



CHALLENGERS – YEAR THREE WEEK 2

AIM: To consider evidence of a Creator, Designer.

Pre-Session Activity:

Spend time at the beginning of each club night interacting with Challengers about school, home, activities, etc. from the past week. It is vital to connect to gain their trust.

Or get them involved in planning the song time, setting up the activity, developing a plan to teach the Bible verse, etc.

Songs:

Sing songs about God's faithfulness and love.

Song web-sites:

www.kidzup.com/lyrics1.htm

www.kiddiddles.com

Or use the search engine to look up the title of the song.

Bible Lesson:

God's Great Design

Psalm 115:16; Isaiah 40:12;

Jeremiah 31:35-37

Summary: We consider the elements necessary to sustain human life.

Memory Verse:

Colossians 1:16 For by Him all things were created that are in heaven and that are on earth, visible and invisible, whether thrones or dominions or principalities or powers. All things were created through Him and for Him. (KJV)

Colossians 1:16 For in Him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through Him and for Him. (NIV.1984)

Application: God is the Creator of all things.

Memory Verse Visuals:

KJV 149 and 151, NIV 152 and 150

Activity:

Journalism

1. Make a cookbook. Everyone should research several recipes they want to contribute. Perhaps they can find a recipe for a favorite dish.

OR, Physical Fitness

1. Discuss nutrition and balanced diet. Use pictures to plan meals and snacks for one week. Hang the menus on the wall.

Suggestion: Use flash cards to teach the food pyramid. Find an updated food pyramid at <http://www.mypyramid.gov/pyramid/index.html>

Notes:

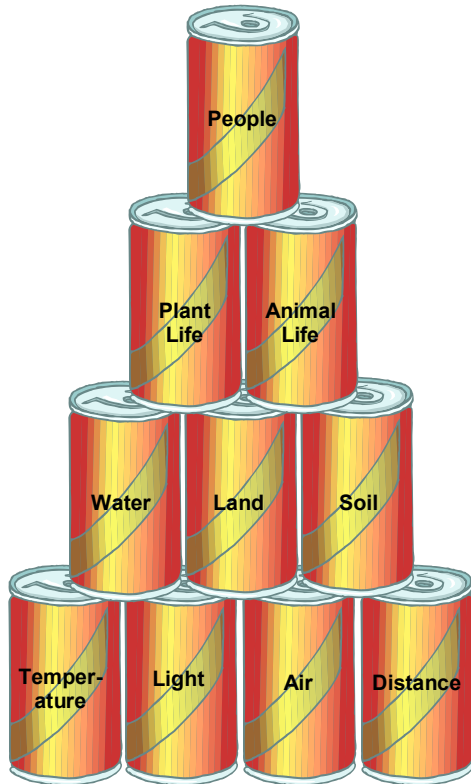
At Home Time With God reminder for Week 2: Pages 173 and 174 or 175

Bible Lesson:

Lesson in a sentence: *I will acknowledge God as the Designer and Creator of everything.*

You need: 10 unopened soup or vegetable cans. Label each with one of the following titles: People, plant life, animal life, water, land, soil, temperature, light, air, distance. (See pages 16-20 for labels.) Set the cans on a table or on the floor for all to see.

Ask what evidences they found for God's existence this past week.



Draw attention to the cans. Each can represents a condition required for human life. While placing the can, discuss each need separately. Build the pyramid until finally a can that represents people is placed at the top. Invite them to take turns removing just one can. What happens? (The people can falls.) In a similar way, human life cannot be supported if one of these items is missing. Scientists have counted over 100 conditions, both in the universe and on Earth, necessary to make life on Earth possible for human beings. Could these have happened by accident? (No.) God designed them. Read Psalm 115:16, Jeremiah 31:35.

1. Temperature—If the Earth's diameter was 7,200 miles, instead of 8,000 miles, almost the whole Earth, due to a lessening of the atmospheric mantle, would be reduced to snow and ice waste. The rotational period of the Earth and the axial tilt is exactly right for temperature control.
2. Light—We have light from the sun, but consider the light the moon gives the Earth. The moon spins so slowly that we can only see one side. The backside of the moon is 4 times more reflective than the side which faces us. The moon was designed to give us just the right amount of night light.

