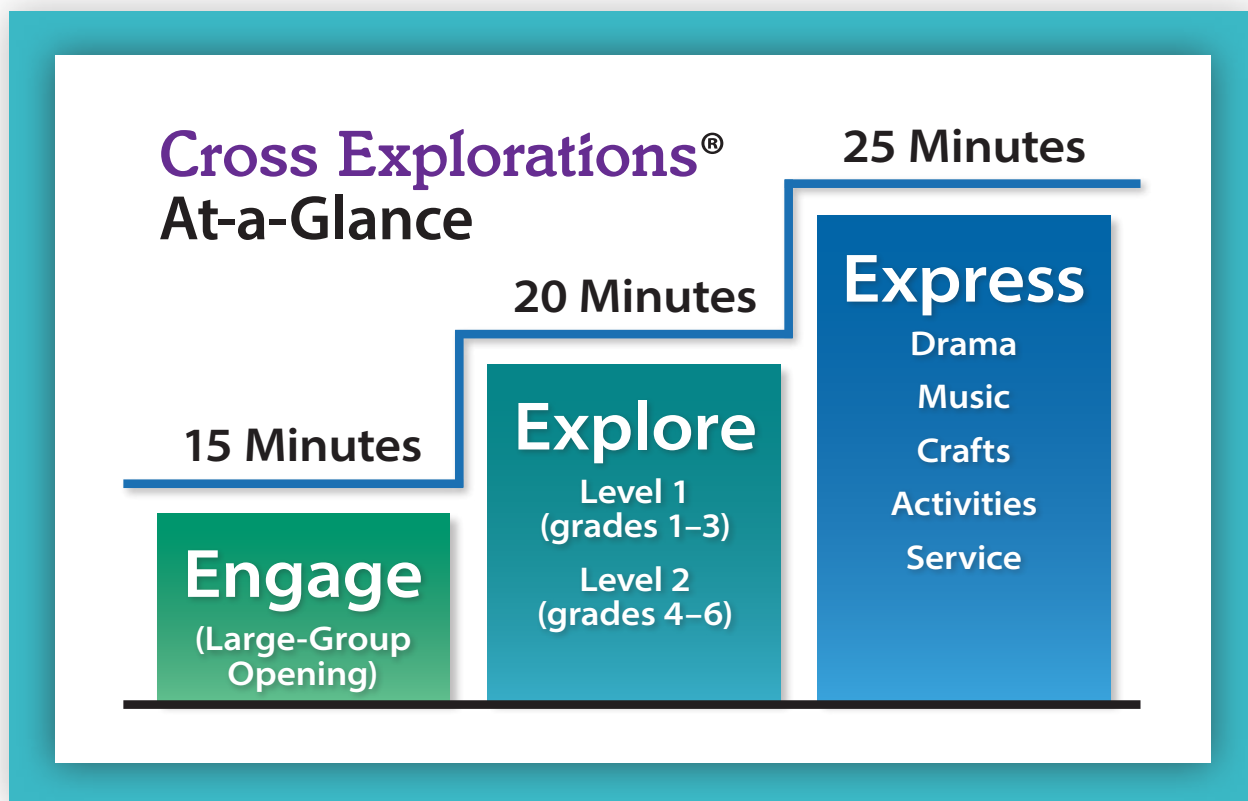




## What's on the Express Activities & More CD?

The Express Activities & More CD gives you a choice of activities to help kids apply the Bible lesson to their lives. It includes science, music, games, snacks, service projects, and more, organized by week and by type of activity. Choose activities that fit the time you have available and the talents of your volunteers.

Do not expect to do all the activities each week. Rather, vary the ones you choose from week to week so students get a chance to experience different types of learning. If you use Cross Explorations in a Midweek setting, use any extra time to include additional small-group Express options.

The Craft Patterns folder on the Activities & More CD has patterns for the crafts you will find in the separate Craft Booklet in the Cross Explorations kit.

## Site Leaders

Cross Explorations site leaders do what they do best! If you love helping kids apply the Bible truths in the lessons through music, games, science activities, themed food, service projects, and the like, you'd make an excellent site leader for the Express activities on this CD. Recruit people with other talents or strengths to lead activities you are not as comfortable doing.

