



CREATION AND THE BEGINNING OF HUMAN HISTORY

#4 – And Then There Was Light Genesis 1:3-5

PICTURES NEEDED

- 4-1 Light Burst

REVIEW (Before Teaching Lesson)

- **Journal Review:** Ask students to share an important truth that they learned from their journal readings at home that week. Share some of your own insights.
- **Previous Lesson Review:** (Use the visual from the last lesson to aid in review) What existed before creation? When did time begin? What are all things made of? What was matter like in the beginning? What was space like?
- **The Big Question:** Where did created things come from? Let the students give their answers to the question.
- **Bible Verse Review:** Colossians 1:16-17
Jesus created all things and holds them together

¹⁶For by him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; (all things were created by him and for him. ¹⁷He is before all things, and in him all things hold together.)

LESSON CONTENT

Note: The Bible verses included in the lesson are from the NIV 1984 edition. The wording of the questions is derived from that version. If another version of the Bible is used, questions may need to be adapted.

Before we read more about creation, we want to review what God made first. Genesis 1:1-2 says: *In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.*

What do "the heavens" refer to? The heavens refer to the stretched out space that God made in which to put his creation.

What does "the earth" refer to? The earth refers to the dirt or basic matter from which all things are made. In the beginning matter didn't have any form but it must have had energy since matter, energy and design are all part of the smallest unit of matter, the atom. Everything in God's creation is built up of atoms.

Once God had established the basic building blocks of creation he spoke into existence light. **(Picture 4-1)** Genesis 1:3-5 describes how God created light: *³And God said, "Let there be light," and there was light. ⁴God saw that the light was good, and he separated the light from the darkness. ⁵God called the light "day," and the darkness he called "night." And there was evening, and there was morning--the first day.*

Light is produced when atoms gain extra energy and enter what is called an "excited" state. Atoms become excited by absorbing light or heat from another source or being struck by other particles, which pass on energy. An easy way to excite atoms is to heat them up. Once excited atoms tend to want to de-excite, to go back to the condition they were in. As they de-excite they give off photons which make up visible light and other electromagnetic waves.

When God said, "Let there be light," it would seem he excited the atoms that he had created by putting energy into his creation, causing atoms to absorb energy and release light. Whatever he did, he did it by the power of his word and the nature of who he is.

Let's stop and think about what the first three verses of Genesis say existed in creation during the first day.

- What did God create first? First God created the heavens or the space in which he would put the things he made and the basic matter of which things would be made.
- What did God create next? Next God brought forth the light which is essential for life.
- What did God say about the light? After bringing forth light, God saw that the light he made was good.

What does it mean that God saw that the light he made was good? When God says that something is good that means it fulfills the purpose for which he designed it.

We need to understand the design of light and just how good and purposeful light is. We also need to recognize that light exists in both the physical and spiritual realms.

(NOTE: As you talk through the design of light, draw the chart below on the board.)

The Design of Light		
	Physical Light	Spiritual Light (Jesus)
1	Provides what is necessary for physical life	Provides what is necessary for spiritual life
2	Makes God's creation visible	Makes God visible
3	Brings physical healing and cleansing	Brings spiritual healing and cleansing

What does light do for God's creation? We already mentioned that light is necessary for life, so the first purpose of light is to provide for physical life.

How is all life dependent upon light? Besides producing the warmth that is needed to sustain life, light also enables plants to produce the food they need to live and grow. This means that all food has its source through light since all life is dependent in some way on food from plants (i.e., animals eat animals which eat plants).

What else does light do? Light makes everything God has created visible. Without light we would not be able to see the colors and beauty of the physical world. That means light enables us to see God through his creation.

Does anyone know something else that light does? There is a third important property to light, that of bringing both healing and cleansing. Light causes cuts, wounds and infections to heal faster. It also kills harmful bacteria and has cleansing power. If you leave something out in the sunlight, any germs on it will be killed.

What was the earth like at the time God created light? Remember that at the time God created light, the earth or matter he had made was still formless. There was no physical source of light like the sun or stars when God brought forth light.

What was the source of the light God spoke into existence? Just as all things have their origin or source in God so does light. The first light of creation must have come from God himself, as he injected energy into the space and the formless matter or atoms he created.

The fact that light, energy and matter all have their source in God should cause us to reflect on the fact that when the sun and other matter cease to exist, our Creator God will still exist. Created things have a beginning and will have an end. Only God is eternal and exists forever.

Light is used in the Bible to describe God's presence. What is Jesus called in terms of light? Jesus is called the "light of the world." What does it mean that Jesus is the light of the world? In the spiritual realm Jesus functions in a way similar to that of light in the physical realm.

