



## SPf: Say Prayers frequently god's creation - day 1

*In the beginning God created the heavens and the earth. Now the earth was without form and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters. And God said, "Let there be light," and there was light. God saw that the light was good, and he separated the light from the darkness. God called the light "day," and the darkness he called "night." And there was evening, and there was morning—one day. —Genesis 1:1-5*

Have you ever baked a cake? Before you can eat it you need to get all the ingredients like flour, sugar, and eggs, from the store, mix them together, and then bake it.

Or, maybe you like building things. If you've ever made an airplane or a dinosaur out of Legos, then you know you need to have all the right pieces before you can put them together into the shape you want.

God did something like this when He began creating the world. He first made all the basic ingredients He needed, before He started forming things. God didn't need to go to a store to buy the things He needed. He only wished for these things to be and spoke His Word, and there they were!

In the Bible we learn the first things God created were the heavens, earth, and the waters. There was darkness and nothing had form or was in place yet, like we see it now. Then He used His words and said "Let there be light! And there was light!" He named the darkness night and the light morning. It was the first day!

Many prayers we hear in church remind us that God created everything. For example, in the Creed we say that He is the Creator:

*"I believe in one God, the Father Almighty, Creator of heaven and earth and of all things visible and invisible."*

*- Nicene-Constantinopolitan Creed*

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

- **Who was present at the beginning of Creation?**
- **Did God make the heavens, earth, water and light from some other material or out of nothing?**
- **What did God do to make light? What did God see about the light He made?**

## dive in: keep creation in mind

*“No matter what you do, you should keep in mind the Creator of all things. When you see the light, do not forget Him who gave it to you.”*

*- St. Peter of Damaskos*

### Go Back to the Basics

Children can dig up 1 cup of dirt from their yard, add 2 cups of water, and stir it all together with their hands in a glass bowl. If family members are able to find different types of earth (sand, pebbles, clay, etc.), add those to the mix and see how it forms a sort of earthy soup. Read Genesis 1:1-5 together and talk about how the basic elements that made up the earth and the seas, rivers, etc. were all made on first day of creation but weren't in their assigned places yet, kind of like a soupy mix. Upon reading the words “God said, “Let there be light,” cue one older child to ignite a hand held lighter or match.

### Honoring What God Created: Less Is More!

Get into the habit of turning off lights when not using them or when sunlight is enough. Family members can take turns being the “light checker,” turning off lights before leaving the house or before going to bed.

Try to use less water. Don't let the water run while brushing teeth or soaping up dishes. Only turn it on to rinse. Wait to run your dishwasher or washing machine until you have full loads. Time yourselves when you take a shower and try to reduce that time. Have a family contest to see who can take the shortest shower – not sacrificing good hygiene of course!

# Vitamin d: Creating with God

This paper plate series on the seven days of creation is a nice keepsake and really helps the main themes of each day sink into your child's memory. It can be as simple or complex as your child likes, starting with basic crayons, markers and washable paint and adding in glitter (for the brave at heart!), stickers, tissue paper, cloth pieces, etc. Use your God-like creativity to embellish as you wish!

Here's a link to "Day 1 Day and Night Craft":

<https://ithappensinablink.com/creation-day-1-day-and-night-craft/>

Got Artists? Got Scientists? This site will pique interest in both. The first activity uses watercolors to recreate the onset of light. There is also a science lesson for elementary aged students to learn more about light using can sugar. Ideas for doing a Creation series using Legos can be found here also:

<https://www.trueaimeducation.com/the-creation-story-for-kids-day-1/>

An engaging book for expanding children's understanding of God from what we experience all around us, is reviewed here:

<https://orthodoxchurchschoolteachers.wordpress.com/2018/03/09/gleanings-from-a-book-everything-tells-us-about-god-by-katherine-bolger-hyde/>