## Site Location

Express sessions offer flexibility for meeting locations. You may choose to meet in separate classrooms that are set up for specific sites or in one larger space.

If you have multiple sites in one space, use rolling dividers, moveable walls, or even fabric panels to block sight and sound distractions. Food options will sometimes require kitchen access.

## *God Creates a World and a People*

### Old Testament 1 • Activities At-a-Glance

| Lesson | Activity                                | Food                            | Service                       |
|--------|-----------------------------------------|---------------------------------|-------------------------------|
| 1      | Worlds of Creativity                    | Where Did That Come From?       | Caring for the World God Made |
| 2      | Litterbugs                              | Healthy Food;<br>Healthy Bodies |                               |
| 3      | Dead in Adam; Alive in Jesus            | Crushing Sin                    |                               |
| 4      | Marked by God                           | Marks of Mercy                  |                               |
| 5      | Washing My Sins Away                    | Wash It Clean!                  |                               |
| 6      | God Really Means It!                    | Popping Our Doubt               |                               |
| 7      | The Bread of Kindness                   | Joy of Our Salvation            |                               |
| 8      | “Foreshadowing Christ”<br>Story Shadows | Pay the Price                   |                               |
| 9      | Charting Our Blessings                  | “Steadfast Love” Muffins        |                               |
| 10     | Filtering Out the Bad                   | Blessed to Be Forgiven          |                               |
| 11     | Heavenly Staircase                      | Tall Ladders                    |                               |
| 12     | Stacking Up the Years                   | Deceptively Sweet               | Service Coupons               |
| 13     | Esau, May I?                            | Forgiveness Is Sweet            |                               |

# God Creates a World and a People

## Old Testament 1 • Lessons At-a-Glance

| Lesson | Lesson Title / Scripture                                   | Key Point                                                                                                                                                                                                                                            |
|--------|------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1      | God Creates the World<br>Genesis 1:1–2:3                   | God made the world in six days by the power of His Word. All creation is God's blessing to us.                                                                                                                                                       |
| 2      | God Creates Adam and Eve<br>Genesis 1:26–2:25              | God has made us in His image, provides all things for our good, and makes us rulers over the earth and everything in it.                                                                                                                             |
| 3      | Sin Enters the World<br>Genesis 3                          | Through Adam, sin spreads to all people. Through Christ, God offers forgiveness to all people.                                                                                                                                                       |
| 4      | Cain and Abel<br>Genesis 4:1–16                            | Even though Cain sinned, God still loved and preserved him. Even though we sin, God, in Christ, still loves and preserves us.                                                                                                                        |
| 5      | Noah and the Flood<br>Genesis 6:1–9:17                     | In the flood, God destroyed sinful people. God's Son, Jesus, destroyed sin, once and for all, through His death and resurrection to give life to sinful people.                                                                                      |
| 6      | God's Covenant with Abram<br>Genesis 12:1–9;<br>15:1–6; 17 | God chose Abram (Abraham) and gave him faith to trust His promises to save His people. God gives us faith in Jesus, our Savior.                                                                                                                      |
| 7      | Abraham's Visitors from Heaven<br>Genesis 18:1–15; 21:1–7  | God came to Abraham with the promise of a son. Abraham's descendant, our Lord Jesus, comes to us in Word and Sacraments, telling us that in Him all things are possible.                                                                             |
| 8      | Abraham and Isaac<br>Genesis 21:1–7; 22:1–19               | God provided a ram as a sacrifice for Abraham and Isaac. He provides the perfect sacrifice for our sin: His Son, Jesus, the Lamb of God.                                                                                                             |
| 9      | Isaac and Rebekah<br>Genesis 24                            | God worked His plan of salvation through the lives of Isaac and Rebekah. God's plan for our salvation is fulfilled through Jesus, their descendant.                                                                                                  |
| 10     | Jacob and Esau<br>Genesis 25:19–34;<br>27:1–40             | God worked through Jacob and Esau, despite their sin, to advance His plan of salvation. In spite of our sinful actions, God accomplishes His will and plan for our lives.                                                                            |
| 11     | Jacob's Dream<br>Genesis 27:41–28:22                       | God revealed the certainty of His presence now and forever to Jacob in a dream. God reveals Himself and His plan of salvation for us in His Word and Sacraments. We respond with praise and worship.                                                 |
| 12     | Jacob's Family<br>Genesis 29:1–30:24                       | Through Jacob's family, God brought forth the Savior, Jesus Christ, who endured lies, deception, and the schemes of sinful mankind to work our salvation on the cross.                                                                               |
| 13     | Esau Forgives Jacob<br>Genesis 31:3; 32–33                 | Though Jacob was sinful and deceived his brother, God preserved his life and reconciled him with his brother, Esau. Through His Son, God preserves our lives. Jesus overcame sin and death on the cross to win our forgiveness, life, and salvation. |



