

The Creator Is My Friend

Vacation Bible School

SAMPLES

**“You are worthy, O Lord,
to receive glory and honor and power;
for You created all things.”**

Revelation 4:11



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BOOK #1



Leader's Planning Guide

VBS: THE CREATOR IS MY FRIEND

Leader's Planning Guide

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A Note to the VBS Leader

Welcome to an exciting, rewarding experience in child evangelism. Whether you are an experienced Vacation Bible School leader simply looking for fresh material for this year's VBS, or a frightened novice wondering where to begin, we believe that you will find in **"The Creator Is My Friend"** a wealth of helpful material to bring Jesus into the hearts of the children in your church and community.

The theme of the program is God's power, wisdom, and love as revealed in the Genesis Creation story—and Jesus as our Creator, Friend, and Savior. Every portion of the daily program, including crafts, health talks, and recreation, is designed to reinforce the spiritual lessons of the Creation theme in a way that will be attractive and understandable for un-churched twenty-first century children, while also holding the attention of children who have heard the Bible stories again and again since babyhood.

"The Creator Is My Friend" differs from VBS programs you may have used before in several important ways, including the following:

- ✓ Ideas for minimizing cost to your church, especially by recommending crafts that can be fabricated from readily available, recycled, or low-cost materials.
- ✓ Planning tools for soliciting help from your whole congregation. By requesting donations of needed items, church-wide awareness will go up, cost will go down, and you may find you have more willing helpers than you expected.
- ✓ Daily segments for very gently introducing Biblical health principles (the Seventh-day Adventist health message) to children.
- ✓ Recreational activities designed with a learning component while having fun in the outdoors.

We recommend that you and your staff study the topic of Creation in the Bible and the Spirit of Prophecy before presenting this VBS program. Perhaps you could start by reading through the following list:

- ✓ **Scripture:** Genesis 1, 2; Job 38–41; Psalm 104
- ✓ **Spirit of Prophecy:** *Patriarchs and Prophets*, pp. 44–51; *Education*, pp. 20–22, 99–101, 128–134; *Testimonies for the Church*, vol. 8, pp. 255–278

We welcome your feedback and suggestions for improvements or corrections in future editions. You may contact us at sales@mybiblefirst.org, or by phone at 1-877-242-5317.

What's Included

A complete program outline for a five-day, three-hour-a-day VBS for ages four to twelve.

Book 1: The Leader's Planning Guide (this book)

- ✓ Program overview and planning guide for the VBS leader

Book 2: Music

- ✓ Suggestions for music, including the sheet music for three new Creation-themed songs

Book 3: Theme Talks

- ✓ Five fully scripted theme talks for the opening session each day

Book 4: Activity Station #1—Transformation Station

- ✓ Full age-graded instructions and scripts for the daily story from the life of Jesus

Book 5: Activity Station #2—Creation Health Station

- ✓ Full age-graded instructions and scripts for the daily health talk

Book 6: Activity Station #3—Creation Craft Station

- ✓ Full age-graded instructions and scripts for the daily crafts

Book 7: Activity Station #4—Creation Discovery Station

- ✓ Full age-graded instructions and scripts for the daily physical activity

Book 8: Science Object Lessons

- ✓ Five fully scripted science object lessons for the closing session each day

Supplemental Packet (Large)

- ✓ 52 11" x 17" pages (L-1 to L-52)

Supplemental Packet (Small)

- ✓ 74 8 1/2" x 11" pages (S-1 to S-74)

Advertising

- ✓ 5.5" x 8.5" (Cut in half, fill out, and copy for a bulletin insert)
- ✓ 8.5" x 11" (Cut in half, fill out, and post.)
- ✓ 11" x 17" (Two posters to fill out and post)

Data CD

- ✓ PowerPoint® slides for the three included songs and for an astronomy nature talk
- ✓ Reproducible and/or customizable templates for advertising and planning.

Audio CD

- ✓ Piano accompaniment for the three songs
- ✓ A recording of children actually singing the songs

Note: Give books 2–8 to the leaders responsible for each section. The table of contents in each book specifies which pages from the supplemental packets should be given to each leader.

Suggested Daily Schedule

9:00 a.m.–12:00 noon

Pre-session

Nature DVDs

9:00–9:30

Opening Assembly

(all groups together)

- Enthusiastic singing (start sooner if enough are present)
- Theme verse song: “You Are Worthy”
- Prayer time
- Welcome
- Theme song: “The Creator’s My Friend”
- Theme talk (10 minutes)
- Theme song again
- Explain rotations/activity stations

9:30–9:35

Transition to Activity Stations

9:35–11:35

Activity Stations (see page 7)

(three age-sorted groups)

- A. Transformation Station (memory verse; story about Jesus)
- B. Creation Health Station (health talk; activity)
- C. Creation Craft Station (crafts)
- D. Creation Discovery Station (science/nature activity)

11:35–12:00

Closing Assembly

(all groups together)

- Enthusiastic singing, ending with the “Days of Creation” song (10 minutes)
- Science Object Lesson (10 minutes)
- Prayer, announcements, reminders, dismissal

Program Content Overview

Theme Verse: “You are worthy, O Lord, to receive glory and honor and power; for You created all things.” Revelation 4:11, NKJV

VBS Day	Day of Creation	Theme Talk Emphasis (Initial Assembly)	[Junior (10–12), Primary (7–9), and Kindergarten (4–6) groups rotate through each station.]				Science Object Lesson (Concluding Assembly)
			Transformation Station (Memory Verse; Story About Jesus)	Creation Health Station (Health Talk)	Creation Craft Station (Craft)	Creation Discovery Station (Physical Activity)	
1 Monday	Day 1 Light Day 2 Air	God is eternal and wise.	Genesis 1:1, 31 “A Big Storm and a Little Boat” <i>(Jesus cares for me.)</i>	Air and Exercise	1. Creation Circle 2. CD Lights	Fun With Air and Water	“Making Enemies Into Friends” <i>(mixing oil and water)</i>
2 Tuesday	Day 3 Dry land Plants Trees Food	Jesus is our Creator.	Psalms 95:5 “A Big Tree and a Little Man” <i>(Jesus knows me personally.)</i>	Food	1. Bean Mosaic Wall Hanging 2. Soup Mix	Scattering Seeds	“The Cleansing Stream” <i>(siphoning)</i>
3 Wednesday	Day 4 Sun Moon Stars Solar system	God is big.	Psalms 19:1 “The Day the Sun Stopped Shining” (J/P) “The Best Worst Day in the World” (K) <i>(Jesus died for me.)</i>	Sunshine	Crayon Resist or Scratch Art	Journey to the Planets	“How Big Is God?” <i>(astronomical distances)</i>
4 Thursday	Day 5 Birds Aquatic animals	God is a joy-giver.	Psalms 51:10 “The Happiest Fisherman” (J/P) “The Happiest Fishermen” (K) <i>(Jesus has a special job for me to do for Him.)</i>	Water	Memory Verse Booklet	Feed That Baby Bird	“Jesus’ Love Is Bubbling Over” <i>(baking soda fountain)</i>
5 Friday	Day 6 Land animals Creeping things People	God is love.	Isaiah 11:6 “Back to the Garden” <i>(Jesus invites me to live with Him forever.)</i>	Self-control	Butterfly Art	Bee Fun	“Amazing Transformation” <i>(making crazy putty)</i>

BOOK #3



Theme Talks

VBS: THE CREATOR IS MY FRIEND

The Sixth Day of Creation

Emphasis: God is love.

Items Needed

- ✓ A large Bible, opened to Genesis 1, displayed prominently at the front of the room
- ✓ Your own Bible, from which to read additional verses

Included in the supplemental packet:

- ✓ **L-4:** Picture of a Great Dane and a Chihuahua

Review

It was the morning of the sixth day of the Creation week, and by this time I think God was *really* excited.

