

# MAN IN GOD'S CREATION

## Lesson Fifteen

### HOW PEOPLE ARE MADE: THE PHYSICAL ASPECT (2)

#### **Burden to Impart:**

*In this lesson we see more details regarding how God made us physically. Our human body is a wonderful creation made from God's own heart and hand. Man was created according to God's own design; he did not evolve from monkeys. Our body has many organs and glands and many complex systems which are in continuous operation even without our conscious knowledge. Also, our limbs are wonderfully engineered so we can stand or move ourselves around, can work and do things.*

**Memory Verse:** "But the body is ... for the Lord, and the Lord for the body." (1 Corinthians 6:13).

#### **Facts to Teach:**

3. Our body has three sections: the head, the body (trunk), and the limbs (cont'd.).
  - b. The body (trunk):
    - 1) The trunk is the largest part of our body and contains the remainder of the organs (those which are not in the head). It is like the hood on a car which covers and protects all the hidden working parts of the engine.
      - a) The heart--to pump and circulate the blood.
      - b) The lungs--to inhale fresh air and exhale used air.
      - c) The kidneys--to filter and clean the blood.
      - d) The stomach--to digest food.
      - e) The intestines—to digest food.
    - 2) How our body works (two examples):
      - a) Breathing: Our lungs breathe in fresh air, which passes through the lungs into the blood, and also breathes out the air that has already been used by the body. This wonderful, continuous exchange of old air for fresh air happens about 18 times every minute, with no effort or conscious thought. How marvelous!
      - b) Circulation: Our heart is the strongest muscle in our body. It pumps about 1000 gallons (20 large barrels) of blood through over 3,000 miles of blood vessels every single day, with no effort or conscious thought from us! If it depended on our good memory and we forgot or got distracted, our heart would stop beating and we would die!
  - c. The limbs:
    - 1) We are made in the most balanced way. We have two very strong lower limbs to support and transport our heavy body around and we have two upper limbs to work for us and do fine jobs and tasks.

2) On the end of each limb are five digits. Our toes are very important for balance so we can stand, walk, and run. Our fingers are the most valuable parts of our body for doing work.