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# Worlds of Creativity

## Lesson 1

### God Creates the World

Genesis 1:1–2:3

## Key Point

God made the world in six days by the power of His Word. All creation is God's blessing to us.

## Purpose

God is the Creator of this earth and of all the planets, stars, and galaxies around us. Created in His image (Genesis 1:26), human beings reflect His creative character. We draw, paint, sculpt, sew, build, and play music. We create in church, at school, in our homes, and in the workplace.

In this activity, students will make an "earth" from a balloon, using baking soda and vinegar. Use the activity to engage them in a discussion about our awesome Creator God, who has made the heavens and the earth.

## You Need

- ☐ White vinegar
- ☐ Baking soda
- ☐ Soda bottle
- ☐ Balloon
- ☐ Funnels (2)
- ☐ Spoon

## Do This

Using a funnel, pour about two inches of vinegar into the bottle.

Fit a balloon around the base of the second (dry) funnel. Spoon baking soda into the balloon until it is about half full.

Remove the funnel and fit the balloon around the mouth of the soda bottle, making sure the baking soda remains in the bottom of the balloon and doesn't fall into the bottle.

Tip up the balloon to let the baking soda fall into the soda bottle all at once. Observe what happens.

## Understand It

Mixing baking soda and vinegar creates carbon dioxide gas—the same bubbles you see in soft drinks. Gas needs room to spread, so the carbon dioxide fills the bottle and then moves up into the balloon, inflating it.

## Make the Point

**Ask** Are you creative? What do you do to show your creativity? Accept answers.

Children might say they like to draw or paint. They might like to write or play music. Older children might like to make videos or sew clothes.

**Say** Some forms of creativity—like science—can lead to amazing discoveries. Today, we talked about how God created the world. Let's try a little experiment now and create our own "earth." Do experiment.

**Ask** What just happened? **The baking soda and vinegar create a gas that made the balloon expand.** That was pretty cool, wasn't it? But we still used the "stuff" that is part of our world to "create" our earth. Whenever we create something, we are using the things around us to fashion something new.

How is this different from how God created the world? **God showed His awesome creative power through His words. He simply spoke, and it was so.**

**Say** God starts at the beginning and speaks light into existence. He forms His creation, and then He fills it.

**Ask** What do you see around you that God created? **Children might mention what they see in nature—trees, flowers, oceans and beaches, sky, sun, moon, or stars. They might mention animals, like their pets or animals they've seen on a farm or at a zoo or an aquarium. They might say they've seen an owl or a starfish or a grasshopper. They might point to themselves!**

**Ask** What differences do you see in God's creation? Accept answers.

**Say** The diversity of God's creation is mind boggling! Even the smallest creature reflects God's creative touch. Think of the bright colors of a tree frog or the intricacy of a spider web. Look around and see how each of us differs—we all have the same features, but we don't look alike. We're tall or short with a round or narrow face. Our eyes are blue or brown; our skin is pale or rich in color. Yet, God created each of us!

The universe is endlessly diverse, and humans, as the crown of God's creation, are wonderfully creative! It is all part of God's design: "God saw everything that He had made, and behold, it was very good" (Genesis 1:31).

All of God's creation is meant to draw us to God: "Worthy are You, our Lord and God, to receive glory and honor and power, for You created all things, and by Your will they existed and were created" (Revelation 4:11).