One the very first day, what did He make? [Let the children answer.] Yes, He made light.

On the second day He wrapped His brand-new planet in a blanket of crisp, fresh air. [Take a couple of deep breaths as if smelling the freshness of the new atmosphere.]

On the third day, God brought the dry land up out of the water, covered it with a thick cushion of bright-green grass and dark-green forests, and then splattered it all with a gorgeous rainbow of daffodils and roses and camellias and tulips and other flowers.

On day four what did He put in the sky? [Wait for answers.] Yes—the sun, moon, planets, and stars.

Then came day five, and suddenly the air and the water were full of chattering birds and swimming fish. Can somebody tell me what your favorite bird is? [Allow several responses.] And what is your favorite sea creature? [Let the children respond.]

The Sixth Day—Animals

So why do you think God would have been especially excited at the beginning of day six? What was He going to make today? Animals. Baboons and zebras and woolly mammoths and rhinoceroses and squirrels and chipmunks and more and more.

I need someone to read what the Creation story says about the animals. [Select a volunteer, perhaps someone who has not been asked to read before.] While _____ reads, I want you to be listening for three different types of animals that God made on the sixth day. [A child reads Genesis 1:25 as you explain the three types of animals.] **“And God made the beast of the earth according to its kind, [wild animals now] cattle according to its kind,**

[domestic animals now] and everything that creeps on the earth [small animals—bugs and worms and all the creepy-crawlies] according to its kind. And God saw that it was good.”

What do you think it means when it says that God made each animal “according to its kind”? [Allow one or two responses.]

Sometimes you may read in a nature book or in a library book that all the animals came from the same ancestor, millions of years ago. Is that true? No, the Bible says that God made many different kinds of animals right at the beginning, just a few thousand years ago.

So can one kind of animal change into another kind of animal? [Show the picture of dogs.] People have been breeding dogs for thousands of years. Some Chihuahuas are just four inches tall and weigh about two pounds. And some Great Danes are over seven feet tall when they stand on their hind legs! So animals *can* change. In fact, there are over 200 breeds of dogs. But no one has ever yet bred a dog that turned into a cat.

There are over 1,000 different breeds of sheep all over the world, but not a single sheep has ever turned into a goat or a rabbit or an antelope. That’s because God made the first pair of sheep, and the first pair of dogs, on the sixth day. And even though they have changed some since that time, they are still sheep and dogs.

We could talk about animals all day long. But the biggest reason God was excited on day six was not the animals. I need a volunteer to read the grand finale of the Creation story. [Select a child.]

The Sixth Day—People

_____, please read just the first part of Genesis 1:26, and then read verse 27. As we listen,

I want you to pay attention to what is different this time, compared to all the other creating God had done before. [A child reads:] **“Then God said, “Let Us make man in Our image, according to Our likeness.”** [Instruct the child to omit the rest of the verse 26 and skip to verse 27.] **“So God created man in His own image; in the image of God He created him; male and female He created them.”**

What did you hear that was different? [Acknowledge all responses, even if they’re not what you are looking for.] Everything else God made was good, but we are the only ones made “in His own image.” What do you think that means? [Allow input. Acknowledge each child’s ideas, while gently rephrasing if necessary, to be faithful to Scripture.]

There is a verse in the Bible that tells us very simply what God’s image is. I need a volunteer to read it for us. [Choose a younger child, perhaps even a beginning reader.] _____, please read just the last three words of 1 John 4:8. [A child reads:] **“God is love.”** God is what? [They respond.] Yes, God’s image is *love*. God’s character is *love*. And God made us like Him—in His image.

“Love” is a funny word. Sometimes we say “I love ice cream,” or “I love my iPad,” and of course we can love a puppy or a kitten or a horse, or even a goldfish, I suppose. But God didn’t make puppies or kittens or horses or goldfish *in His image*. He only made people that way.

Sometimes scientists talk about people as if we are just one more kind of animal. But the Bible says that God did something very different when He made us—He made us in His own image.

In fact, everything God had made before He made us was made for us: Light so we can see; air for us to breathe; dry land for us to live on; plants to make our home beautiful and for us to eat; sunshine to warm us, and the moon to brighten the night; birds and sea creatures and animals for us to enjoy.

But you know what? We could probably *enjoy* all the things God created, even if we weren’t made in His image—even if we were just another very intelligent animal.

But God didn’t make us just to enjoy the *world*—He made us to enjoy *Him*. He is love, and He made us in His image so that we can love Him back. God created us to be His friends. That is what the whole Creation story is all about.

There is one other very important thing about love: Love isn’t love unless you don’t *have* to love. God didn’t make Adam and Eve like robots, so He could

just push a button on their backs and they would say, “I love you, God.” God gave Adam and Eve free choice so that they could choose to love Him.

The saddest story in the Bible is the one in Genesis 3 where Adam and Eve chose *not* to love God. And of course that’s why there is so much evil and trouble and suffering in our world. But the reason God gave *you* the power of choice is so that you could choose to love Him.

Appeal

I want to read you one more verse. These are the words that come right after “God is love.” [Read 1 John 4:9 from the Bible, explaining it as you read.] **“In this the love of God was manifested [shown] toward us...”**—God showed His love in creation, didn’t He? But this is talking about how God showed His love *after* Adam and Eve chose not to love Him. This is how God showed His love for us after we ruined His creation— **“...that God has sent His only begotten Son into the world, that we might live through Him.”** God loves you and me so much that He sent His own Son, Jesus, to die for the wrong choices we’ve made.

So right now you get to exercise your power of choice. I have two choices for you:

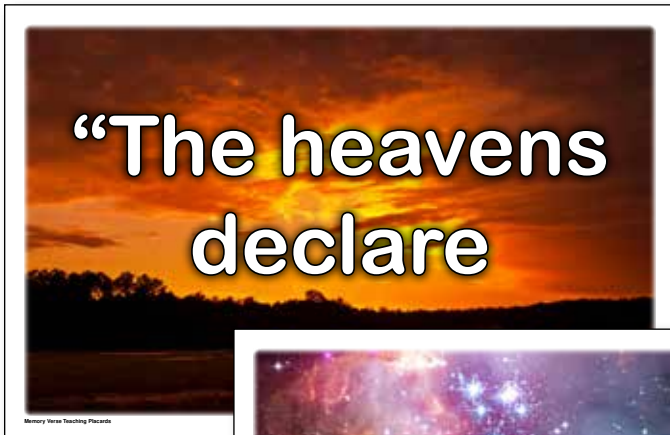
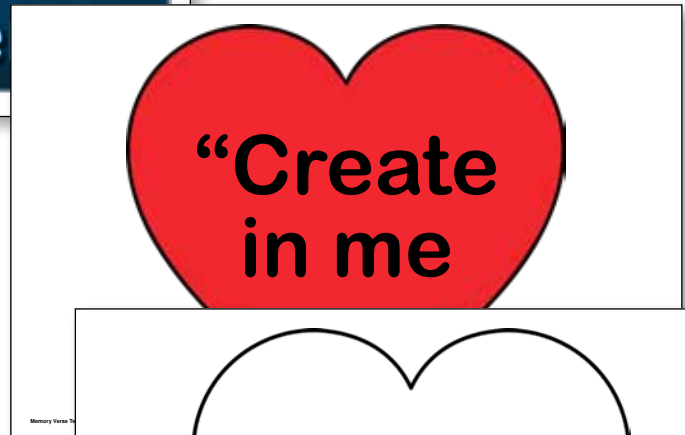
Here’s choice #1—You can choose to believe that you’re just an intelligent animal that came from apes, or you can choose to believe that God created you because He loves you, and that His own Son, Jesus, died for you because He wants to be your Friend forever. How many of you choose to believe that God created you and that Jesus died for you because He loves you? [Wait for the children to raise their hands.] Wonderful; you may put your hands down.

