:** "And Mary said, My soul magnifies the Lord" (Luke 1:46).

#### Facts to Teach:

1. After God formed man's body out of the dust of the earth, He breathed into his nostrils the breath of life and man became a living soul. Man is a "living soul." We are a soul and our soul is us, our self. Our soul is our person, our personality. Our soul is simply the person who lives in the "house" of our human body.
2. God created man's soul in as equally marvelous a manner as he did man's body. Man's soul is a deeper part of man than his body. We mainly have three parts to our soul.
  - a. The mind: (Have the children name and describe as many functions of the mind as they are able.) The mind is the organ by which we are able to think, to reason, to remember, to understand, and even to go beyond these functions by the imagination, being able to imagine things never yet seen or heard. (Scripture references for teachers: Psa. 13:2; 139:14; Lam. 3:20.)
  - b. The emotions/feelings: (Have the children list and describe as many feelings as they are able to.) Our emotions, or feelings, cause us to "feel" things in our soul just like our body is able to feel things (hot, cold, pain, etc.). We are able to have many feelings, and most of our feelings have opposite feelings; some are very strong, some are not so strong. Some feelings are helpful and constructive and some can be harmful and a problem: love and hate, shame and boldness, happiness and sadness, excitement and boredom, expectation and disappointment, success and failure, comfortable and uneasy, etc. (Scripture references for teachers: 1 Sam. 18:1; S.S. 1:7; 2 Sam. 5:8; Isa. 61:10; Psa. 86:4.)
  - c. The will: Our will gives us the ability to make choices (plants have no will). We must make many choices every day. Some decisions are big, some are small, but each one involves our will. We can be strongly determined to do something if we have a strong will. We may allow others to lead and guide us if we have a flexible will. Also, we may be able to lead others if we have a stronger will than them. (Scripture references for teachers: Job 7:15; 6:7; 2 Chron. 22:19.)
3. We can see that man is truly a "living soul," much more than merely a "living body." Our life is mainly made up of millions of thoughts, memories, ideas, opinions, feelings, and choices. Every day we live mostly by our soul, which is expressed as our personality, as us.

# MAN IN GOD'S CREATION

## Lesson Nineteen

### CARE OF THE MIND, FEELINGS, AND WILL (1)

#### Burden to Impart:

*In this lesson we see how to take care of our mind and our feelings. The most important thing in taking care of our mind is to guard what gets into it. We should keep any bad words, conversations, pictures, T.V. shows, etc. from our sight and hearing. Then it will not get into our mind and will not contaminate our thoughts. We should put positive, healthy things into our mind, like God's Word, songs, and our school studies. We should take care of our feelings by loving what is good and right, our friends, family, parents, and God. We should hate the Devil and whatever is evil and harms others. We should be happy when we are blessed and see others blessed and the Lord's name honored. We should be sad when we see evil done to others, or if we cause others trouble or dishonor the Lord or our parents. In taking care of our feelings, it helps to talk to the Lord (to pray) and to talk to those who love us and care for us.*

**Memory Verse:** "Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord..." (Psalm 19:14).

#### Facts to Teach:

1. Care of the mind:
  - a. Just as our body needs care in order to be healthy, feel good, and function normally, our soul and all of its parts need to be properly taken care of in order to be healthy, feel well, and function normally.
  - b. Our mind is like a small computer, capable of storing thousands or possibly millions of thoughts. What is put into a computer is eventually what is shown on the screen or printed out. Whatever is put into our mind eventually becomes our thoughts. And once a thought is imprinted into our mind it is very hard, if not impossible, to get it out.
  - c. To take care of our mind we should guard what we allow to get into it. We should not allow trashy conversation, bad words, nasty talk, or bad pictures to get into our mind. Many programs and commercials on T.V. are filled with trash and garbage: violence, killing, robbing, stealing, fighting, unkind words, etc. If we watch these things on the T.V. our mind will get contaminated and corrupted. Eventually, we may speak the things we heard, or imitate the things we saw. What we listen to and watch influences how we think and feel.
  - d. We should put the best thoughts, words, stories, and pictures into our minds. Then we will think in a healthy, happy, loving way. We should listen to the Bible being read to us by our parents. We should read good books and only look at good pictures. We should study the things suggested and taught to us by our parents, teachers at school, and children's meeting. We should think pleasant thoughts. Whenever bad thoughts come to our mind we should chase them away. Concerning bad thoughts coming into our minds Martin Luther said, "You can't stop the birds from flying over your head, but you don't have to allow them to build a nest on it."
2. Taking care of our feelings:
  - a. If we learn to take care of our thoughts we have already won most of the battle concerning taking care of our feelings. Our thoughts influence our feelings very much.
  - b. Our feelings have their proper place. We need to know how we should rightly feel because many times our feelings get out of their proper place.

