



SPf: Say Prayers frequently god's creation - day 5 - birds & fish

And God said, "Let the waters bring forth swarms of living creatures, and let birds fly above the earth across the firmament of the heavens. So God created the great sea monsters and every living creature that moves, with which the waters swarm, according to their kinds, and every winged bird according to its kind. And God saw that it was good. And God blessed them, saying, "Be fruitful and multiply and fill the waters in the seas, and let birds multiply on the earth." And there was evening and there was morning, a fifth day. —Genesis 1:20-23

Have you ever taken some bread to a pond or a lake to feed the fish and ducks? When you throw in a little piece so many fish swarm together, families of ducks quickly paddle closer, and flocks of birds swoop down from the sky – all of them moving toward the food you've offered them. Well, on the 5th day of creation God did something like this for the first time!

We have learned how God first made the habitats – the places for creatures to live – before He made the first living things. He "stretched out the heavens like a tent" for the birds. He told the waters where to go on the earth for the fish to live in. He created plants that grew out of the ground for food and trees for shelter, and He set the sun in the sky to help things grow.

On the 5th day He once again used His powerful words to make new things happen. He commanded, "Let the waters bring forth swarms of living creatures and let birds fly across the sky," and that's what happened! God created all types of birds and fish.

In the Gospels we hear many miracles Jesus did that had to do with fish. His first disciples were fishermen whom He called saying, "Follow Me and I will make you fishers of men." (Matt 4:19) He fed thousands of hungry people in the wilderness by multiplying a few loaves of bread and 2 small fish. After He rose from the dead, He appeared to the disciples on the beach and had a breakfast of fish waiting for them. Early Christians even used the symbol of a fish to identify themselves as Jesus' followers. The ancient Greek word for "fish" is "ΙΧΘΥΣ" which is an acronym for

Ιησους Χριστος, Θεου Υιος, Σωτηρ – in English: *Jesus Christ, Son of God, Savior* – the beginnings of what we now call The Jesus Prayer. The Jesus Prayer is simple and short and can be said easily and silently anytime and anywhere. Memorize it and repeat it whenever you want to feel close to the Lord:

“Lord Jesus Christ, Son of God, have mercy on me.”

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

- **How did God make the first birds and fish appear?**
- **God made many special places and different plants, for flying and swimming creatures to live in and eat. Seeing the care He took to give them all they needed, how does that remind you of the way He cares for you and your needs?**
- **What do the letters in the ancient Greek word for fish, “ΙΧΘΥΣ,” represent and teach us about Jesus?**

dive in: honor god's creation

Bird & Fish Watching

Learn about the birds that are natural to your “neck of the woods” and do some bird watching! It's fun to learn what the different types are named, their specific colors, and how they each make special sounds. Watch the birds as they gather twigs for nest building and how they hunt for their food. See how God provides all the shelter and food they need from their natural surroundings!

If your family is able to visit creeks, ponds, lakes, or even the ocean, see how many different types of fish and water creatures you can find when you're there. If everyone is ready to help, you may want to care for a goldfish or two, or a pet parakeet. St. Porphyrios had a pet parrot that he taught to repeat the Jesus Prayer! He said that the birds are always glorifying God in their songs to Him, and that we should learn to do the same.

Less is More!

One thing that is very dangerous to the world's water creatures is plastic pollution. Plastic grocery bags and water bottles have been found to harm whales and large sea creatures when they eat them. Plastic straws are hurting smaller fish.

Families can cut back on plastic use in many ways. Opt for reusable cloth grocery sacs for shopping trips. Recycle plastic shopping bags properly in grocery/department store recycle

bins. Buy compostable or stainless steel reusable straws instead of plastic ones. Invest in faucet or all-home water filters instead of buying bottled water for your family's daily use.

For Parents~

Home lawn care is another major source of storm water run-off problems. Pesticides and lawn sprays may help your grass look greener, but local water treatment systems do not remove the chemicals. This gets into our waterways and causes potential disease to fish and wildlife, not to mention the possible harm to us through our drinking water. Consider reducing your lawn applications or cutting them out altogether and let the dandelions bloom!

Vitamin d: Creating with God

Creating with God

Paper Plate Days of Creation Series: Birds & Fish Craft:

<https://ithappensinablink.com/creation-day-5-birds-and-fish/>.

Calling All Artists & Scientists!

The link below describes a craft project using tissue paper to make colorful scales on fish, and finger-painted sparrows. Also included is a science experiment using a plastic cup, coffee filter, rubber band, and water with coffee or sand in it to represent a fish's gills and how they filter oxygen: <https://www.trueaimeducation.com/creation-story-for-kids-day-5-birds-fish/>.

Create Your Own Acronym to Describe God

Just like early Christians used the letters in the word for fish to show they followed Jesus, use the letters in the modern word "F_I_S-H" to list things you know and love about Him. Each person can think of his/her own descriptors for this activity, or you can work together. List the words within an outline of a fish.

Have a Fun "Fifth Day" Snack

For a fun snack, here are a couple links for creating healthy bird and fish-themed snacks:

<https://www.superhealthykids.com/recipes/fun-food-kids-owl-rice-cakes/>

<https://www.bentolunch.net/2015/07/make-strawberry-fish.html>

Short on time? Break out the tried and true "Goldfish" crackers while the children watch this Soak Up the Sun episode. See if they notice the connection!

