



SPf: Say Prayers frequently god's creation - day 4 - sun, moon, & stars

And God said, "Let there be lights in the firmament of the heavens to separate the day from the night; and let them be for signs and for seasons and for days and years, and let them be lights in the firmament of the heavens to give light upon the earth." And it was so. And God made the two great lights, the greater light to rule the day, and the lesser light to rule the night; he made the stars also. And God set them in the firmament of the heavens to give light upon the earth, to rule over the day and over the night, and to separate the light from the darkness. And God saw that it was good. And there was evening and there was morning, a fourth day. —Genesis 1:14-18

In the very beginning God said, "Let there be light!" and it appeared. Then on the fourth day He placed many "lights" in the sky. This is when He formed the beautiful, shining stars! The star closest to the earth is the sun, and everything on earth grows and gets energy from its light. This is the "bigger light" which He made to "rule the day," as we read in Genesis. The sun is just the right distance from the earth for keeping things alive. How amazing that God set the earth circling around this special star in the perfect place for everything on our planet to grow!

The "smaller light that rules the night" is the moon. The moon doesn't shine its own light, but reflects the light of the sun. That's why sometimes the moon looks like it's "full" and other times you can't see it at all – depending on how much of it is shown by the sun's light. There are also so many stars in the sky, more than we can ever count, but the bible tells us God knows every last one and gives them each a name! We can't see them until the sun sets because they are so far away and the sun's great light overpowers theirs.

The saints of our church compare the sun we see in the sky to our Lord Jesus Christ. In church services we sometimes call Him the "Sun of Righteousness." Just like we need physical sunlight to grow, we need Jesus, "the Light of the world" for our souls to grow strong and beautiful. To be healthy spiritually, our lives need to revolve around Him - just like the earth revolves around the sun to get its energy and light. Everything and everyone grows when they "soak up the Son's" light.

The next time you go swimming or play in the bright summer sun, think about Jesus, “the Light of the world” and thank Him for all the ways He gives our bodies and souls the energy they need to grow.

Every Vespers service we hear this hymn in church, reminding us that Jesus Christ is “the Light of the world” and that knowing Him fills us with joy. Consider learning it by heart and singing it during your evening prayers together:

“O joyful light of the holy glory of the immortal Father, the heavenly, holy, blessed Jesus Christ. Now that we have reached the setting of the sun and behold the evening light, we sing to God: Father, Son, and Holy Spirit. It is fitting at all times to praise you with cheerful voices, O Son of God, the Giver of life. Behold, the world sings your glory.”

Now read and discuss the following, adapting as needed depending on the age of your child(ren):

- **How does the sun's light help things to live and grow?**
- **How does Jesus, the “Light of the world,” help us to live and grow?**
- **When you look at the stars and moon in the sky at night, how does it make you feel?**

dive in: honor god's creation

Solar Power: Energy & Light

Here's a fun and quick way to see how the sun's light is full of energy. Buy a solar-powered “dancing” toy flower or animal at your local Dollar Store. Let the toy sit out in the sun for a while, and then watch it go! No batteries required!

Not only is the light of the sun beautiful and full of energy, it helps us tell time. Before there were clocks and watches and smart phones, people looked to see where the sun was in the sky to tell time. See if you can tell when it is 12:00 noon on a sunny day. Here's a hint: the sun will be directly upward, in the center of the sky.

When night falls, spend some time looking at the moon and stars together. Visit a virtual planetarium and learn about the groups of stars in the sky that form the “pictures” we call constellations. See if you can find them in the sky. Or, look at the pattern of the lunar cycle, watching the moon as it seems to grow until it's full, and then shrink a little every day.

Less is More!

Reduce your blue light exposure! For better sleep, health experts suggest shutting down electronic devices one to two hours before bed. The blue wavelength coming out of electronics keeps our brain activity going even when our bodies want rest. Less TV time, less device/phone/tablet/video game time in evening hours can be replaced by more: more reading books together, more stargazing, more playing games or more conversation – topped off by the most important - more life-giving prayer.

Vitamin d: Creating with God

Creating with God

Paper Plate Days of Creation Series: Sun, Moon, & Stars Craft:
<https://ithappensinablink.com/creation-day-4>.

Calling All Artists & Scientists!

Use tissue paper to make a “Sun Sun-catcher.” Also, do a simple science model using a cake pan, a piece of yellow paper, and a marble to help kids get a visual of the earth moving around the sun in a set orbit: <https://www.trueaimeducation.com/creation-story-for-kids-day-4-the-sun-moon-and-stars/>.

Want more information on our solar system? Here are online/APP options for older children:
<https://www.solarsystemsscope.com/> · <https://stellarium-web.org/>

Learn the hymn “O Joyful Light” by heart: <https://www.youtube.com/watch?v=jVeORG5QL8Y>.

Feeling adventurous? If you live in an urban area, chances are you don't see many stars. The man-made traffic lights, streetlights, and lights from large buildings cause “light pollution” making the stars' light less prominent. If you want your family to have a taste of the beautiful star-lit sky, you may opt for a camping experience. Here are some of the best locations for stargazing in the U.S. <https://www.familyvacationcritic.com/best-places-for-stargazing-in-us/art/>