MAN IN GOD'S CREATION Lesson Nineteen (continued)

- 1) Love: We should love God, our parents, our family, our neighbors, and friends. We should even love those who mistreat us and we should pray for them. (Although we should love all people, we always practice safety rules with strangers.)
  - 2) Hate: We should hate the Devil who causes all evil. We should hate all evil doing, for evil always hurts other people.
  - 3) Fear: We should fear anything that seems unsafe or dangerous to ourselves or others.
  - 4) Trust: We should trust our parents, trust the brothers and sisters in the church, and those who are in authority over us.
  - 5) Sadness: We should be sad whenever something bad or harmful happens to others, whenever we cause others trouble or problems, whenever we sin or do wrong, whenever we see that the Lord Jesus is not honored, loved, and obeyed.
  - 6) Happiness: We should be happy when we see things done rightly and people treated fairly, when we are behaving as we should and are loving the Lord and those around us.
- c. Our feelings are able to change, to be comforted, and to be encouraged. It helps to talk to the Lord (to pray) when we are sad or troubled. It also helps to talk to those close to us who love us and care for us (like Mom or Dad). When we are happy (or even if we are sad) it is always good to sing to the Lord and call upon His name.

# MAN IN GOD'S CREATION

## Lesson Twenty

### CARE OF THE MIND, FEELINGS, AND WILL (3)

#### Burden to Impart:

*In this lesson we see how God gave man a free will, so he could choose and make decisions. As we grow up we need to learn how to make the proper decisions and to carry them out. When we are with others we need a flexible will to go along with them. We should never have a stubborn will that cannot learn to be guided. When we are tempted to do anything wrong we should have a strong will to resist, even praying and asking the Lord to help us. When we are trying to carry out a right and good decision we have made, but meet with frustration and discouragement, we should have a strong will to persevere and press on.*

Memory Verse: "I have found David, the son of Jesse, a man according to My heart, who will do all My will" (Acts 13:22).

#### Facts to Teach:

3. The will:
  - a. God created man with a free will, not as a robot with no will of its own. God gave Adam the freedom to choose which tree he would eat of, the tree of life or the tree of the knowledge of good and evil.
  - b. Plants have no mind, emotion, or will. The animals have some mind, emotion, and will. Man has the highest mind, emotion, and will of all of God's creation. Because man has a will he is able to govern his own life and even to determine his destiny.
  - c. With our will we can choose or refuse, we can make decisions, choices, and even determinations. Although our thoughts and feelings influence us a lot, eventually we decide and act according to our will's decision.
  - d. For this reason we need to take good care of our will so that we will make the right decisions and choices, and will be strong enough to stick to them.
4. Taking care of our will:
  - a. We should make our decisions and choices based upon what is right and best, not on our feelings, likes, and dislikes. We know what is right because of our parents' instructions, the laws of our society, the Bible, and our conscience. (We will cover the conscience later.)
  - b. Our will should be flexible regarding most matters (things that are not bad, sinful, or harmful). We should be able to go along with others. When we do things with others we should learn not to have a stubborn will or a selfish will, always making others do the things we want to do, or the way we want to do them. We should allow others the same freedom of choice that we ourselves like to have. We should not make ourselves others' "boss."
  - c. We should have a strong will to do what is right, even if our "friends" make fun of us or try to convince us not to. After we have made a good and proper decision, we often get discouraged, tired, or bored and want to quit or give up. At these times we should not give in to our weakening thoughts or feelings. We should be strong in our will and determined to carry out our original decision. If we pray to the Lord and ask Him to help us, to strengthen us so that we will not be moved. He will meet our need and answer our prayer.



