



CREATION AND THE BEGINNING OF HUMAN HISTORY

## #18 - The Food Given To Man

### Genesis 1:29-30

#### PICTURES NEEDED

- 18-1 Variety of food
- 18-2 The parts of a plant
- 18-3 Rainbow Plate

#### 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 were God's two commands to man concerning the earth? What is the responsibility of a good ruler? What does it mean to fear God? Why do men need to fear God and submit to his authority?
- **The Big Question Review:** What responsibility has God given to man?  
Let the students give their answers to the question.
- **Bible Verse Review:** Psalm 115:16  
God gave the earth to man to take care of.

*<sup>16</sup>The highest heavens belong to the LORD, but the earth he has given to man.*

## 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.

God told man to fill the earth and rule over it. In creating the earth, God made a home for man that he was to populate and take care of. God had created everything man needed to live well and enjoy life. After telling man what was his responsibility in terms of the earth, God then told man what he could eat. (picture 18-1)

### Genesis 1:29-30

*<sup>29</sup>Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. <sup>30</sup>And to all the beasts of the earth and all the birds of the air and all the creatures that move on the ground--everything that has the breath of life in it--I give every green plant for food." And it was so.*

What did God tell man he could eat? Plants and fruit

What does that mean he couldn't eat? Meat

What were animals given to eat? Green plants

What does that mean animals didn't eat in the beginning? In the beginning God gave both men and animals plants to eat. They didn't eat meat.

Everything that men and animals need to eat for a long and healthy life is found in plants. How do plants get the food they need to live? Plants make food through the process of photosynthesis. God's design is for plants to take sunlight, carbon dioxide, water and minerals and change them into sugars. The food the plants make from this process is stored in their roots, stems, leaves, fruit and seeds to provide food for themselves and for people and animals. It wasn't until after the flood that God told people that they could eat meat.

From the beginning of time God has been faithful to supply the needs of his creation. All that we need for both physical and spiritual life comes from God. Psalm 145:15-16 says, *<sup>15</sup>The eyes of all look to you, and you give them their food at the proper time. <sup>16</sup>You open your hand and satisfy the desires of every living thing.*

What would happen if God didn't supply food for his creation? If God were to remove his hand of kindness and stop his provision, we would be without life.

What else does God supply besides food? God provides us with all that is needed for both physical and spiritual life. The sun gives warmth and light. The air provides the oxygen we need. There is an abundant supply of water on earth. He sent his Son to make a way for us to be in right relationship with him. We need to daily thank God for his goodness in taking care of his creation and us.

Moses reminded the Israelites of this when he told them, (Deuteronomy 8:3) <sup>3</sup> *He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your fathers had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD.*

What does it mean that man does not live by bread alone? We have to remember that being fed spiritually is every bit as important as being fed physically.

How are we fed spiritually? We enter a relationship with God through Christ. We study his Word to learn from him. We seek to be filled with the Holy Spirit so we can walk rightly with him.

Jesus emphasized this in his teaching in the New Testament.

### **Matthew 6:25-34**

<sup>25</sup> *Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?*

<sup>26</sup> *Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?* <sup>27</sup> *Who of you by worrying can add a single hour to his life?*

<sup>28</sup> *And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup> If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith?* <sup>31</sup> *So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'* <sup>32</sup> *For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well. <sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

Why aren't we to worry about provision? God knows what we need and he promises to provide for us. God is faithful to fulfill his promises.

What is our part in receiving God's provision? To seek God first.

What does that mean we do? Hunger after God himself. Seek first to have our spiritual needs met. Recognize that all provision, spiritual and physical, comes from God. We humble ourselves and submit to God.

The law of needs states: All of our needs can be met in God. None of our needs can be met outside of God. Therefore, we must seek God and trust him to meet our needs.

What is our most important need? Our most important need is spiritual

Why is our spiritual need for God our most important need? Everything proceeds from God. If we don't have a relationship with him, we miss real life. Our real need won't be satisfied. Physical life has no true meaning without a relationship with God.

## LESSON WRAP-UP

- **Overview Questions:** What were men and animals given to eat at the time of their creation? What does this mean they didn't eat? How do plants produce food? Where do plants store food? What does God know about our needs? What does God do for our needs? Besides food what do we need to survive? How does God supply those things?
- **Thought Questions:** Why do you think men and animals weren't allowed to eat meat in the beginning? What kinds of health problems does eating too much meat cause? How do we know God is the one who supplies our needs?
- **Prayer:** Thank God that he loves you and provides what you need physically and spiritually. Thank him for the food he continually supplies and for the air, light and water he created that provide what you need for life. Thank God that he is your source of life and pray that you would seek him first and love him with all your heart.
- **The Big Question: What does God provide for all living things?**  
Let the students give their answers to the question. Share the memory verse. Ask how it answers the question.
- **Memory Verse: Psalm 145:15-16** God provides everything needed for life.