Now, choice #2—You can choose to ignore God’s love, and just love yourself, and pay no attention to God the rest of your life; or you can choose to love your Creator because He loves you, which means that you’ll choose to follow Him and worship Him and obey Him and trust Him. Would you like to make that better choice? [Wait for raised hands.]

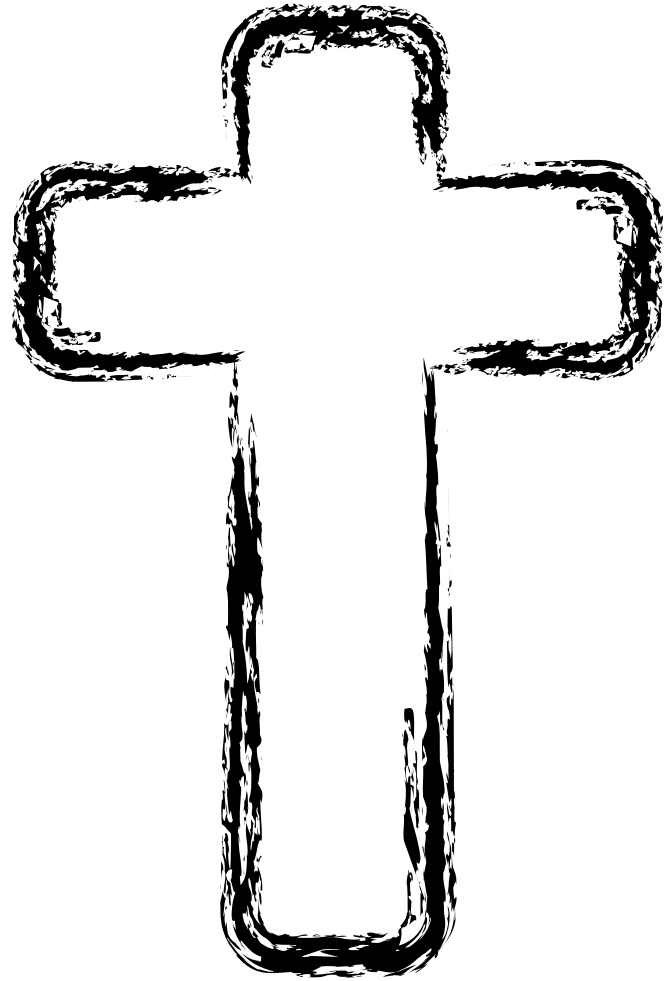
Prayer

[Pray a prayer of gratitude for the children’s choices to trust God’s love, asking God to help them keep making that choice all through their lives. Invite them to say “Amen” with you at the close of the prayer to show their agreement.]

Samples—11 x 17 Memory Verse Flashcards



BOOK #4



Transformation Station

VBS: THE CREATOR IS MY FRIEND

Memory Verse Activity

(Use the memory verse teaching placards included in the supplemental packet: L-20 to L-24)

“The heavens declare the glory of God; and the firmament shows His handiwork.” Psalm 19:1

Bible Story: “The Best Worst Day in the World”

(Based on Mark 15:25–37; *The Desire of Ages*, pp. 741–757.)

Purposes

- ✓ **Cognitive:** I can **understand** that my Creator died for my sins.
- ✓ **Affective:** I can **feel** grateful for what Jesus has done to save me by taking my sins when He died on the cross.
- ✓ **Volitional:** I can **choose** to accept Jesus’ gift of salvation.

Items needed

- ✓ A Bible marked at Luke 23:33 and 1 Corinthians 15:3

Included in the supplemental packet:

- ✓ **S-8:** A picture of Jesus on the cross

Sin Brings Death

Lucy and Jonathan cried and cried. Their mommy was crying, too. They had just come home from church, and found their precious kitty-cat, Midnight, lying at the edge of the street in front of their house. There was some blood on his silky black fur, and his body was cold. A car had hit him. Now Midnight would never purr in Lucy’s ear again, or cuddle up on Jonathan’s bed.

Have you ever cried because a pet that belonged to your family died? [Some children may want to tell stories. Allow the children to briefly share their memories and emotions.] Some of you may have even had a member of your family die. [Again allow the children to share briefly.]

The Bible says that we **“all die” (1 Corinthians 15:22)**. But did you know that when God created the world, in the beginning, there was no death? Animals didn’t die in the Garden of Eden. And God never wanted people to die either.

Can anyone tell me who brought death into our world? [Someone will probably say, “Satan.”] Yes, the Bible says that Satan tempted Adam and Eve to

disobey God. Disobeying God is called “sin,” and the Bible says that **“the wages of sin is death” (Romans 6:23)**.

So our world has been full of trouble and sadness and pain ever since Adam and Eve made that bad choice to sin. Have you ever sinned? [Help the children understand that they also have sinned. Include yourself.] So does that mean that you and I should die, too? Yes, it does.

Today’s story is called “The Best Worst Day in the World.” This story is the very most important story in the whole Bible. It’s the story of how Jesus died for us, so that we don’t have to die forever. Did you know that Jesus died? [Affirm the children’s responses.]

Jesus is the only Person in the world who didn’t deserve to die, because Jesus never disobeyed God. Jesus was always loving and kind to everybody. Yesterday we found out how He was kind even to Zacchaeus, the cheating tax collector. Jesus was always kind to children. One time He even made a little girl alive again after she had died. Jesus never sinned, so He shouldn’t have had to die, should He?

But He did die. The day Jesus died was “The

Best Worst Day in the World,” and this is how it happened:

Jesus Is Crucified

It was a beautiful Friday morning on a hilltop just outside the city of Jerusalem. Jesus had gone to Jerusalem right after He stayed at Zacchaeus' house. The sunshine was bright; the spring flowers were beautiful. But on this hilltop something very sad was happening.

Some soldiers had arrested Jesus and tied His hands together. They had put a crown of thorns on His head, and now they were leading Him and two other men to a place where they would be crucified. Their hands and feet would be nailed to a cross made out of wood, and they would have to hang on those crosses until they died.

The other two men were criminals. They had done a lot of bad things. When the soldiers started nailing the other two men to the cross, they pulled and yelled and fought as hard as they could to keep the soldiers from doing it. But the soldiers were too strong for them, and the two thieves were crucified.

And now it was Jesus' turn. But Jesus didn't fight; He didn't scream. He quietly lay down on the cross and let the soldiers pound the nails into his hands and feet. It hurt a lot, but do you know what Jesus was doing while they were pounding those nails into Him? He was praying. I want to read it to you from the Bible. [\[Read Luke 23:33 and the first half of 34.\]](#)

“And when they had come to the place called Calvary, there they crucified Him, and the criminals, one on the right hand and the other on the left. Then Jesus said, ‘Father, forgive them, for they do not know what they do.’”

Do you think those soldiers knew what they were doing? [\[Allow responses.\]](#) No, they didn't know that they were killing the Creator. They were killing the Person who made them. They were killing the Life-giver. They were killing the only Person in the whole world who didn't deserve to die. They crucified Him. [\[Display the picture of Jesus on the cross.\]](#)

So Jesus hung there on the cross from morning until afternoon. His friends cried and cried, harder than you ever cried when your puppy or kitten died. They didn't understand why someone so good and kind should have to die.

There were some evil people there on that hilltop, too. They hated Jesus because He was kind everyone. They hated him because He was kind to fishermen like Peter and to tax collectors like Zacchaeus. When

those evil people saw Jesus hanging on the cross, they started making fun of Him. They shouted, “Jesus, if You think You're God's Son, why don't You come down off the cross?”