MAN IN GOD'S CREATION Lesson Twenty (continued)

- d. Because the friends we are with can influence us a lot, we need to make very careful and wise choices regarding who we have as friends. Otherwise, even if we have the desire to live rightly we may not be strong enough to overcome the influence of our friends and may eventually do things we do not really want to do.

# MAN IN GOD'S CREATION

## Lesson Twenty-one

### THE SPIRITUAL ASPECT OF MAN (1)

#### Burden to Impart:

*In this lesson we see how God created man with a special part called his spirit. Because we have a spirit we have a conscience and know right from wrong. When we follow our conscience we feel a "happy face" on the inside of us. When we disobey our conscience we do wrong and we feel a "sad face" inside of us. We must learn to listen to our conscience and do what is right. We should not disobey our conscience or be persuaded by others ("friends") to do what is wrong.*

**Memory Verse:** "Men and brethren, I have lived in all good conscience before God until this day" (Acts 23:1).

#### Facts to Teach:

1. When God created man (Adam) He made him with a special part within him, a human spirit. On the outside is our body and on the inside is our spirit.
2. We are different from the animals not only because we are smarter, but because we have a spirit and the animals do not.
3. Every part of man was made for some special purpose which allows us to know certain things or do certain things.
  - a. Our eyes allow us to see physical things in order to know our environment.
  - b. Our ears allow us to hear something which is invisible and "unfeeling."
  - c. Our nose allows us to smell.
4. In the same way, God created man with a spirit within him. Man's spirit allows him to know right from wrong. We call this function of our spirit our "conscience."
  - a. Our conscience gives us a feeling inside concerning what is right and what is wrong, what is good and what is evil.
  - b. When we do what is right and good our conscience feels happy and confident, peaceful and secure. You might say you feel a "happy face" on the inside of you when your conscience is right.
  - c. Whenever we say or do something that is wrong or bad our conscience feels sad, shameful, scared, and not peaceful. You might say that you feel a "sad face" inside of you when your conscience is hurt and bothered by your behavior.
5. Even before we do or say anything that is wrong or bad our conscience warns us. Like a smoke detector warns you before the fire bursts out, our conscience warns us even before we do anything wrong. How wonderful is our conscience! It is to keep us from sin and evil.
6. Sometimes our "friends" may try to persuade us to do things that our conscience does not feel good about. Perhaps we have a "sad face" inside when they try to persuade us to do something. That "sad face" feeling is a warning to us that what we are about to do is wrong, and if we go ahead and do it we will get into trouble later when it is found out. We must learn to never allow others to persuade us to go against that inner feeling.

"happy face" (good conscience)

"sad face" (bad conscience)

# MAN IN GOD'S CREATION

## Lesson Twenty-two

### THE SPIRITUAL ASPECT OF MAN (2)

#### Burden to Impart:

*In this lesson we see that God created Man in His image and with a spirit so that God could be man's friend and companion. God likes for us to tell Him everything that is in our heart. When we talk things over with God in this way we are praying to Him. Because our God loves us so much we can trust in Him completely. We should trust in the Lord that because He loves us and is caring for us, everything is in His hands and is under His control. He is our wise and loving God and Father. We can pray to Him, love Him, and trust in Him.*