3. Air—The Earth's air has an exact mix of oxygen and gases to sustain plant, animal, and human life. (*CO₂ and ozone levels in the atmosphere; oxygen/nitrogen ratio in the atmosphere.*)
4. Distance—The Earth is at a very specific distance from the sun. If it were 5% closer, the water would boil up in the oceans. If it were just 1% farther away, the oceans would freeze.
5. Water—The Earth has the right amount of water to keep us alive and to regulate the earth's temperature.
6. Land—The Earth has the right amount of land for people and animals.
7. Soil—The Earth is the only planet in our universe with the chemical composition necessary for plant life.
8. Plant life—Variety of species necessary to support animal and human life.
9. Animal life—Variety of species to support plant, other animal, and human life.
10. People—Dependent on all of the above and more for continuance of life.

As you close, challenge them to evaluate what they learn and hear in light of the evidence that must be in place for life to exist. Could these things have happened by chance? Or, is there a Designer?

Close in prayer thanking God that He has given evidence of His design throughout all of creation. Ask God to show each one more of His truth throughout this week.

Memory Verse Visual:

Prepare the following on poster board or use the visual provided: KJV 149 and 151, NIV 152 and 150.



For by Him



all things were created



that are in heaven



and that are on earth,
visible and invisible,



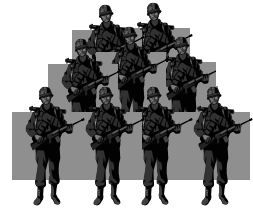
whether they be
thrones



or dominions



or principalities



or powers.



All things were created,



through Him
and for Him.

Colossians 1:16

Activity continued:

Physical Fitness

Food Pyramid: <http://www.mypyramid.gov/>
or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Resources

Visit your local library for further information under Dewey Decimal # 362.2, 613.7

- <http://www.healthierus.gov/exercise.html>
- <http://archives.obs-us.com/obs/english/books/pg/pg154a.htm>
- <http://www.hoptechno.com/bookidx.htm>
- <http://archives.obs-us.com/obs/english/books/pg/getfit.htm>
- <http://www.hoptechno.com/book11.htm>

MyPyramid For Kids
Eat Right. Exercise Have Fun.
mypyramid.gov

Grains
Make half your grain whole
Start smart with breakfast. Look for whole-grain cereals.
Just because bread is brown doesn't mean it's whole grain. Search the ingredients list to make sure the first word is "whole" like "whole wheat".

Vegetables
Vary 7 your veggies
Color your plate with all kinds of great-tasting veggies.
What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.

Fruits
Focus on fruits
Fruits are nature's treats - sweet and delicious.
Go easy on juice and make sure it's 100%.

Milk
Get your calcium-rich foods
Move to the milk group to get your calcium. Calcium builds strong bones.
Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat free.

Meat & Beans
Go lean with protein
Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled - not fried.
It's ruddy, but true. Milk, nuts, peas, and beans are all great sources of protein, too.

For an 1800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to mypyramid.gov

Eat 6 oz. every day, at least half plain lowfat
Eat 2 1/2 cups every day
Eat 1 1/2 cups every day
Get 3 cups every day, but skip one if you're over 80
Eat 5 oz. every day

Oil: Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn, oil, safflower oil, and canola oil.

Find your balance between food and fun
Move more. Aim for at least 60 minutes everyday, or most days.
• Walk, dance, bike, rollerblade - it all counts.
How great is that!

Fats and sugars - know your limits
• Get your fat facts and sugar smarts from the Nutrition Facts label.
• Limit solid fats as well as foods that contain them.
• Choose food and beverages low in added sugars and other caloric sweeteners.

Temperature

Light

Air

Distance

Water

Land

Soil

**Plant
Life**

**Animal
Life**

People