Why Jesus Stayed

Do you think Jesus could have come down off the cross? [\[Wait for responses.\]](#) Yes, He could have. He was the Creator. He made the trees that the cross was made from. He made the iron that the nails were made from. He made the soldiers who had pounded the nails. So why do you think Jesus stayed on the cross, even though He could have come down? [\[Be accepting of the children's ideas.\]](#)

Here is what the Bible says about why Jesus let those soldiers nail Him to the cross, and why He stayed on the cross even though He could have come down. [\[Open your Bible and read slowly and clearly just these five words from 1 Corinthians 15:3:\]](#) **“Christ died for our sins.”**

When Jesus was hanging on the cross, He was feeling guilty for the wrong things that you and I have done. When you do something wrong, do you feel bad? [\[The children respond.\]](#) The Bible says that when Jesus was hanging on the cross, He was feeling bad for all the wrong things you have done, and I have done, and everyone ever since Adam and Eve has done.

I have a question for you. Which do you think hurt Jesus worse? Those nails in His hands and feet, or the hurt in His heart from all the bad things we have done? I think it was the hurt in His heart.

You see, it wasn't those nails that killed Jesus. Jesus chose to die because He wanted to be able to forgive us for the wrong things we have done, and so He took those wrong things into His own heart, and that is why Jesus died. **“The wages of sin is death”** (Romans 6:23), and Jesus was being punished for our sins.

And that is why the day Jesus died was “The Best Worst Day in the World.” It was the worst day because of how bad it made Jesus feel to take all of our sins. But it was the best day because now we can all be forgiven, and someday we can live with Him in the Garden of Eden again.

Appeal

I have three questions for you.

#1. Are you thankful that Jesus died on the cross for you? If you are, raise your hand. [\[The children will readily raise their hands.\]](#) You may put your

hands down.

Here's question #2: Do you want to live with Jesus someday where there won't be any more dying? [The children raise their hands again.]

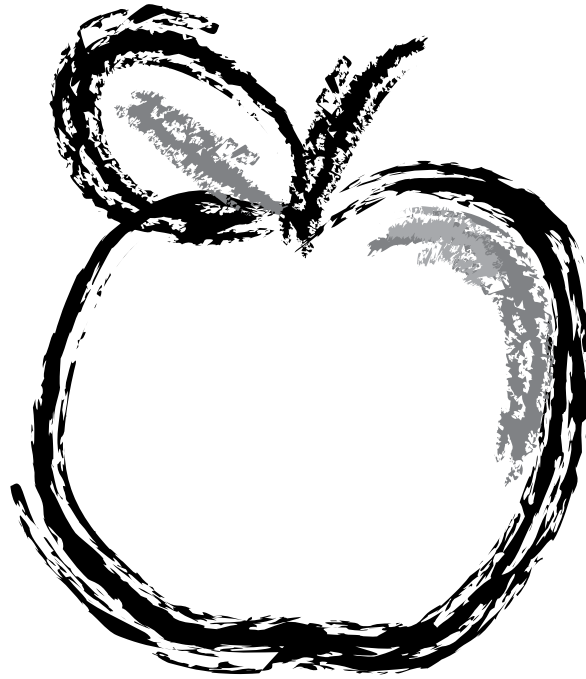
Now, here's question #3. Would you like Jesus to help you stop doing the bad things that made Him feel so bad when He was dying on the cross? If you would, raise your hand again. [Wait for responses.]

Let's close our eyes and talk to Jesus right now. Dear Jesus, thank You so very much for dying on the cross for our sins. We are very sorry that the bad things we have done made You feel so bad when

You were dying on the cross. Thank You that You were willing to stay on the cross even when the evil people told You to come down. Jesus, we need Your help every day to keep on loving and trusting You, and making good choices to be kind and honest and obedient. Please help us, and thank You that we can all plan to live with You someday soon in Heaven. [And boys and girls, if you agree with what I just said to Jesus, you can say "Amen" with me.] Amen.

Note: *If time permits, review the memory verse.*

BOOK #5



Creation Health Station

VBS: THE CREATOR IS MY FRIEND

Sunshine

Emphasis

God made the sun because He knows we need it to live and be happy.

Bible Verse

“Truly the light is sweet, and it is pleasant for the eyes to behold the sun.” Ecclesiastes 11:7

Note

If possible, teach this class out in the sunshine.

Items Needed

- ✓ Bible
- ✓ Bandana
- ✓ Globe
- ✓ Whiteboard, markers
- ✓ **Pillowcase or another bag containing these items**
 - Apple
 - Blanket (a small one)
 - Bottle of water
 - Dog (realistic stuffed or plastic toy)
 - Flower (a real one and a fake, faded one)
 - Hand sanitizer
 - Sun block
 - Turtle (realistic plastic or stuffed toy)

Included in the supplemental packet

- ✓ **S-16:** Two photographs from the same window: one with sunshine; one without
- ✓ **S-17:** Picture of a rainbow
- ✓ **S-18:** Picture of germs (bacteria)
- ✓ **S-19:** Illustration of the water cycle

God’s Wonderful Sunshine

This week we’re learning how God made our world. Today we learned that God made the sun, moon, and stars on the fourth day of the Creation week. Way back then, God was thinking about you and me. The sun is one of the things He made to help us live and be healthy and happy.

The sun does some very amazing things, and we’re going to talk about a few of them today.

[Ask for a volunteer. Tie the bandana around his eyes.] How does it feel to be in the dark? _____ is in the dark right now. How does it feel _____?

[Listen to the answer.] Let’s join _____ by closing our eyes tightly for a moment. Do you think you’d feel lonely if you were always in the dark? Would you be happy? Could you play ball? Could you ride a bicycle or learn to drive a car? Could you read a book or make a sandwich? How would you find the food in the refrigerator if there were no light?

[Remove the bandana; tell the children to open their eyes.] Aren’t you glad that God made the light of the sun so our eyes can see? It would be a very different world without sight, and without the sun—and not a fun one at all.

[Read Ecclesiastes 11:7 from your Bible.] In the Bible God says, “**Truly the light is sweet, and it is pleasant for the eyes to behold the sun.**”

[Show the picture with sunshine.] When we look out of our windows on a sunny day, things seem so bright and cheerful. [Show the picture without sunshine.] When we look out that same window on a rainy, cloudy day, things are dark and gloomy.

Marie was sitting at her computer working. The morning sun shone through the window, flooding the room with light. But as she worked, the room grew darker and darker, even though it was only ten o'clock in the morning. Pushing her chair back, Marie walked to the window to find out why it was so dark. Huge, black clouds filled the sky, blocking out the sun completely.

Have you ever had an experience like that? [Let the children share.] It's a funny feeling, isn't it? It feels as if something is wrong. Just like God says, the sun is pleasant for the eyes.

Not Enough Sunshine

[Show the globe. Point out the various locations as you talk.] Places near the North and South Pole, including parts of Alaska, have many, many dark days when the sun doesn't shine at all. Many people who live in these areas feel very sad—even depressed—because of the constant darkness during certain times of the year.

In the towns, shopkeepers burn bright lights, and the people come in to enjoy the light and feel better. But manmade lights are a poor substitute for God's sunshine.

Fortunately, most people live where the sun shines every day. We can be thankful that God planned for our happiness by making the sun.

Long ago, people didn't know as much about the sun as we do today. Many poor children grew up in big cities. They had no yards to play in, so they played inside or in the streets, between the tall buildings. But could they get much sunshine there? [Wait for the children to answer.] No. The buildings blocked out the sun.

Many children who didn't get enough sunshine got a disease called rickets. The disease weakened their bones, and their legs were bowed or curved. Because they didn't get enough sunshine, their bodies couldn't make vitamin D. For bones to grow strong and straight, we must have enough vitamin D.

Did you know that in some places more people

are getting rickets? Do you think it could be because many children and young people stay indoors watching TV or playing electronic games?