**Memory Verse:** "Casting all your care upon Him, for He cares for you" (1 Peter 5:7).

#### Facts to Teach:

7. Since God created us with a spirit and in His image, we are like Him. God is spirit, and we have a spirit within us. This enables us to know God. Our spirit causes us to feel that we need God, that we desire God. Even if we had many good friends, a good Mommy and Daddy, brothers and sisters, we would still feel like we were missing something. This is because we were made by God so we could be His friends and companions. Without Him we are missing something.
8. Through prayer we may build up our friendship and relationship with God. Prayer is very simple, we just talk to God from our heart. He already knows what we are thinking and feeling but He likes us to talk to Him and share with Him everything that is in our heart.
9. Sometimes we don't know exactly what words to say to the Lord, but we can simply pray and talk to Him the best we are able. He understands our heart. It is like when a baby cries. It does not really understand what it wants to say, it just needs to get its mother's attention. She will know what it needs: the diapers need changing, a bottle of milk, to be burped, etc. We can always pray and talk to our God. He understands everything and everyone.
10. Because God loves us we can trust in Him with all of our heart. He loves us much more than we love our pets. He watches over us 24 hours a day, that is all day and all night. He takes care of us, and He will help us through the difficulties that come our way.
11. Sometimes things happen to us that we don't like. Sometimes it seems we are treated unfairly. Sometimes we would like to see things changed that will never be changed. We should not allow our heart to be overly troubled. We need to trust in God and in His wisdom. He knows what is really best for our lives. He can see tomorrow. Some things we don't like today are our best helpers in the future. We should learn to love God and trust in His wisdom.

# MAN IN GOD'S CREATION

## Lesson Twenty-three

### THE SPIRITUAL ASPECT OF MAN (3)

#### Burden to Impart:

*In this lesson we see that although God has given children such a good mind and intelligence, their understanding and wisdom will develop gradually, as does their body. During this time of development they can make growing up a pleasant and enjoyable experience by being cooperative and obedient to their parents. In this way it will be well with the children and they will be blessed by the Lord.*

Memory Verse: "Honor your father and mother,...that it may be well with you, and that you may live long on the earth" (Ephesians 6:2-3).

#### Facts to Teach:

12. This is the last lesson in this series about man in God's creation. We have learned about man's creation by God, about man's sin and separation from God, and God's way for man's salvation through believing in the Lord Jesus. We have also learned about how special man is in creation, being far superior to the animals. We have learned about our body, soul (mind, feelings, and will), and spirit. We have also learned how to take care of the three parts of our being.
13. Although God created us with a high intelligence and ability to reason, all of this must develop gradually over the years. Just as it takes about 18 years for our body to grow up physically, it takes many years for the development of our ability to think soberly and to reason properly. We learn many things by trial and error. We learn many things by our mistakes also. However, the most important things we learn are taught to us by our parents.
14. God chose our parents and God had us born into our particular family (Psa. 139:13) to be cared for and raised. God has entrusted our parents with our care, guidance, and discipline. Many times they pray to God for us; to ask for wisdom to know how to guide us and deal with us. God helps them and gives them wisdom and understanding (James 1:5).
15. Oftentimes, however, our parents have a difficult time to guide us because of our disobedience. We have learned almost every good thing from our parents thus far.
  - a. To brush our teeth. How would our teeth look by now if we never brushed them? We did not like to brush our teeth at first. Many times our parents needed to remind us and tell us to brush our teeth. How foolish to grumble or argue or say we brushed them when we did not! Our parents were simply trying to help us learn something so necessary for our health.
  - b. Taking a bath.
  - c. Changing our clothes.
  - d. Washing our hands.
  - e. What to eat (food) and what not to eat (dirt).
16. By now we should have learned that our parents want to help us to do what is right; and not only what is right, but what is best. We should learn to trust in our parents' decisions instead of arguing or talking back. In this way we shall learn to make the best decisions ourselves. We should learn to obey our parents' commands, and even more, to respect and honor their wishes and desires. Then we will be able to grow and develop without much needless discipline or unpleasantness. Then our family relationship can be sweet and enjoyable.

MAN IN GOD'S CREATION    Lesson Twenty-three (continued)

17. We should also be very thankful to our parents for their concern for our spiritual welfare. They bring us to the children's meetings, they teach us to believe in God and the Lord Jesus, and they help us to know God's Word, the Bible. They know that this is actually the most important thing in our lives today and forever. They are trying to help us to grow in the Lord. For this reason we should always be cooperative and obedient to our parents as they try to help us grow up.