What a blessing it is to us that we can look around us and find delight in His creation. To run in the grass, to look up at the stars, to swim in a lake, to taste a strawberry, to hear an orchestra play—these are all God's gifts to us.

God also gives us a job to do. Let's read Genesis 1:28–30 to find out what it is. Have a student read the verses.

**Ask** What is our responsibility toward God's creation? **We are to take care of it.** What are ways we do that? **We recycle, pick up trash, care for animals, do not pollute or waste resources.**

Do we do that the way God intends? **No.**

**Say** God made us caretakers of His world. The earth and everything in it are ours to use, not abuse. But because we are sinful, we fail miserably at doing our job. But there is good news.

**Ask** What is it? **God sent His Son to live a perfect life for us and then suffer and die on the cross to pay for our sins.**

**Say** When Jesus rose again, it was God's affirmation that He accepted His Son's payment on our behalf. Because of Jesus, God our Father and Creator forgives us and welcomes us as His children.

By His resurrection, Jesus also gives us the promise of eternal life with Him in a new creation. And He helps us in our task of being stewards of His creation in this life.

**Let's brainstorm ways we can be good stewards this week.**

Engage students in a discussion of something they can do to take care of the earth (e.g., pick up trash at a park, join a conservation group, volunteer at an animal shelter).

# Where Did That Come From?

## Lesson 1

### God Creates the World

Genesis 1:1–2:3

## Key Point

God made the world in six days by the power of His Word. All creation is God's blessing to us.

## Purpose

God created all things and still sustains them. Students will demonstrate this connection as they sort the various snack foods to match up with the day each type was created.

## You Need

- ☐ Plain paper plate for each child
- ☐ Ballpoint pens or permanent markers
- ☐ Containers of separate snack items: fruits, pretzels, cheese, nuts, fish-shaped crackers, candy, bite-size salami pieces
- ☐ Toothpicks or plastic forks, cups, napkins
- ☐ Water, juice, or other drinks

## Do This

Before class, prepare assorted bite-size snacks so that each container has only one type of item: veggies, dip, strawberries, apple slices, peanuts, pretzels, fish-shaped crackers, cheese cubes, salami chunks, and so forth.

Put the snacks and utensils on a desk or table.

Hand out paper plates and pens.

**Say** In the First Article of the Apostles' Creed, we say, "I believe in God, the Father Almighty, maker of heaven and earth." How many days did God take to make everything? **Six.**

Let's divide our plates into six pie-shaped sections to represent these six days. Try to make the spaces pretty even, but they don't have to be perfect. Show students how to draw the lines on their plates.

**Say** Okay, now write around the rim of the plate and label each section for a day of creation: write **Day 1, Day 2, all the way around to Day 6.** Caution students not to write in the main part of the wedge where their snacks will go. **Let's also write what was made on each day.**

**Ask** Who remembers what God made on Day 1? **Heavens and earth, water, light, dark.**

For each day, help students write simple key words for what God created. If they get stuck, have them read the text again. If you are pressed for time, give them the answers:

Day 2: sky

Day 3: land, seas, plants

Day 4: sun, moon, stars

Day 5: sea creatures and birds

Day 6: land animals and humans

## Make the Point

**Say** God didn't create everything to last only one day; He made the world in a way that each thing He created built on His previous work. So in the first three days, He formed His creation. In the next three days, He filled it. And He continues to preserve it! That means God still loves us and cares for us and all of His creation!

**Ask** What are some ways He takes care of us? **He provides for our needs by giving us food, shelter, clothing, education, family, and jobs.**

**Say** One way God provides for us is by giving us food. The food we'll enjoy today comes from different days of creation. Before we have our snack, I have a challenge for you. I want you to pick out your treats and then see if you can sort them on your plate into the "Days" that they go with.