It's wise to work, walk, or play outdoors in the sunshine every day. Then our bodies will make vitamin D and our bones will be strong and grow properly.

God really thought of everything when He made the sun, didn't He?

Amazing Sunlight

[Show the picture of a rainbow.] What does it take to make a rainbow? Do you know? [Give time for the children to answer.] Yes. It takes clouds, rain, and sunshine. The sun can turn showers of rain into a beautiful rainbow. How many colors are in the rainbow? [Let the children answer.] That's right, there are so many colors in the rainbow.

[Show the bag of items.] Here is a bag with lots of things in it. Each of these things has something to do with the sun. Who will volunteer to pull one thing out of my bag? [Have volunteers take out one item at a time and show it to the other children. Discuss each item using the alphabetized list below.]

[Apple] This apple represents all the plant foods. Do plants need the sunshine to live? Oh, yes. Let's make a quick list of as many plant foods as we can think of. Would someone like to come up and write the list on the whiteboard? [Accept a volunteer. Listen as the children name plant foods. Starting ideas: Fruit—oranges, plums, grapes, strawberries, blueberries. Nuts—walnuts, almonds, pecans. Grains—oats, wheat, corn, rice. Vegetables—broccoli, carrots, peas, beans, greens, etc.]

That's quite a list. Good job! And there's so many more. Would we have any of these tasty foods if there were no sun? No. God knew we'd be hungry, so He made the sun to help the food grow.

[Blanket] Now what does a blanket have to do with the sun? Does anyone know? [Listen to their answers.] What are these? [Show germs.] Germs, that's right. Of course germs are much, much smaller than what these pictures show. Germs are so small that we can't even see them without high-powered microscopes. But germs can do a lot of damage, can't they? And germs are everywhere. Do germs get on blankets? Yes. Most blankets are big and heavy and we don't wash them very often.

But there's another way to kill the germs on blankets and pillows and other large items. We can

spread them out in the sunshine, and the sun will kill the germs. What a great idea!

[Bottle of water] Why do we have a bottle of drinking water when we are talking about the sun? Does anyone know? [Wait for responses.] The sun actually plays an important role in providing water for all of us. It is like a big engine that runs the entire water cycle. [Show the illustration of the water cycle.] It pulls water out of the ocean and lakes, up into the sky, which forms clouds. Later the fresh water comes down as rain or snow. Without the sun, we'd soon have no fresh water to drink.

[Dog] How many of you have pets? [The children raise their hands.] Can pets live without the sunshine? No. Animals of all kinds need the sun. And as we have just said, animals need water which the sun helps to give them. Isn't it amazing how all the things in nature work together? God planned it that way—just for us.

[Flowers] How do the flowers get their pretty colors? [Wait for the children to respond.] From the sun, that's right. The sun brings out the bright colors of living flowers. [Show the fake flower.] But look at this fake flower. The same sun has faded it hopelessly.

The things that people make fade in the bright sunshine. But the living things that God makes become brighter and better in the sunlight.

People need lots of sunshine, too; but many of us don't realize this. What do we do with the blinds and shades in our homes? Do we keep them closed most of the time? How much better to throw open the windows, pull up the shades, and let the blessed sunshine in! It may fade the furniture and carpets, but that's OK. It will make our cheeks rosy and our bodies healthy.

[Hand sanitizer] We see a lot of bottles like these, don't we? Stores, doctor's offices, homes, and businesses all keep hand sanitizer handy for people to use. But if we work and play in the sunshine, the sun will kill the germs on our skin as well as on our clothes—and it's free.

[Sun block] Is it possible to get too much sunshine? Oh, yes. Have you ever been sunburned? [Wait for the children to respond.] Sunburns are painful, and they're not good for our skin. If we're

going to be at the beach all day, or out in the hot sun for many hours, it's wise to use sun block or wear a sun hat and long sleeves.

[Turtle] What does the sun do for turtles? Are turtles warmblooded like cats and dogs and humans? No. They're coldblooded. So turtles love to warm themselves in the sunshine. Have you ever seen a group of turtles sunning themselves on rocks or a log in a river or pond? Snakes, lizards, and other reptiles and amphibians are all coldblooded. Without the sun, they'd never be warm, and their bodies would not work properly.

Optional Activity

Items Needed

- ✓ Whiteboard, marker

Instructions: Write these questions on the whiteboard before class. Fill in the answers as you talk.

- ✓ **Question:** How far is the sun from the earth? **Answer:** 93,000,000 miles
- ✓ **Question:** How fast does light travel from the sun to the earth? **Answer:** 186,000 miles every second
- ✓ **Question:** How long does it take for one sunbeam to reach earth?
Answer: 8 minutes

God has placed the sun at just the right distance from our earth. If it were much closer we'd all burn up. If it were much farther away, we'd all freeze. God is amazing, isn't He?

Appeal

Just as the whole world is warmer and brighter and better because of the sun, so we are warmer and brighter and better because of Jesus, God's Son. He loves us and made all these things so we can be healthy and happy.

Let's thank Him right now.

Prayer

Dear God, thank You for Jesus, Your Son. Thank You for loving us. Thank You for making the sun and every good thing so we can be happy and healthy. In Jesus' name, amen.

Samples—Additional Illustrations



Photographs of the Science Object Lesson Setups

Monday: "Making Enemies Into Friends"

Oil Colored water Dish detergent Add water. Let the water settle.

Tuesday: "The Clean Siphon"

Initial setup

Add the food coloring. Add clear water to the first cup to demonstrate siphoning action. Fill the...

Place the siphon in the third cup. Add clear water. Water w...

Science Object Lessons VBS "The Creator Is My Friend" © 2013 My Bible First

Photographs of the Discovery Station Setup

Thursday: Feed That Baby Bird

Wednesday: Crayon Resist or Scratch Art (purchased scratch-art bookmark at the far right)

Thursday: Memory Verse Booklet

Friday: Butterfly Art

The Creator Is My Friend © 2013 My Bible First Supplement S-49

Photographs of Completed Crafts

Wednesday: Crayon Resist or Scratch Art (purchased scratch-art bookmark at the far right)

