The First Day

Genesis 1:1-5

Life Focus: The Lord creates everything.

Lesson Focus: Light helps us see so that we can serve the Lord. Darkness helps us rest, preparing us to serve again.

Reading: In the beginning God created the heavens and the earth. The earth was without form, and void; and darkness was on the face of the deep. And the Spirit of God was hovering over the face of the waters. Then God said, “Let there be light”; and there was light. And God saw the light, that it was good; and God divided the light from the darkness. God called the light Day, and the darkness He called Night. So the evening and the morning were the first day (Genesis 1:1-5).

| Lesson 1 |
|------------------|------------------|------------------|
| **Materials Supplied** | **Materials Needed** |
| **Welcome Warm-up Activity** | Light There Be Light directions p. 8 |
| **Read the Word** | see Reading above |
| **Talk About It** | Talk About It discussion guide p. 8 |
| **Act It Out** | Light and Darkness Game and Song directions p. 9 video online at www.bitly.com/GCED7DaysOfCreation |
| **Make** | light or dark crepe paper streamer for each child (30-60cm, 1-2ft); substitute: paper, tissue or cloth if crepe is not available computer or other viewing device—watch online or download; see p. 6 for downloading directions |
| **Coloring Picture** | Light and Darkness Collage directions p. 9 Night and Day p. 11 |
| **Separate Light and Darkness Collage** | scraps of light and dark paper torn into pieces, glue, optional: shiny and textured papers (e.g. tin foil) |
| **4. Wrap It Up** | **Memory Verse** introduce memory verse for the week |
| **Materials Supplied** | **Materials Needed** |
| **The First Day** p. 13 | crayons, markers or colored pencils |

www.newchurch.org/youth-journey-program
1. Getting Started

Welcome
Warm-up Activity

Let There Be Light
Seat everyone in a group on the floor. Say, “Let’s see what it would be like if it was dark in here! Let’s shut our eyes and put our hands over them.” While their eyes are shut say, “How does it feel to be in the dark? Imagine what it was like when the whole world was in darkness. Now let’s imagine that the Lord is just creating light. When I say, ‘Let there be light’ uncover your eyes.” Say, “Let there be light!” Look at all of the wonderful things the light shows us! I can see _____. What do you see?

2. Focus on the Word

Read
Genesis 1:1-5

Talk About It
Show the children a copy of the Bible or Word. What book is this? Answers may vary. The key is for them to know that it is the Lord’s book. He has written it so we can learn about Him.

The Lord tells us about Himself in the Word. What can you tell me about the Lord? Encourage a variety of responses. He is our Heavenly Father. He made us. He loves us and takes care of us. He tells us that when we try to do what is right it can help us be happy, etc.

Did you know that the Word is written in two parts? The first part is the Old Testament and the second part is the New Testament. The Old Testament is about how the Lord made the world and led people to heaven. The New Testament teaches about how the Lord who created everything came into the world as Jesus Christ. He taught us His prayer—the Lord’s prayer. Optional: show the first pages of the Old and New Testaments.

The Word begins with the story of how the Lord created or made everything. On the first day He made the light. What kinds of things can light help us do? Encourage a variety of answers, e.g. helps us see colors, animals, trees, other people—especially their faces to help us know how they feel. We can see everything even when it is raining because the sun shines so brightly in the sky that even the clouds cannot hide it!

When the sun goes down every evening it gets dark outside—and inside too (unless you turn lights on). What kinds of things can darkness help us do? It helps us rest and sleep. Rest gives us energy for each new day. When it is dark at night we can see things that are hard to see during the day—like the moon and stars and things that glow. When it is dark the sun has not stopped shining—it is shining on people like us who live far away on the other side of the world.

The Lord created all of the wonderful things in the world and gives us light every day so we can see them all. The Lord made the world a beautiful place because He loves us and wants us to be happy. As we love Him and love each other, the Lord will lead us to a heavenly life.
3. Learn by Doing

Choose one or two activities

Choice

**Light and Darkness Game and Song**

**Game**

Each child will become “light” or “darkness” by holding a streamer that is light or dark. As you read the story, the children will separate and go to the correct light or dark side of the room.

1. Let’s pretend we are the light and darkness that the Lord separated.

2. Seat the children on the floor in front of you. Hand each child a light or a dark streamer.

3. I am going to tell the story of how the Lord separated light from darkness. When I say “light”, everyone with a light streamer will wave it up high over their heads. Let’s practice! When I say “darkness”, everyone who has a dark streamer, wave it up high. Let’s practice that one!

