

## **Theme: Who's ALMIGHTY?**

### **Topic: God's Creativity**

### **Date:**

**Opening:** Start out by showing a clip from *Planet Earth*, something which really demonstrates some of the incredibly power or intricacy of our world. Keep the clip around 5 minutes or so.

Today we continue looking at the almighty character of God, and we focus on His creativity. Sometimes we become immune to the amazing splendor of the world we live in, just because we are constantly surrounded by it. Today we hope to get a closer look.

**Small Groups:** Split up into small groups and answer these questions:

1. Share your name and answer this question: If you could only have one flavor of ice cream for the rest of your life, what would it be?
2. What amazes you more, the large size of our world, or the small details in it? Examples?
3. If you could spend some time in one place in nature, where would it be and why?

Get some feedback on these questions.

Read this quote from Barbara Hall.

*"We literally can never answer whether or not God exists or what God is up to. It's clear to me that no one knows; I can't presume to know...Part of God is that he is, or she is, a mystery." Barbara Hall, creator of TV hit show, Joan of Arcadia*

What she states here, though offensive to some, is what many people feel -- namely, that we can't really know what God is like. Ask them how they feel about what she says.

However, this is in direct opposition to what the Bible says, that we can know God and that His nature is revealed through what He has made.

*"The heavens are telling the glory of God; and their expanse is declaring the work of His hands..." Psalm 19:1*

*"For since the creation of the world His invisible attributes, His eternal power and divine nature, have been clearly seen, being understood through what has been made, so that they are without excuse." Romans 1:20*

Today we'll look at some of the amazing features in God's creation. Pick through any of these facts to discuss how God intricately formed the universe:

### **How vast our world is:**

If we were to attempt manned exploration of the **nearest** star system to earth with the same kind of rocket that we used to get to the moon at its top speed of 25,000 miles per hour, it would take one billion years to get there. That is one HUGE world!!

The sun is a little less than one million miles in diameter.

If you put one pea-size piece of the sun within 100 miles of a human being, the radiation would kill that person immediately. That is amazing energy, and there's SO MUCH of it!

### **And how tiny and intricate our world is too!:**

How big is a molecule? If you were to make a pile of 10,000 average-size molecules, you could just barely see it as a tiny speck. Yet God designed them to hold together in a unique way with chemical and physical traits all their own!

### **How intricate your body is:**

If you stretch out all the DNA in **one** of the cells from your body, it would be about six feet long. There are about three billion pairings of atoms, or specific bits of information. If that's not mind-boggling enough...

There are about 27 trillion cells in a human - 5,000 cells for every human living on earth. If you start counting the twenty-seven trillion cells in your body, at the rate of ten per second, it will take you around one hundred thousand years to finish.

It is said that the entire length of blood vessels, throughout one's body, is 90 thousand kilometers (56 thousand miles). If you stretched out all the blood vessels and capillaries in your body, they would wrap around the equator two times. The smallest of your capillaries are one-fiftieth the diameter of one of your hairs. If you weigh twenty-five pounds more than average, your heart has to work to circulate blood an extra 5,000 miles.

Our hearts pump about 40 million gallons of blood in a lifetime. Your heart could fill a built-in swimming pool in about 25 days if you had enough blood to spare. But that might be difficult because your whole body contains just a little more than one gallon of blood.

Humans shed about 600,000 particles of skin every hour - about 1.5 pounds a year. By 70 years of age, an average person will have lost 105 pounds of skin. Humans shed and re-grow outer skin cells about every 27 days - almost 1,000 new skins in a lifetime.

We remember one trillion things in a lifetime.

When you laugh, you expel short bursts of air at up to 70 miles per hour. Coughing is at 60 mph. Sneezes have been clocked at up to 100 miles per hour. All in God's design to eliminate particles from the respiratory system.

Your stomach has to produce a new layer of mucus every two weeks otherwise it will digest itself. Now who told it to do that?!!

The sound of a sewing needle falling on a table is so slight that the vibrations may move your eardrums less than the width of a molecule. Yet in a quiet room, you can hear it. The amount of energy reaching your ears has been estimated at less than a millionth of a billionth of a watt. Talk about SENSITIVE!

Do this experiment: We have four different kinds of taste buds. Each can taste only one kind of flavor. These basic flavors are sweet, sour, bitter and salty. Smell, texture and imagination make up the rest of the variety of flavors we experience. If you could feed a slice of raw potato to a blindfolded volunteer who also had a plugged nose, and said the potato was an apple (have them try to figure out if the apple is a

sour green one or a sweet red one, while blindfolded and with noses plugged), the volunteer would not say otherwise.

You can sweat up to 3 gallons per day.

Sweat glands are little coiled up ducts. If you stretched them out and lined up all of the sweat glands in one human end to end, the line would be 1972 miles long.

Man possesses a complicated temperature control system. It is in reality an automatic, computerized thermostat which works day and night to keep man's body at approximately 36.8 C or 98.4 F. A tiny device which knows how hot you 'should be' is located inside your brain, within a gland known as the hypothalamus. It sends a regular signal about your 'ideal' temperature to another part of the brain which compares the temperature you should be, with the messages coming back from your body about how warm you actually are.

If your body is found to be too hot, then an urgent message is sent to yet another body control center in the brain. This new centre emits a command for the body to start sweating. Water begins to pass onto the surface of the skin, take heat from the body, and evaporate. At the same time your body was commanded to sweat, a second message to expand the blood vessels was sent out. This brings the over-heated blood closer to the skin. You may start to look a little redder, but the heat from your blood is now lost through the skin to the evaporating water. You start to cool down. However if the temperature comparison centre decides you are too cold, messages are sent out to shrink the blood vessels. This brings the blood away from the cold skin. At the same time the muscles are instructed to vibrate to generate warmth. As a result of both these actions you may go pale or even blue and start to shiver, but you begin to warm up.

**All this and you didn't even have to think about it.**

In a scientific study, children were told to imagine that they were wearing heavy mittens.

The temperature of their fingertips went up.

How good are human eyes? On a clear night you can see the flame of a match up to fifty miles away.

**IMPLICATIONS FOR GOD'S CREATIVITY:** Spend some significant time on each of these. After all, if God is creative and imaginative enough to design our world the way He did (and we're just BEGINNING to explore it), think what He can do with each of these categories (and this is just a small picture of God's creativity!).

1. He has NEW MERCIES for us each day: Lamentations 3:23
  - a. If we are in a rut - there's a problem.
2. He is creative in the way He gets us out of trouble - it's usually not in a way we expect.
  - a. Just look through ways God worked miracles and delivered His people – UNPREDICATBLE!
  - b. Just look at His timing!
3. He is creative in the way He builds character - think through the gifts of the Spirit. When we ask God to give them to us, He does it through difficulty and other means.
4. He is creative in the variety of emotions we can feel.
5. He is creative in how He speaks to us.