



Family Sunday School Lesson 1 - The Universe

Introduction: During the two weeks after Christmas, we will ponder the magnificence of our Lord and the paradoxical fact that Jesus was born on this Earth to be with us and to die for us.



Start the Fun!

Let There Be Light!

Listening and looking for God in the world around us has been tied into many of our lessons during our Wilderness Faith lessons. There are many passages in the Bible that invite us to experience God beyond our own planet and into the stars! Check out this video collage that one person made to highlight the awesomeness of the “Creator of Light and Life!”

<https://www.youtube.com/watch?v=JHE6JIoR9PU>

(Try to watch the whole thing, or at least until 15:30. It’s worth it.)

Read together

John 1:1-5, 14 **(New International Version)**

To help with understanding: In this passage, John calls Jesus “the Word.” While reading it, you may want to say “Jesus” when you see “the Word” to help you understand it.

The Word Became Flesh (meaning: Jesus became a real person)

In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it.

The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.

Discuss

Ask: Why do you think Jesus is called The Word?

Discussion points: There is no explanation given in Scripture as to why Jesus is called the Word of God. However, It is possible that the term "word" means the communication of God to humanity. This is exactly what Jesus did - He revealed to the world the Word of God. In the Old Testament God revealed His word through the prophets while in the New Testament the word of God was revealed in a Person - God the Son. What God had to say to us was not only or mainly what Jesus said, but who Jesus was and what he did.

Ask: What is John telling us about Jesus in verses 1-3?

Discussion points: John is telling us the identity of this man who became flesh and dwelt among us. John tells us that Jesus Christ was with God and was God from the beginning and that the one who laid down his life for us (John 15:13) created the universe.

Ask: Why do you think John starts his story of Jesus' life this way?

Discussion points: He means for us to read this Gospel worshipfully, humbly, submissively, awestruck that the man at the wedding and at the well and on the mountain is Creator of the universe. John wants you to know and believe in a magnificent Savior.

Pray

Praise God for the amazing universe. Thank God for caring about you and for sending Jesus to Earth to make a close relationship with our awesome God possible.

Praying with a Psalm:

Psalm 148, NIV

1 Praise the Lord.

Praise the Lord from the heavens;
praise him in the heights above.

2 Praise him, all his angels;
praise him, all his heavenly hosts.

3 Praise him, sun and moon;
praise him, all you shining stars.

4 Praise him, you highest heavens
and you waters above the skies.

5 Let them praise the name of the Lord,
for at his command they were created,

6 and he established them for ever and ever—
he issued a decree that will never pass away.

7 Praise the Lord from the earth,
you great sea creatures and all ocean depths,

8 lightning and hail, snow and clouds,
stormy winds that do his bidding,

9 you mountains and all hills,
fruit trees and all cedars,

10 wild animals and all cattle,
small creatures and flying birds,

11 kings of the earth and all nations,
you princes and all rulers on earth,

12 young men and women,
old men and children.

13 Let them praise the name of the Lord,
for his name alone is exalted;
his splendor is above the earth and the heavens.

14 And he has raised up for his people a horn,
the praise of all his faithful servants,
of Israel, the people close to his heart.

Praise the Lord.

Participate

Craft Time!

Marbled Planets Art

Create outta this world artwork with marbled planets and glittery stars!

Materials:

- 3 disposable pie tins,
- at least three colors of acrylic paint,
- white cardstock,
- 12 x 12 black cardstock,
- white shaving cream,
- rubber spatula,
- straw or chopstick,
- cans or bowls or cups to trace circles with,
- scraper (old loyalty card, wide popsicle stick, etc.),
- glitter,
- glue



Directions:

Trace around cans to create three circles of different sizes on white cardstock; cut out.

Squirt shaving cream into the bottom of the pie tins, enough to fill the bottom of each. Spread out evenly with spatula.

Squirt one or two colors of acrylic paint onto shaving cream (I suggest keeping warm or cool colors together). Use a straw or chopstick to swirl the paint around a bit. Leave some white areas for the planet's atmosphere.

Press the circle down into the paint and lightly rub all over the circle to get the shaving cream to stick to the entire circle. Carefully remove the circle from the paint and let it sit for 2-3 minutes.

Use the scraper to remove the shaving cream, leaving a marbled design behind.

Glue the three planets to the black cardstock.

With glue, adhere small circles of glitter stars between the planets.

Wrap Up

Our faith is full of mysteries for us to ponder. How can God be three entities in one? How can the master of the universe know every detail about each human? Appreciate the mystery and the beauty of God but don't worry if you don't completely understand our unknowable Creator.

Take a Moment to Breathe

Baby in the Manger Breath

Find a comfortable seated position and hold your arms as if you were holding a swaddled infant, bringing each hand to the opposite elbow. As you breathe in, rock the baby to the left, as you breathe out, rock the baby to the right. Try to rock the baby as slowly as possible, matching each breath to a movement. Feel free to exaggerate the rocking movement to feel a stretch in each arm/shoulder as you breathe in and as you breathe out.