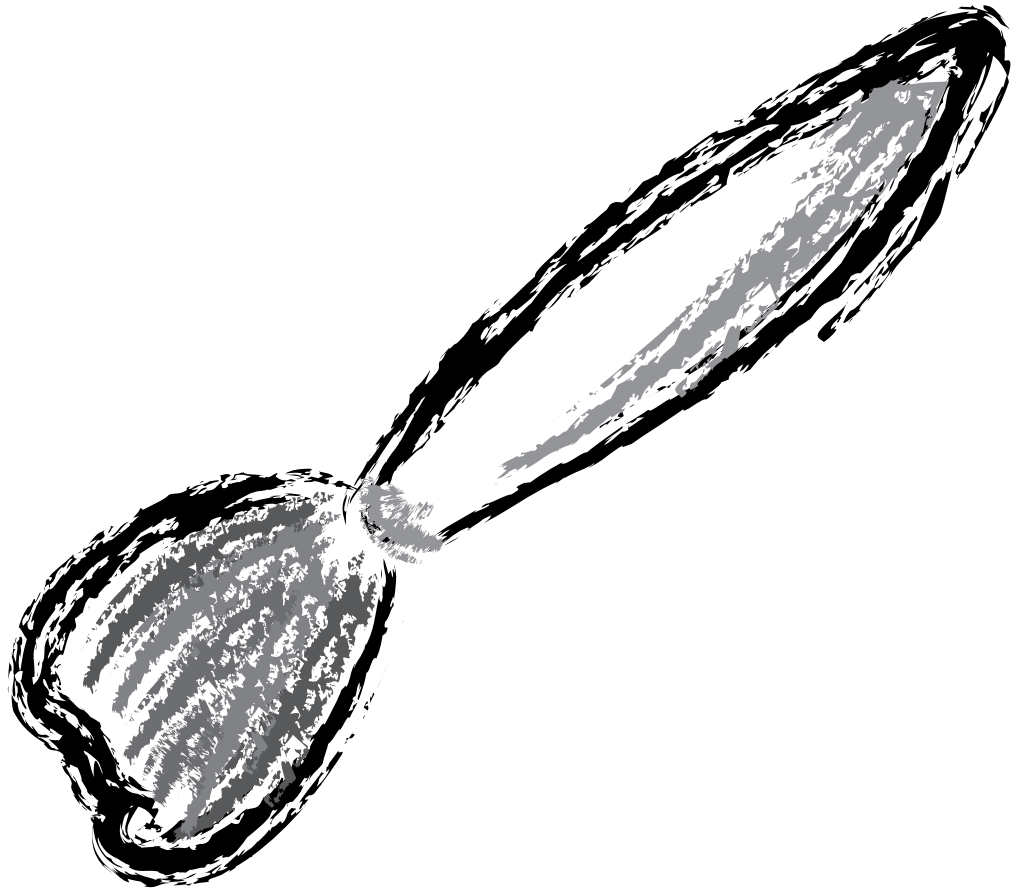
Thursday: Memory Verse Booklet

Friday: Butterfly Art

Creation Craft Station VBS "The Creator Is My Friend" © 2013 My Bible First Supplement S-27

Photographs of Crafts, Science Experiments, and Outdoor Activities

BOOK #6



Creation Craft Station

VBS: THE CREATOR IS MY FRIEND

Bean Mosaic Wall Hanging (option 1)

This wall hanging contains a Bible verse illustrated by an artistic arrangement of legumes of various sizes, colors, and textures. It gives children an opportunity to appreciate the variety included in God's handiwork on the third day of Creation. This very inexpensive craft is especially practical for cost-conscious leaders.

Materials Needed

- ✓ Disposable table protection (newspaper, plastic table cloth, etc.)
- ✓ A variety of legumes: 8–10 kinds, such as lima beans (baby and large), black beans, black-eyed peas, cranberry beans, garbanzos, lentils (any color), light and/or dark red kidney beans, split peas (green and yellow), navy beans, pinto beans, and soybeans
- ✓ A medium-size bowl for each legume variety
- ✓ White cardstock, 8 1/2" x 11"
- ✓ Paper punch
- ✓ Thick, white glue such as Aleene's Tacky glue
- ✓ Ribbon or yarn
- ✓ Wet paper towels or small rags for wiping gluey fingers
- ✓ Pencils
- ✓ Sample or picture of the finished craft

Included in the supplemental packet

- ✓ S-31: Bean mosaic template (Bible verse with a hexagon)

Advance Preparation

- ✓ Copy the template onto white cardstock, then cut the copied sheets on the dotted lines. (Each sheet yields two wall hangings.) Punch two holes in the top of each craft, about 1/2" from the top. Punch carefully so the finished craft will hang evenly.
- ✓ Cut the ribbon or yarn into 10"–12" lengths
- ✓ Cover the tables
- ✓ Pour each kind of legume into its own medium-size bowl
- ✓ Put the supplies on the tables

Tips

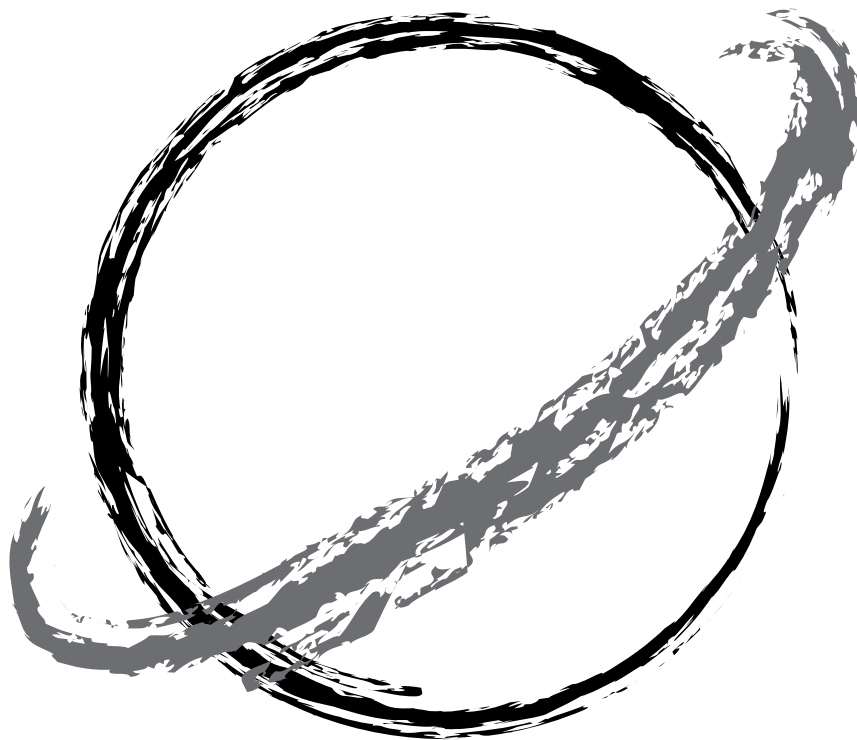
- ✓ Use larger beans for Kindergarten children.
- ✓ Primary children will be able to handle a variety of sizes, so give more choices.

- ✓ Junior children may make two if time allows—one to give and one to keep.

Instructions to Leaders

- ✓ Show a finished craft sample. Be enthusiastic as you share this fun craft that will make an attractive wall hanging.
- ✓ Explain what legumes are, and that God made this variety of colors, shapes, and flavors to please His children and satisfy our eyes as well as our taste buds with good things.
- ✓ Read aloud the Bible verse printed on the background.
- ✓ Explain that the shape on the card is called a hexagon; it has six sides and will remind us of the six working days of Creation.
- ✓ Explain that each child can create a unique pattern. Encourage creativity, not mere copying of the sample.
- ✓ Describe the procedure you will follow:
 - Children will share bowls of legumes with others at their table.
 - Bowls will be rotated or traded so that everyone has a chance to use all the colors.
 - It doesn't matter which color is used first, second, etc.
- ✓ Make sure that each child's name is written on the back of the mosaic before beginning to glue.
- ✓ Make a hanger with the ribbon or yarn by threading it through the holes and tying it in the back. (To save time, you may wish to do this step ahead of time.)
- ✓ Demonstrate how to squeeze the glue in lines; be generous, but don't overdo.
Begin at the top of the hexagon and work down the sides, to avoid spoiling areas already glued.
 - Make short lines of glue and place the legumes on top of the glue.
 - Use one kind of legume all around the outside edge of the hexagon.
 - Make more lines of glue on the inside of the hexagon and lay different kinds of legumes on those lines.
- ✓ Help the children get started.
 - Pick the first kind of legume to use all around the outside of the hexagon; put a small pile at the work site.
 - Squeeze the glue on the first line and place the legumes on top.
- ✓ Encourage creativity; look for ways to compliment the children and affirm their work.
 - Create a nice pattern by using the same legume all the way around, varying the colors, sizes, and textures by row.
 - Or create six triangles by connecting the points of the hexagon to the center with glue to make a stained glass window effect. Fill the triangles with the same or alternating colors or textures.
 - Or experiment with other patterns you or they may think of.
- ✓ Children should continue to fill in the hexagon until it is almost filled to the center. Decide how to create the center of the mosaic and finish the hexagon with a nice centerpiece.
- ✓ Encourage children to give their mosaic to a friend or family member, if desired, and tell the person about our wonderful Creator Friend, Jesus.

BOOK #7



Creation Discovery Station

VBS: THE CREATOR IS MY FRIEND

Scattering Seeds Relay

Description

Children will enjoy pretending to be wind, animals, and water scattering seeds as they run this relay while learning how seeds are dispersed. Many will want to repeat the activity until they've had a chance to try each "seed."

