# THE CHURCH IN NEW YORK CITY

## CHILDREN’S MEETING LESSON

**DATE:** May 27, 2018

**SUBJECT: CREATION:** **God Created Light**

**SCRIPTURE:** Genesis 1:2-5; 2:4; Psalms 104:30

**AIM:** To show the children the importance of light created by God.

**MEMORY VERSES TO CHOOSE FROM:** Genesis 1:3-4 (**3** And God said, Let there be light; and there was light. **4** And God saw that the light was good, and God separated the light from the darkness.); John 1:5 (And the light shines in the darkness, and the darkness did not overcome it.)

**SONG SUGGESTIONS:** 53 (God is Light); 60 The Creation (Verse 1 only); 9503 *BSS Wonderful CD Song 3* (God Commanded Light to Shine); 9610 (Let There Be Light – Verse 1 and chorus only); 9009 *BSS God’s Design* (God is so Good to Me); 1015 (And He Loved Us); 9502 *BSS Wonderful CD* (The Lord God Almighty has Purposed)

**CRAFT IDEAS:** (1) Cut and paste a yellow circle to represent the sun. Use glitter glue or spaghetti to make “rays” coming out from the sun. (2) Paint or color a rainbow on half a paper plate. Glue cotton ball “clouds” at the ends of the rainbow.

**APPROACH:** Ask the children to name different sources of light (the sun, the moon which reflects the sunlight, electric light bulbs, LED lights, halogen lights, fire, etc.). What are some differences between the natural light that God created, and man-made light? What would the earth be like if it did not have natural light or man-made light at all? Bring in flashlights, laser pointers, and a prism to demonstrate light sources.

**BACKGROUND**: ***This section is intended only for older children. For younger children, serving ones should consider skipping this portion.*** “In the beginning God created the heavens and the earth” (Gen 1:1). When God first created the earth, it was so beautiful, orderly and bright that the morning stars sang together and all God’s creatures shouted for joy (Job 38:7). But this condition did not last. “But the earth became waste and emptiness, and darkness was on the surface of the deep” (Gen. 1:2a). The beautiful, bright earth became waste and emptiness and dark. What happened? Satan led a rebellion against God. God, in His anger, overturned the mountains, shook the earth, commanded the sun not to rise and sealed the stars. Thus, the earth became a mess and was engulfed in darkness (Job 9:5-7; Jer. 4:23; Isa. 24:1a). It was not a good place for anything to live—there was no light, no life, but only a mess in darkness.

But God did not give up His plan. He wanted to make everything pleasant again so that He could fulfill His plan. He wanted to recover what was lost and restore it to its original condition. The first step that God took was to get rid of the darkness. So the first thing He did was to create light. (As an example, when we come home at night, the first thing we do is to turn on the light.) Since light is an essential element for the existence of man and all living things, God first restored light on the first day.

**CONTENT:** Before God made man, He created and prepared a lot for us. In this lesson and the following lessons, we will hear about some of the many things God created. Today’s lesson is about God creating light. There was darkness on the earth and God restored light on the first day of creation.

**I. God Created Light.** God created light by His speaking. “And God said, Let there be light; and there was light.” (Genesis 1:3). God spoke and it was done! God can create even just by His speaking! His words are indeed powerful. The Bible says that the universe has been framed by the word of God (Heb. 11:3 - By faith we understand that the universe has been framed by the word of God, so that what is seen has not come into being out of things which appear.)

**II. The Importance of the God-created Light.** Light is very important for our living on earth. The natural sunlight that God created for us has many valuable and irreplaceable functions. For example, man relies on plants and animals for food. Without sunlight, plants and crops that we eat for food would not grow properly. Without plants for food, animals and man would not be able to survive.

Sunlight also has health benefits. For example, sunlight helps boost our body’s vitamin D supply. Vitamin D is necessary for helping our body absorb calcium to build strong bones. Vitamin D also helps regulate the immune system and the neuromuscular system. Vitamin D also plays major roles in the life cycle of human cells. Our body produces Vitamin D by itself, but only after our skin is exposed to sunlight. The sun also provides light for warmth and heat, and daylight for our daily activities.

**III. Different Kinds of Light.** Did you know there are different kinds of natural light that God created? It’s not only the light that we see or the rainbows that display light in beautiful colors, but there are other kinds of light that are invisible to man. We cannot see the whole spectrum of light. Visible or white light is composed of red, orange, yellow, green, blue, and violet light. It is only a narrow band of the spectrum. Scientists have discovered that invisible lights are very useful.1

1. **Radio waves** enable us to have fast communication. We have radios and TV to receive news from all over the world very quickly.
2. Because **infrared rays** produce heat when they strike an object, they have been useful in treating sore muscles, in detecting weak spots in furnace walls, poor insulation in houses, problems in car exhaust systems, etc. They are very useful in checking a patient’s breathing during an operation and in diagnosing diseases (by a thermogram.)2 Infrared rays are also used for military night vision goggles.
3. **Gamma and X-rays** have very strong penetrating power. At dental check-ups, our teeth are X-rayed to check for overall health and cavities. Some people have been X-rayed for bone fractures, internal organ disorders, etc. For cancer patients, radiation treatment destroys cancer cells.
4. **Ultraviolet rays** emitted from the sun can be harmful to our skin if we are exposed to the UVB rays in sunlight for extended periods of time. Sunburn is a reaction to the harmful UVB rays. However, in small doses they are very healthy and we need sunlight for our health. They help our bodies to produce vitamin D for good bones. They are also good bacteria killers. Germs can multiply very quickly, but ultraviolet light keeps them under control. Every time the sun shines, germs are killed. Ultraviolet lights are also very important in food factories and operating rooms because they can assure nearly 100% sterilization.
5. We can cook and reheat food quickly in a **microwave** oven. This is a type of simulated emission of radiation which scientists have harnessed. Another is **lasers**, which are useful in medicine and other industries.3 Lasers are used in barcode scanners, laser pointers, optical disc drives, laser printers and laser surgery.

**SUGGESTED APPLICATIONS TO CHOOSE FROM:** *Please pray and fellowship over which applications to cover. Covering one or two applications may be sufficient depending on the age group.*

* **Thanking God for the light.** We should thank the Lord for the light He created for us. Imagine how dark it would be without light. We would not be able to survive without light. Thank God for creating light!
* **The God-created light is different from man-made light.** The light that God created is amazing. The sun that we enjoy rises and sets every day. It provides so many benefits. It does not need electricity or batteries to operate.
* **God’s Word is powerful.** God said, “Let there be light.” And there was light! (Genesis 1:3-4) Only God’s Word is so powerful. He created just by His speaking.

References:

1Light You Cannot See”, by Bernice Kohn

2Encyclopedia Britannica

3The Lasers. By Alan A. Boraiko. National Geographic, March 1984

The Electromagnetic Spectrum. <https://imagine.gsfc.nasa.gov/science/toolbox/emspectrum1.html>

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