What does that mean Jesus does for us? (Fill in the spiritual side of the chart on the board.) Jesus provides what is necessary for spiritual life as he makes God visible. Through Jesus, we are able to see who God is. Jesus also brings spiritual healing and cleanses us from the sin that harms us.

John 1:3-4 explains that Jesus is the creator of life and the light of men. *³Through him all things were made; without him nothing was made that has been made. ⁴In him was life, and that life was the light of men.*

What was made through Jesus? Everything. Who does that mean Jesus is? God

LESSON WRAP-UP

- **Overview Questions:** What existed before light? How did light come into existence? What did God see about the light? What does that mean? What did God do to the light and the dark? What did he call the light? What did he call the darkness? What day of creation was this? What can be learned about God from Genesis 1:3-5?
- **Thought Questions:** What is light? How is light made? Where did the light God create come from? What is light designed to do? Why can't light and dark exist together? What are other opposites related to light and dark? (day/night, good/evil, warmth/cold, health/disease, life/death, Christ/Satan) What does the fact that opposites can't exist together mean for us spiritually?
- **Prayer:** Thank God that he is the creator and sustainer of all things. Thank God for his light that provides for and sustains both physical and spiritual life.
- **The Big Question:** How is Jesus the light?
Let the students give their answers to the question. Share the memory verse. Ask how it answers the question.
- **Memory Verse:** John 1:3-4
The light of Jesus enables us to live and see God.

³Through him all things were made; without him nothing was made that has been made. ⁴In him was life, and that life was the light of men.

Questions: Who does "him" refer to? Who made all things? What exists in Christ? What does it mean that the life that exists in Christ is the light of men?

ACTIVITIES (Completed after the lesson)

Any age appropriate activity can be included which fits into the class time. The activities with a star are included on the class notes.

- ★ **Lesson Notes:** Have the children answer the two questions individually or as a group. What did you learn from this lesson? How can you put into practice what you learned?
- ★ **Memory Verse:** Read the memory verse on the cover of the class notes and then have the students fill in the blanks in the verse.
- ★ **Activity Page:** Acrostic Poem
Instructions: Write an acrostic poem dealing with the creation of and/or physical and spiritual properties of light. Example:
L – Life giving, love of God
I – Illuminates the world, inclines our hearts to God
G – Glory of God, Given by God
H – Heats the earth, Heals our hearts
T – Takes away darkness, Triumphs over darkness
- ★ **This Week's Big Question:** Have the students fill in the blanks for the way the memory verse answers the big question.

The light of Jesus enables us to live and see God.

- ★ **Coloring Page:** Color the lesson picture.
- **Craft:** Light Burst
As a reminder that there was only darkness when God created light, make a scratch off picture.
Materials: Scratch-off paper (purchased or made by the students), pointed sticks or pencils
Preparation: You can buy scratch off paper at a school supply store or you can make your own over a couple weeks by having the children color a half piece of paper completely with different colored crayons. Once the entire paper is colored, it is completely colored over with a black crayon or thick black paint.
Instructions: Have the children draw a starburst pattern, star or sun on the scratch-off paper.
- **Investigation:** The Color of Light (Materials found in craft folder)
If visible light is put through a prism and the light waves are bent, they break into six different colors (red, orange, yellow, green, blue, and violet). Try to do this with a prism and a source of light in a darkened room. A CD can also work as a prism to break up light. In a rainbow, water droplets in the air act like a prism and bend the light waves, breaking them up into color bands. White light is made up of these colors as light waves are blended together.

The way colors appear in a rainbow (red, orange, yellow, green, blue, and violet) may be remembered by memorizing the name "ROY G. BV". This used to be "ROY G. BIV", because the area between blue and violet was called "indigo". Indigo is no longer referred to as a separate color in the visible light spectrum; therefore, Roy now has no vowels in his last name. (investigation 4 pictures)

To see how colors blend together you can make a color wheel.

Instructions: Run off color wheels from Investigation 4 on card stock paper. Cut out a color wheel for each child (Investigation 4). Have them color in the sections of the wheel with the six main colors of light (red, orange, yellow, green, blue, violet). Stick a round toothpick through the middle of the wheel. Spin the wheel like a top. The colors should blend together into a pale, almost white color.

- **Game:** Stumbling in the Dark

As a reminder that light is what makes things visible and is essential for life and health, play "Stumbling in the Dark".

Instructions: Blindfold the children and have them walk from one side of the room to the other without stumbling over one another and obstacles that you have put in the way. Children can do this a few at a time or all together as a group. You can time who is able to do it the fastest, then take off the blindfold, and time them again. Talk about the importance of light in our lives.

JOURNAL

The journal is passed out at the end of class for the students to complete at home. It has six poetic readings and related Bible verses. It would be beneficial for the teacher to read through and be familiar with its content.