Materials Needed

- ✓ Bible
- ✓ Whistle on a lanyard
- ✓ Table(s)
- ✓ Sheet protectors (optional)
- ✓ Items listed in bold in the "Seed Dispersal Chart" (page 12)
- ✓ Cardstock
- ✓ Sturdy pan or bowl (for water)
- ✓ Pail of water or water source
- ✓ Pan or tray of dry soil or sand
- ✓ Container (for styro peanuts, marbles, or rocks; see "Seed Dispersal Chart" page 12.)
- ✓ Containers for drawing names of seeds (Have two containers per team—one for drawing, one for discards. The number of teams will depend on the size of your group.)
- ✓ Trash container

Included in the supplemental packet

- ✓ **S-50 to S-53:** Photographs of seeds and the plants on which they grow
- ✓ **S-54:** "Scattering Seeds Relay" template
- ✓ **S-55:** Pattern and instructions for making paper helicopters

Preparation

- ✓ Mark the Bible text—Genesis 1:11.
- ✓ Set up the table(s).
- ✓ Put the seed/plant pictures inside sheet protectors (if used) and place on the table.
- ✓ Make copies of the "Scattering Seeds Relay" template, one for each team in the group. Cut each copy into strips along the dotted lines and fold each strip in half. Place one set of strips in each container for drawing.
- ✓ Assemble supplies as listed on the "Seed Dispersal Chart." Plan on four or eight children per team, and assemble supplies sufficient for each team.
 - Make several paper helicopters (see instructions in the supplemental packet).
 - Fill the shakers with rice, wheat, or bird seed.
 - Fill the pans with water. (Use only an inch or two for Kindergarten children; more for Primary and Junior children.)
 - Put the styro peanuts, marbles, or rocks in a container.
- ✓ Set up beginning and ending lines for the relay. Vary the distance depending on the age group.
- ✓ Place the pan of soil or sand at the ending line.

- ✓ At the beginning line, set out the containers with seed names, and the discard containers.
- ✓ On one end of the leader's table, randomly place one of each of the "seeds" listed in the "Seed Dispersal Chart."
- ✓ Place the rest of the "seeds" at the starting point of each relay line.

Tips

- ✓ If necessary, have assistants on hand to refill the water for the "coconut," add more rice, wheat, etc., to the shakers, and replace the helicopters as needed.

Presentation for Junior/Primary

[Enthusiastically:] Welcome, boys and girls. How many of you like to hike? I do. Have you ever seen a tree growing out of a crack in a big rock near the top of a mountain? Or maybe closer to home, have you seen grass or weeds growing in the cracks of a sidewalk or driveway? How did the tree, or those weeds, start growing in the crack? [Allow a little time for the children to speculate about how that happens.]

The Bible gives us a big clue, in the Creation story. [Read Genesis 1:11, or have a child read it.] When God created plants on the third day, He made them with seeds. And I think He had fun thinking of different ways for seeds to travel. Here are pictures of four different types of seeds that travel by four different methods. [Show the pictures.] And here are some objects which represent the seeds in the pictures. Let's see if you can match the different objects which represent seeds with the "real thing." [Refer to the "Seed Dispersal Chart."]

In today's relay race you are the transportation system for these "seeds." [Make sure the children know how each "seed" will travel. See the "Seed Dispersal Chart."] The first person in line will draw a piece of paper, read it, find the "seed" and tool to carry it, and then "Go!" Follow the instructions for transporting your "seed" all the way to the ending line over there. When you get back, you'll tag the next person, who will be ready to carry his seed to the goal and back.

OK. Let's get started.

Activity Instructions

- ✓ Organize into teams of eight, or teams of four if you have a smaller group.
- ✓ Repeat the race as many times as the children are continuing to enjoy it.
- ✓ If possible, give each child opportunity to transport each "seed." The amount of time required to move the various "seeds" from

start to finish will vary widely.

- ✓ Remind the children that this is a team effort and that we are here to have fun learning and doing. It's not about "winning."
- ✓ If you'd like and have time, help the children make their own helicopters.

Wrap-up

Boys and girls, our Creator God who is our best Friend did some amazing things when He made our world in six days. On the third day He made plants and trees and food—all with seeds. And He made each seed with a transportation system just right for it. Let's thank Jesus for giving us seeds.

[Pray, thanking God for the fun time we had scattering seeds and for the interesting things we learned about seeds and especially for being our Friend.]

Be sure to come tomorrow for more fun activities at the Creation Discovery Station.

Presentation for Kindergarten

[Enthusiastically:] Welcome, boys and girls. How many of you have ever planted seeds in a garden? [Allow answers.] And did any weeds grow in your garden, even though you didn't plant them? How did those weeds get there? [Allow answers.] Yes, the weeds in your garden came from seeds that grew on a weed plant somewhere else. But how did those seeds get to your garden? [Let the children share ideas.]

When God created our world He had fun creating many different ways for seeds to get around. So today, we're going to pretend we are the transportation system for several different kinds of seeds. Here are pictures of four different kinds of seeds that travel in different ways. [Show the pictures and explain each.] And here are some objects which represent the seeds in the pictures. Let's see if you can match the different objects which represent seeds with the seeds in the pictures. [Refer to the "Seed Dispersal

Chart.”]

Today we'll pretend that these paper helicopters are seeds and we are the wind. [Show how to toss the helicopter and watch it fall; then run to it and pick it up; then repeat.] Once you get to the destination point, hold your helicopter and run back to the start line.

We'll pretend that this pair of pliers is a squirrel and it will hold a "peanut." [Show how to hold the "peanut" in the pliers.] The "squirrel" will hop, hop, hop to the box of dirt over there. [Have an assistant carry the peanut to the dirt and bury it as you continue with the explanation.] You'll bury your "peanut" in the dirt and then bring the pliers back with you to the starting line.

This little football will represent a coconut floating in the ocean. [Show how to carry the "coconut" safely to the destination and back. Put only an inch or two of water in the pan.]

We'll pretend that this little shaker bottle is a Sweet Gum ball being blown in the wind until it falls and bounces on the ground. Sometimes squirrels or other animals carry them away and the seeds shake out of them while the animal is carrying it. So as you run, you will shake this bottle so the seeds will fall out. [Demonstrate.]

The helpers at each station will tell you which "seed" you will be using.

OK. Let's get started.

Activity Instructions

- ✓ Organize into teams of eight, or teams of four if you have a smaller group.
- ✓ Repeat the race as many times as the children are continuing to enjoy it.
- ✓ If possible, give each child opportunity to transport each "seed."

Wrap-up

Boys and girls, our Creator God who is our best Friend did some amazing things when He made our world in six days. On the third day He made plants and trees and food—all with seeds and ways for the seeds to travel. Are you thankful to Jesus for giving us seeds? Let's tell Him so.

