

God's power as seen in the heavens

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1. Creation shows us God's power. When God made the heavens and the earth, He displayed His power. Everything is kept in place by God's power.
Ah, Lord Jehovah! It is You who have made the heavens and the earth by Your great power and by Your outstretched arm. Nothing is too wonderful for You (Jeremiah 32:17)
2. There are billions of objects in the heavens. It took a great amount of power to make all those things. God created everything in the heavens, yet it did not wear Him out or make Him faint.
Who, being the effulgence of His glory and the impress of His substance and upholding and bearing all things by the word of His power... (Hebrews 1:3a)

Activity

1. Ask for two volunteers to perform and record the following tasks:
 - a. How many push ups can you do in 30 seconds, 60 seconds, and 90 seconds



- b. How long can you hold a plank for?



c. How long can you hold a wall squat for?



2. Ask the children how their muscles feel? Our muscles fatigue (tire) easily. We are weak. Read Isaiah 40:28. Our God does not become weary. He is upholding the universe constantly.

Do you not know, / Or have you not heard, / That the eternal God, Jehovah, / The Creator of the ends of the earth, / Does not faint and does not become weary? (Isaiah 40:28)

3. Ask the children if they could hold up an elephant? The earth is much heavier than an elephant. Who holds the earth in place? Lead them to realize that God holds up the whole earth! Read Job 26:7.

He stretches out the north over the void; / He hangs the earth upon nothing (Job 26:7)