Line the students up at the snack area and help them think through on which day their treats originated. Tell them that the fish-shaped crackers represent real fish. As they choose their snacks, they should try to put each type of food into the appropriate “Day of Creation” on their plates:

Water: Days 1 or 3 (water)

Veggies, fruits, nuts, pretzels (grain), candies (sugar beets or sugar cane): Day 3 (plants)

Fruit juice: Day 3 (plants)

Fish-shaped crackers: Day 5 (representing “fish”)

Cheese, creamy dips, milk, and salami: Day 6 (they all come from animals)

**Say** When you have your snacks, go back to your places. Let children return to their seats. **These snacks look pretty yummy, and you did a good job of figuring out which day they come from. God gives us good things like food and clothing and a home and family.**

**Ask** But are we always thankful for God’s blessings to us? **No, our sinful nature is often unappreciative. We complain. We misuse our gifts. We waste our resources.**

**How does God respond? He forgives us for Jesus’ sake and helps us to live as His children.**

**Say** Let’s thank God for His blessings.

**Pray** Dear heavenly Father, thank You for creating everything and continuing to provide us with everything we need. Help us take good care of what You have made. We especially thank You for sending Jesus to be our Savior. Amen.

*Note:* Older students may be interested to note that the energy, light, and heat needed for growth and other processes were created already on Days 1–4. God gave permission to eat meat after the flood.



# Caring for the World God Made

## Lesson 1

### God Creates the World

Genesis 1:1–2:3

### Key Point

God made the world in six days by the power of His Word. All creation is God's blessing to us.

### Purpose

God created the world and everything in it and gave Adam dominion over all that He had created. As Adam's descendants, we have the responsibility to care for God's creation. Engage students in beautifying your church or community.

### You Need

- ☐ Small outdoor or indoor plants, such as marigolds, philodendron, or herbs (basil, lavender)
- ☐ Pots, if plants will remain indoors
- ☐ Potting soil
- ☐ Plant food
- ☐ Gardening tools
- ☐ Paper, markers, tape & other art supplies

### Do This

If your church has an outdoor flower bed, ask permission to plant marigolds or other flowers in your growing zone to beautify the area.

Work plant food into the soil before planting flowers.

After planting, water the plants.

If no appropriate outdoor area is available, plant flowers, green plants in pots, or herbs, and place them in the windows of your classroom or a fellowship area of the church.

Give students paper, markers, and art supplies to create a flower picture for your classroom.

*Option:* Contact shut-in members or those in your church family or community who cannot garden but would enjoy having some flowers. Have students plant flowers in large pots to deliver to these people, or arrange adult workers to drive and supervise teams of students in planting flowers at the homes of these people.

### Make the Point

**Ask** What are some of the things God made when He created the world? **Allow for a variety of answers, including plants.**

**Say** Yes, God created everything in the universe. He made nonliving things, like the sun and stars, rocks and water, and He made living things, like plants and animals. God takes care of all of the things He made, and He works through people to do so. God gave Adam and Eve the responsibility of helping to care for His world. Today that is our responsibility too.

**Ask** Can you think of some ways we can help take care of God's creation? **Recycling, turning off lights or appliances not in use, cleaning up trash, caring for plants or animals, reducing our use of natural resources, and so forth.** Encourage a variety of answers.

**Say** God gave us dominion over the plants and animals. What does that mean? **We are to care for His creation, to rule over it with love and concern.**

**Ask** How do we do this? **We care for God's creation when we use the things He has made wisely and look after what God made. We feed our pets and give them a good home. We recycle to reduce waste. We pick up trash to keep His world beautiful. We plant flowers and other green plants and take care of them.**

**Say** Today, you will plant some flowers or green plants at our church to remind everyone who worships here of the beautiful world God created. If you have arranged to plant flowers for shut-ins, instead, describe what you'll do.

**Ask** Sometimes we don't take good care of the things God created, though, do we? We waste food or paper or energy; we throw our trash on the ground instead of disposing of it properly. When we misuse God's creation, we are sinning.

What is God's response when we don't take care of the earth? **He forgives our sins for the sake of Jesus, who died and rose again for us.**

What should we do when we sin? **We tell God we are sorry for this and all our other sins. We ask Him to forgive us for Jesus' sake and to help us take better care of His world.**

Hand out art supplies and paper.

**Say** Let's make drawings of the flowers or plants you planted today. You can cut out the flowers or plants on your drawings and tape them together to make a border for our classroom wall. The border will remind us to care for God's creation.