“And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul” (Genesis 2:7).

“Thou hast covered me in my mother’s womb. I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well. My substance was not hid from thee, when I was made in secret, and curiously wrought in the lowest parts of the earth. Thine eyes did see my substance, yet being unperfect; and in thy book all my members were written, which in continuance were fashioned, when as yet there was none of them” (Psalm 139:13b-16).

“And God saw every thing that he had made, and, behold, it was very good” (Genesis 1:31).

**Answer these questions.**

1. Who made our bodies? ________________
2. What did God say about everything He made? ____________________________
3. What are three words which the psalmist uses to describe how he is made?     
   ____________________  __________________  __________________
4. Is your body good or bad? _____________
God is the Creator of all things and all people. God made you. The psalmist says God was planning all your body parts even while you were being formed inside your mother, before you were complete.

Today, scientists have found that there is a "code" in your body cells. They call this code DNA. It is tremendously complex. This code in each cell has the formula for your body—it determines how tall you will be, the color of your eyes and hair, the length of your limbs, and the makeup and function of all your organs.

Some scientists do not believe in God. They say our bodies evolved, that we changed little by little from simple creatures into complex human beings. But even "simple" creatures have very complex cell structure.

From the Bible, we know that God is the Creator of all things and all people. Knowing this helps us to understand how we are to use our bodies.

Read Psalm 100 and complete the activities.

1. Who made us, according to verse 3? ________________
2. Who did not make us (same verse)? ________________________
3. What does verse 5 say about the Lord? ________________________
   "I beseech you therefore, brethren, by the ____________ of God, that ye present your _____________ a living sacrifice, ____________, acceptable unto God, which is your reasonable ________________ ."
**Fill in the blanks.**

I am ____ feet _____ inches tall. My eyes are ___________ (color), and my hair is ___________. My build, the shape of my nose and ears, and all my body parts inside and out were designed by ______________. In my cells, God put a special code called ___________ to determine the size, shape, and functions of my body. When God had created all things, He said it was very ___________. God wants me to ______________ Him with my body, and to ______________ Him for being such a wise and wonderful Creator.

**Do this activity.**

God controls many things about you, but He also gives you the responsibility of making right choices. He made your body, but you can choose how you take care of it and how you use it. Beside each of the things below, write God if it is controlled by God, and write your name if you have the responsibility of making choices.

__________ height
__________ weight
__________ hair color
__________ clothing
__________ length of arms
__________ hair length and cleanliness
__________ intelligence
__________ education and training
__________ skin color
__________ muscle tone
__________ color of eyes
__________ lifework
__________ size of hands and feet
__________ personal salvation
__________ shape of nose and ears
__________ habits

Look at the list on the left. These are things you did not choose. God gave them to you, and your best response is, “Thank You, Lord.” Now look at the list on the right. These are things which require right choices on your part. Your best response is, “Lord, I want to do Your will.” In the boxes on the next page, you can read each prayer and sign your name to let God know this is how you feel.
Parents need to make right choices too. They are responsible to give good instruction and helpful advice to their children as their children grow into adulthood. Then their children can teach their own children, and each generation is taught to serve the Lord. The following paragraph is for parents to fill out.

Dear ________________

I thank God for you. God has given you into our family and I am grateful to Him for you. I love you just as you are, but I know you will grow and change. As you grow, I want to teach you more about your body and God’s will for you so you can make wise choices in life. As we work and play and worship together, I will instruct you. When you have questions, don’t be afraid to ask. I will do my best to answer your questions, because I am committed to you.

(Signed) _____________________________
Lesson 2: GOD MADE MALE AND FEMALE BODIES

MALE AND FEMALE ARE PART OF GOD’S PLAN

“So God created man in his own image, in the image of God created he him; male and female created he them” (Genesis 1:27).

“And the LORD God said, It is not good that the man should be alone; I will make him an help meet [suitable] for him” (Genesis 2:18).

GOD’S PLAN IS GOOD

Can you imagine what the world would be like with only men in it? Or how about only women? God knew that such a world would not be suitable. He planned for both male and female people.

Even with babies and children there are differences in male and female. But the differences are greater as children grow into adults. These differences are part of God’s creation. And like all the rest of His creation, they are good. We