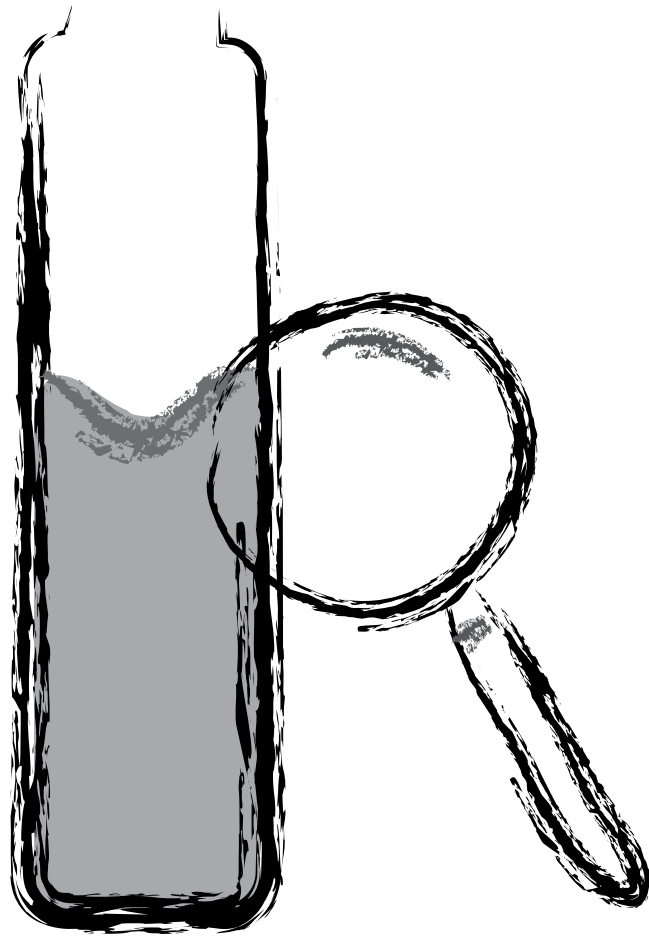
[Pray, thanking God for the fun time we had scattering seeds and for the interesting things we learned about seeds. Thank Him especially for being our Friend.]

Be sure to come tomorrow for more fun activities at the Creation Discovery Station.

Seed Dispersal Chart

Plant	Natural Dispersal Method	"Seed"	Method of Dispersal for the Relay
Maple Tree	Wind blowing or gravity	Paper Helicopter (see instructions)	Toss/throw the helicopter; run to the place it lands; pick it up; repeat.
Oriental Poppy or Sweet Gum Tree	Shaking by wind or something brushing against it	Uncooked rice, wheat, or bird seed	Run while shaking seeds out of a spice shaker .
Coconut Palm	Water currents	Small foam football	Carry in a pan of water (without spilling); return.
Oak Tree	Carried by birds or animals	Styro packing "peanuts," small rocks, marbles	Carry in blunt pliers ; hop (like a squirrel); bury in pan of dirt/sand at the far end; pick up a previously-buried "peanut"; hop back to start.

BOOK #8



Science Object Lessons

VBS: THE CREATOR IS MY FRIEND

Making Enemies Into Friends

Purpose

To dramatize the spiritual truth that Jesus is only way to solve the problem of alienation brought into our world by sin.

Materials Needed

- ✓ Bible, open to Romans 6:23
- ✓ Oil (inexpensive vegetable oil is OK)
- ✓ Water
- ✓ Liquid dishwashing detergent (such as Dawn) (blue is nice)
- ✓ Food coloring (same color as detergent)
- ✓ Clear pint jar with lid (empty and clean)
- ✓ Two small clear jars with lids
- ✓ Measuring cup (1/2 cup)
- ✓ Stirring spoon
- ✓ Paper towels

Note: You may wish to use larger jars and larger amounts of liquid if you expect a large group of children.

Setup (see S-73 for photos of the setup)

- ✓ Pour about 1/2 cup of oil into the pint jar.
- ✓ Pour about 1/2 cup of water into one of the small jars and add a few drops of food coloring (just enough for the water to visually contrast with the oil).
- ✓ Pour about 1/2 cup of dish detergent into second small jar.
- ✓ Replace lids to avoid any accidents.
- ✓ Lay out materials on table.

What Will Happen?

Oil and water will remain separate even when in the same container, until detergent is added. Detergent creates an emulsion, causing oil and water to become “friends” instead of “enemies.”

Presentation

Hi, everyone. I'm “Mr. (or Madam) Science.” Before we go home each day, we are going to discover how the things we can see in God's creation teach us about things we can't see. Did you know that some of the most important things in your life are things that scientists can't even see or measure? Who can think of something very important that science can't tell us about? [Allow input.] Yes, things like love, kindness, honesty, heaven, angels, and God Himself.

One very important thing that scientists can't measure is *friendship*. In the Garden of Eden, all

the animals were friendly with each other, but after sin came, it wasn't that way anymore. Some animals actually became enemies of other animals. And the same thing happened with people. Have you ever noticed that some people just have a real hard time getting along with certain other people? Rather like this oil and this colored water. [Pour the blue water into the oil. It will flow through the oil and settle at the bottom of the jar.] Oil and water just don't mix.

Can you think of somebody you don't get along with very well? You can raise your hand, but don't say who it is. When people don't get along, sometimes

we say, “They’re just like oil and water.”

[Begin stirring the water. Stir gently, just a swish or two of the spoon.] Sometimes we really try to get along, don’t we? [Stop stirring and let the water settle again.] But it just seems like nothing works.

And the Bible says that’s the way it is between the whole human race and God. [Start stirring again.] The Bible says that our natural heart is at “enmity against God” (Romans 8:7). In other words, we tend to think that God is our enemy, because we don’t want to do what He tells us. [Stop stirring; the water will settle to bottom again.]

And ever since Adam and Eve had to leave the Garden of Eden, there is *nothing* that we can do to get back together with God, even if we want to. It’s like this heavy layer of oil is smothering us and we can’t even get to the air we need in order to breathe and stay alive. The Bible says “**The wages of sin is death**” (Romans 6:23).

[Stir again.] So how is this problem going to be solved? The Bible says that there is a solution—there is a way to make enemies into friends, and there is a way for people who are sinners to get back together with God again. I would like someone to read Romans 6:23 for us. [Someone reads aloud. Keep stirring occasionally; water will always settle right back to the bottom.] So how do we get our life back when we’ve been separated from God because of sin? Yes, “**through Jesus Christ our Lord.**”

[Hold up jar of dishwashing liquid.] Let’s say that this dish soap represents Jesus. [Begin slowly pouring the detergent into the jar of oil and water as you keep talking.] The Bible says that Jesus is the only way that God and people can be brought back together again. [Finish pouring detergent, then begin stirring vigorously as you talk.] In fact, Jesus can even help people who are enemies to become friends with each other.

[Stop stirring and let the children notice, as you keep talking, that the water and oil will stay mixed, because of the detergent.] Every molecule of this detergent has two parts: a part that likes water, and another part that likes oil. So the detergent molecules hold the water and oil molecules together.

Jesus is just like the detergent we added to our oil and water. He is like a bridge that connects

people with God. He connects Heaven with earth. When Jesus was born in Bethlehem, He was still the Creator, but He also became one of us, His creation. Did you notice that the detergent was the same color as the water? So the Bible says, “**Once you were far away from God, but now you have been brought near to Him through the blood of Jesus.... He broke down the wall of hostility that divided us**” (Ephesians 2:13, 14, Clear Word).

When you take time to become friends with Jesus, He changes how you think and how you feel about lots of things—other kids at school, your parents, your teachers, your brothers and sisters, even your homework and your chores. Becoming friends with Jesus will even change the way you think and feel about yourself.

That is why our Vacation Bible School is called “The Creator Is My Friend”—because Jesus, your Friend, is the same one who created you. He can help you be a friend instead of an enemy for everybody in your world.

Prayer

Dear God, I’m so glad that You can solve the problems that sin has caused. Thank You for being our Friend, even when we did not love You. Please help us to show Your love to everyone—especially the people who are not kind to us. In Jesus’ name, amen.

Conclusion

Be sure you come back tomorrow when Mr. (or Madam) Science is going to have another amazing experiment ready for you.

Note

If the children linger awhile after dismissal, they may notice that eventually the water does settle back to the bottom of the jar and will need to be stirred again. This is because the detergent only creates an emulsion, not a true chemical solution. You might explain that it’s the same way with us and Jesus. We need to continually “stir up our minds” (2 Peter 3:1) by choosing to stay connected with Jesus in daily Bible study and prayer, or we will be in danger of becoming separated from Him again.