4. In the beginning God created the heavens and the earth. The earth was without form and void; and darkness (wave dark streamers) was on the face of the deep. And the Spirit of God was hovering over the face of the waters. Then God said, “Let there be light” (wave light streamers); and there was light. (continue to wave light streamers); And God saw the light, that it was good; and God divided the light from the darkness (all stand and wave streamers; go to the side of the room with the dark or light streamer). God called the light Day, and the darkness He called Night. So the evening and the morning were the first day.


**Song**

Use our online video to start learning a song about the seven days of creation. Focus on teaching the first day. To make class more fun, hold hands and walk in a circle, raise hands or wave one finger as you sing.

Day One, Day One, God made the light when there was none,
Day One, Day One. God made the light when there was none.

Choice

**Separate Light and Darkness Collage**

Children will “divide the light from the darkness” by sorting light and dark paper scraps into separate piles and then gluing the separated scraps on to a background page.

1. Show the children the large bowl with the combined scraps of light and dark paper.

2. Say, “Look at all of the pieces of paper in

---

**Materials for Each Child**

Light or dark crepe paper streamer for each child (30-60cm, 1-2ft); substitute paper, tissue or cloth if crepe is not available

**Prepare in Advance**

Choose one side of the room to be dark and one to be light. Hang a streamer on each side so children easily remember which side is which.

**Video Online**

Hear song and sing along at www.bitly.com/GCED7DaysOfCreation
OR
download video to your computer or other device. Directions on p. 6.

**Materials Needed**

see next page

**Prepare in Advance**

Tear or cut pieces of light and dark paper into small scraps ready for creating a collage.
The Story of Creation - Level A

Materials for Each Child
The First Day p. 13; crayons, markers, or colored pencils

The First Day

Choice
Coloring Picture: The First Day
Hand out copies of The First Day (p. 13) and invite the children to color one half black or dark, and the other half light.

4. Wrap It Up

Memory Verse
Read the memory verse aloud. Invite the children to repeat it after you and then have them try to say it on their own.

Then God said, “Let there be light”; and there was light.
Genesis 1:3

Closing
Each day the Lord gives us light so we can work and play. We sleep when it is dark at night. Sleep helps give us energy for a new day. Where can we learn about the Lord’s creation? (In His Word.)

Give a Parent Note (p. 14) to each child as he or she leaves.

Materials Needed
light and dark paper torn or cut into small pieces, paper cutter to speed up cutting, large bowl to toss the light and dark paper scraps together, as if you were making a tossed salad, glue, Night and Day p. 11 for each child; optional: shiny gold or silver paper to add sparkle to the light, scraps of paper with a variety of textures that appeal to the sense of touch, e.g. tissue, “velvet”, crepe, or construction paper

Materials for Each Child
Night and Day p. 11 for each child; optional: shiny gold or silver paper to add sparkle to the light, scraps of paper with a variety of textures that appeal to the sense of touch.

Light and Darkness Collage continued
this bowl! All of the light and dark pieces are mixed together. Can you please help divide them into two piles: a pile of light ones that are like the beautiful sunshine, and a pile of dark ones that are like the darkness at night time?”

3. Seat children at their places and give each child a handful of scraps to sort and a Night and Day (p. 11) page. Have them use the Night and Day page to keep their piles separate.

4. The Lord saw everything He had made and said “it was good”. Remind the children of this as they work by saying something like “I can see the beautiful light now; it is very good!”

5. Once all of the scraps are sorted, have the children put glue on the background paper. Glue the dark scraps to one side of the page and light scraps to the other side, creating night and day.

6. Praise the children’s work as they finish. Say “It is good.”

Choice
Coloring Picture: The First Day
Hand out copies of The First Day (p. 13) and invite the children to color one half black or dark, and the other half light.

4. Wrap It Up

Memory Verse
Read the memory verse aloud. Invite the children to repeat it after you and then have them try to say it on their own.

Then God said, “Let there be light”; and there was light.
Genesis 1:3

Closing
Each day the Lord gives us light so we can work and play. We sleep when it is dark at night. Sleep helps give us energy for a new day. Where can we learn about the Lord’s creation? (In His Word.)

Give a Parent Note (p. 14) to each child as he or she leaves.

© 2013 General Church Office of Education
Dear Parents,

We are learning about the story of creation. This story is at the very beginning of the Old Testament. Today we heard how the Lord created light in Genesis 1:1-5. There is a fun song about the 7 Days of Creation at www.bitly.com/GCED7DaysOfCreation.

We encourage you to help your child keep the Lord's Word in his or her heart by learning this week's Memory Verse. Try saying it once or twice in the morning, at mealtime or before bed.

Memory Verse

Then God said, “Let there be light” and there was light (Genesis 1:3).

Dear Parents,