

THE CHURCH IN NEW YORK CITY
CHILDREN'S MEETING LESSON (Pre-K & K)

Man in God's Creation

Lesson #14 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 have been ^abought with a ^bprice. So then ^cglorify God in your ^dbody” 1 Cor. 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.

Though 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.

Lesson #15 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 or move ourselves around, can work and do things.

Memory verse: ".....But the ²body is ^cfor the Lord, and the Lord ^dfor the body."
1 Corinthians 6:13b

Facts to teach:

3. Our body has three sections: the head, the body (trunk), and the limbs (cont'd.).

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 3000 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.