



## SPf: Say Prayers frequently god's creation - day 3 - earth, seas, & plants

*And God said, "Let the waters under the heavens be gathered together into one place, and let the dry land appear." And it was so. God called the dry land Earth, and the waters that were gathered together he called Seas. And God saw that it was good. And God said, "Let the earth put forth vegetation, plants yielding seed, and fruit trees bearing fruit in which is their seed, each according to its kind, upon the earth." And it was so. The earth brought forth vegetation, plants yielding seed according to their own kinds, and trees bearing fruit in which is their seed, each according to its kind. And God saw that it was good. And there was evening and there was morning, a third day.*

—Genesis 1:9-13

On the third day of God's creation He started to form the raw materials He had made earlier, into the shapes He wanted. He named the waters "the seas" and told them where to start and where to end. He named the dry land "the earth" and told it where to appear - just where He wanted it. We learn from the scripture reading in Genesis that "God saw that it was good." He was like an artist stepping away from his sculpture and admiring the way things were coming together. Then, something wonderful happened: with His "life-giving" words, God made the first living things begin to grow on the earth! He created plants!

Out of the ground there appeared vegetables of every kind producing their own types of seeds. Plants and trees started sprouting everywhere! Flowers grew, along with fruit trees with fruits that had their own seeds inside, and also grains, and grasses – so many "living things, both small and great!" (Psalm 103). And, "God saw that it was good."

What a miracle! On the third day, God caused life to rise up from the earth!

So many of our prayers can remind us of God's creation of plants. All the foods we eat would not exist without plants. We make bread out of ground up grains, and juice out of ground up

oranges or apples. Even when we eat fish or meat, those animals first eat plant life in order to grow. Without plants we cannot have our “daily bread.”

When you say the Lord's Prayer together, pay special attention to these words to remember what God created on the third day for us:

“Our Father...*Give us this day our daily bread.*”

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

- **What did God do with the waters and the earth on the third day of creation?**
- **What do we learn about the earth, the seas, and plants from the words in Genesis, “God saw that it was good”?**
- **What did God put inside each flower, type of fruit, and all plants to make sure more could grow?**
- **When we see or smell a pretty flower, or taste our favorite fruit we can be grateful to God for these things. What is your favorite flower and your favorite fruit? What do you like about them?**

## dive in: honor god's creation

### Grow Your Own Plants

Did you know that plants are natural air purifiers? Caring for a few houseplants doesn't take a lot of time and the whole family can participate. Children can water plants with leftover water from meals. Doing this we learn how to care for other living things, and the plants give us cleaner air in return!

Plant a flower, fruit, or a vegetable of your choice, starting from its seeds. Notice that we will need to use the earth and water to plant them in, just like God did on the third day! Small terrariums are fun to make using recycled water or soft drink bottles. Take pictures of your seeds sprouting, to record the stages of a plant lifecycle.

Perhaps plant a tree in your yard. Trees filter out the harmful things in the air, and are also natural air conditioners!

### **Less is More!**

One way to honor God's creation of plants is to enjoy more fresh whole fruits and vegetables and less processed snack foods. It's fine to enjoy snack foods sometimes. It's also a good thing to learn which foods give our bodies the best vitamins they need to grow healthy and strong. Most importantly, we should remember to always be grateful for the food we eat. Make a holy habit of thanking God before you eat anything. Ask Him to bless your food "for health of your body and soul."

## Vitamin d: Creating with god

### **Creating with God**

Paper Plate Days of Creation Series: Land and Flowers Craft:

<https://ithappensinablink.com/creation-day-3-land-and-flowers-craft/>.

### **Calling All Artists & Scientists!**

The activity below uses scrapbook paper to make a Landscape Collage. There's also a science lesson using white carnations and some food dye to show children how plants absorb the water and nutrients from their stems: <https://www.trueaimeducation.com/creation-story-for-kids-day-3-the-land-plants-and-seas/>.

Look at a globe or map and have children try to guess the ratio of water to land. Do an Internet search for the answers. Talk about how the water in all the seas and rivers and lakes keeps getting recycled, and needs to be kept clean for living things to thrive.

For an easy DIY terrarium instructional for kids:

<https://www.parents.com/kids/education/math-and-science/how-to-make-a-terrarium/>

Check out the link below to an article for parents on teaching kids about healthy eating. It includes strategies for making healthy options appealing and incorporating healthy foods into your meals: <https://www.helpguide.org/articles/healthy-eating/healthy-food-for-kids.htm>.

