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God Made My Body

Lesson 1

GOD, MY CREATOR

“The LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul” (Genesis 2:7).



“Thou hast covered me in my mother’s womb. I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well. My substance was not hid from thee, when I was made in secret, and curiously wrought in the lowest parts of the earth. Thine eyes did see my substance, yet being unperfect; and in thy book all my members were written, which in continuance were fashioned, when as yet there was none of them” (Psalm 139:13-16).

“And God saw every thing that he had made, and, behold, it was very good” (Genesis 1:31).

Answer these questions.

1. Who made our bodies? _____
2. What did God say about everything He made? _____

3. What are three words the psalmist uses to describe how he is made?

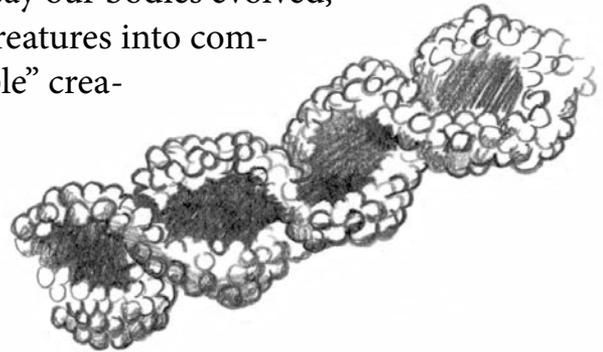
4. Is your body good or bad? _____

God is the Creator of all things and all people. God made you. The psalmist says God was planning all your body parts even while you were being formed inside your mother, before you were complete.

Today, scientists know your body cells contain a “code” called DNA. This tremendously complex code is part of every cell in your body. It contains the formula for your body—it determines how tall you will be, the color of your eyes and hair, the length of your limbs, and the makeup and function of all your organs.

Some scientists do not believe in God. They say our bodies evolved, that we changed little by little from simple creatures into complex human beings. But even the most “simple” creatures have a very complex cell structure.

From the Bible, we know God is the Creator of all things and all people. Knowing this helps us to understand how we are to use our bodies.



Read Psalm 100 and complete the activities.

5. Who made us, according to verse 3? _____

6. Who did not make us (same verse)? _____

7. What does verse 5 say about the Lord? _____

8. What does each of these verses say about our response to God?

a. Verse 2: We should _____ the Lord.

b. Verse 4: We should _____ and _____ the Lord.

Read Romans 12:1 and fill in the blanks.

9. "I beseech you therefore, brethren, by the _____ of God, that ye present your _____ a living sacrifice, _____, acceptable unto God, which is your reasonable _____."

Fill in the blanks.

10. I am _____ feet _____ inches tall. My eyes are _____ (color), and my hair is _____. My build, the shape of my nose and ears, and all my body parts inside and out were designed by _____. In my cells, God put a special code called _____ to determine the size, shape, and functions of my body. After God had created all things, He said it was very _____. God wants me to _____ Him with my body and to _____ Him for being such a wise and wonderful Creator.

Do this activity.

11. God controls many things about you, but He also gives you the responsibility of making right choices. He made your body, but you choose how you take care of it and how you use it. Beside each of the things below, write *God* if it is controlled by God, and write your name if you have the responsibility of making those choices.

- | | |
|----------------------------|---------------------------------|
| _____ height | _____ weight |
| _____ hair color | _____ clothing |
| _____ length of arms | _____ hair length & cleanliness |
| _____ intelligence | _____ education & training |
| _____ skin color | _____ muscle tone |
| _____ color of eyes | _____ lifework |
| _____ size of hands & feet | _____ personal salvation |
| _____ shape of nose & ears | _____ habits |

Look at the list on the left. These are things you did not choose. God gave them to you, and your best response is, “Thank You, Lord.” Now look at the list on the right. These are things that require right choices on your part. Your best response is, “Lord, I want to do Your will.” Below, you can read each prayer and sign your name to let God know this is how you feel.



PRAYER

Lord, You made me. My body is a wonderful creation and shows how wise You are. I know I can trust Your “code” for how my body grows and develops. I thank You for making me, and I accept my body as a wonderful gift.

(Signed) _____

Lord, there are so many things I can do with my body—right and wrong. But because You made me, I want to do what pleases You. Help me to be wise in all my choices. I want to take care of my body and use it to serve You all my life.

(Signed) _____

COMMITMENT

Parents need to make right choices too. They are responsible to give good instruction and helpful advice as their children grow into adulthood. Then their children can teach their own children, and each generation is taught to serve the Lord. The following paragraph is for parents to fill out.

Dear _____,

I thank God for you. God has placed you into our family, and I am grateful to Him for you. I love you just as you are, but I know you will grow and change. As you grow, I want to teach you more about your body and God’s will for you so you can make wise choices in life. As we work and play and worship together, I will instruct you. When you have questions, don’t be afraid to ask. I will do my best to answer your questions, because I am committed to you.

(Signed) _____

God Made Male and Female Bodies

Lesson 2

MALE AND FEMALE ARE PART OF GOD'S PLAN

“So God created man in his own image, in the image of God created he him; male and female created he them” (Genesis 1:27).

“The LORD God said, It is not good that the man should be alone; I will make him an help meet [suitable] for him” (Genesis 2:18).

GOD'S PLAN IS GOOD

Can you imagine what the world would be like with only men in it? Or how about only women? God knew such a world would not be suitable. He planned for both male and female people.

Even with babies and children there are differences in male and female. But the differences become greater as children grow into adults. These differences are part of God's creation. Like all the rest of His creation, they are good. We can thank God not only for giving us bodies, but also for giving us male and female bodies. This is part of God's wise plan.