*<sup>15</sup>The eyes of all look to you, and you give them their food at the proper time. <sup>16</sup>You open your hand and satisfy the desires of every living thing.*

Question: What is the source of everything we need? How is God the source?

## 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:** Ask the students to summarize in one sentence what the lesson was about. Then have them give three main points covered in the lesson. An example is below.

Theme: In the beginning God told men and animals to eat food from plants.

1. The food from plants gave men everything they needed for healthy bodies.
2. Plants take light from the sun, gas from the air and water and minerals from the ground and change them into food which is stored in different parts (roots, stems, leaves, fruit and seeds).
3. Our most important need is not physical but is God himself.

★ **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:** The Edible Parts of a Plant (picture 18-2)

Give the function of a part of a plant and have the students name the part and think of specific foods and spices that come from that part. (Underlined words are in the journal.)

- Roots – Anchors the plant in the ground and takes up water and minerals from the soil. (peanuts, potatoes, carrots, onion, garlic, yams, ginger, etc.)
- Stem – Transports water, food and minerals to the other parts of the plant. Gives structure to the plant. (celery, bean sprouts, cinnamon (bark), green onion, sugar cane, etc.)
- Leaves – Makes food for the plant through the process of photosynthesis. Leaves take in carbon dioxide from the air and put oxygen out into the air. (lettuce, spinach, cabbage, parsley, cilantro, herbs, etc.)
- Fruit – Contains the seeds of the plant. Some fruits have sweet pulp and others are considered vegetables. (Sweet – apples, oranges, bananas, strawberries, grapes, etc. Vegetable types – tomatoes, squash, avocado, eggplant, peppers, green beans etc.)
- Flower – Produces the fruit and seeds. (broccoli, cauliflower, etc.)
- Seeds – Develops into a new plant. There are a variety of seeds that can be eaten: nuts, grains and legumes.
  - Nuts grow on trees – almonds, walnuts, cashews, etc.
  - Grains are the seeds from cereal grasses – rice, oats, corn, barley, wheat, etc.
  - Legumes consist of beans and peas – pinto beans, kidney beans, lentils, split peas, garbanzo beans, etc.
  - Many spices come from seeds – mustard, nutmeg, cumin, allspice, etc.

★ **Further Understanding:** Investigation/Reasoning Skills

**Nutrients Found in Plants**

Discuss the nutrients the body needs to stay healthy and what plants they are found in. (picture 18-3)

- Vitamins – Keep the body functioning properly and maintain its health. (Found abundantly in fruits and vegetables. Eat foods with vibrant colors.)
- Minerals – Help regulate body processes and form part of body structures. (Different types are found in different foods. Eat a variety of foods.)
- Fiber – Aids in good digestion and helps satisfy hunger. (Comes from the cellulose of plants. Eat raw fruits and vegetables and whole grains.)
- Proteins – Help build, maintain and repair body tissue. (Found mostly in nuts, grains and legumes. Eat a variety of whole grains and beans.) Meat is protein that comes from animals.
- Carbohydrates (starches/sugars) – Supply energy for all the functions of the body. (Found abundantly in sweet fruits, grains and legumes.)
- Fats – Supply a large amount of energy in a small amount of food, sustain energy output. (Found abundantly in nuts, avocados and olives and extracted from some types of seeds: corn, soy, coconut, olive, grape, etc.)

Questions: What are nutrients you may be lacking in your diet? Why are you lacking those? What will be the result if you continue to eat the way you are currently? What can you do to improve your diet? Why is that a good idea?

The journal is passed out at the end of class for the students to complete at home. It has six readings that answer a digging deeper question. It would be beneficial for the teacher to work through the journal readings also.

### Digging Deeper: Why should we fear God?

Reading 1: Psalm 145:13b-21 God fulfills the desires of those who fear him.

What is God's attitude toward all he has created? What does God do for those who fear him? What kind of desires will people who fear God have? Why? What will happen to the wicked? Why is that?

Reading 2: Deuteronomy 8:1-5 God will reveal what is in our heart.

How did God provide for his people in the desert? Why did he do that? What does that mean?

Reading 3: Deuteronomy 8:6-20 God gives us the ability to produce wealth.

What kind of land was God bringing the people into? What were they to be careful not to do? Why? What would happen if they forgot God?

Reading 4: Isaiah 55:1-7 God has mercy on those who turn to him.

What kind of bread will satisfy us? What will God do for those who come to him and listen to him? On whom does God have mercy? Why?

Reading 5: John 14:1-4 God is preparing an eternal home for us.

What is Jesus doing for us? Why is that important to remember?

Reading 6: 1 Corinthians 10:23-32 Nutrition Evaluation

Evaluate how well you are being fed both physically and spiritually. Reflect on what makes a good diet and then evaluate whether you are eating enough variety and good quality of plant food. Reflect on how a person is fed spiritually and evaluate how well you are being fed.