

Male and Female – God’s Wonderful Creation!

TFCA Sunday School (K-5) Lesson Plan – April 27, 2025

Introduction: Each year, Anglicans for Life sponsors a Sunday School lesson in Elementary students that emphasizes the value and dignity of each life and how God is at work in the earliest moments of our existence. This year’s lesson will explore verses from Genesis 1:26-28 and Genesis 2:15-24.

Lesson Takeaways:

- The Bible says each of us was created as a male or female (boy or girl) from the very start.
- Boys and girls are both created in the image of God, but are also different.
- God creates each boy or girl with their own talents, likes, and personalities.
- Babies are alive in the womb (Doppler/heartbeat demonstration).

LARGE GROUP WORSHIP SONG: God Created Man based on Scripture verse Genesis 1 ([Genesis 1:27 - God Created Man \(Hand Motions\)](#))

CLASS TIME

Once students are settled in the classroom, introduce yourself and explain that it is Anglicans for Life Sunday. Explain that on Anglicans for Life Sunday we always have a lesson about the value of all human life and learn more about how God created us.

SCRIPTURE LESSON

Remind the students about the song we sang in Large Group Worship. Have them open their Bibles to Genesis Chapter 1.

READ (or have a student read): **Genesis 1: 26-28**

Question: Why do you think this is in the Bible? (Listen to answers)

Teaching Answer:

For Younger Children: God wrote the Bible *very carefully* to say exactly what He wanted it to say.
For Older Children: God inspired the Bible using *very precise* words to say exactly what He means.

For All: The Bible could have said many things about people and what they were like. But verse 27 says three things – let’s read them together:

- God created man in His own image
- In the image of God, He created them
- Male and female He created them

We can know that God felt these were the important things He wanted us to know about people.

READ (or have a student read): **Genesis 2:15-24**

Question: Have any of you ever created or made something out of playdough or drawn a picture on paper? What does it mean that you created it? (Listen to answers)

Teaching Answer: When you create something, it means it was your idea and that you designed it the way that you wanted it to be. The Bible tells us that God created us. We were his idea and he made us.

Sometimes we imagine something to create or draw, but we don't draw it or sculpt it as well as we wanted to. Has that ever happened to you? That cannot happen to God because He is all powerful. We can know that God made people – male people and female people – exactly the way He wanted them to be.

VIDEO LESSON

Watch: [Baby Olivia Movie](#) (starting at second 25, after conception)

Look: Baby Model Cards on each table; compare 8 week to 10-12 week model

Worksheet: Watch me Grow! – glue pictures of developing child to correct age

DISCUSS: The Bible says we were created male and female. The Bible was written thousands of years ago. But as we learned more about human cells and things like DNA, guess what we discovered?! The Bible is right! From the very first second of our life, we were either a boy or a girl, right down to our very first cells. We have either XX (female) or XY (male) shaped chromosomes in our cells.

Additional information for questions: A chromosome is a thread like structure inside almost every cell of your body. In human beings, each cell nucleus has a special pair of (two) chromosomes. In girls, these threads are shaped like two Xs. In boys, these threads are shaped like an X and a Y.

Definitions: Embryo – first 8 wks (approx. mth 1-2); Fetus – wk 9 to birth (approx. mth 3-9)

Additional information for Baby Olivia Movie: Olivia grows inside her mother's uterus (also called womb) for 9 months before being born. She gets food and oxygen through the umbilical cord. Some fun facts mentioned in the movie - heart starts beating after 3 weeks; when very little, baby can jump around in the womb; at 10 weeks we are made up of 1 billion cells; quickening is when the mom can first feel the baby kick; we can see light with our eyes in the womb.

VISIT

At some point, the pregnant couple will come into the class to do a heartbeat demonstration with a Doppler ultrasound. Because the couple is traveling from room to room, we cannot predict when they might arrive so please be prepared to take a pause in the lesson for the heartbeat demonstration.

KEY POINTS TO MENTION: Have the dad share how he will help take care of the baby. Explain that the baby is already a boy or a girl – even if the mom and dad don't know yet!

Additional information: A doppler is a tool that sends out high-frequency sound waves. It picks up the baby's heartbeat in the womb/uterus and magnifies it so we can hear the beat. A baby in the womb has

a faster heartbeat than kids. Kids have a faster heartbeat than adults. The baby can hear sounds starting at month 5-6 (2nd trimester) and recognizes voices, especially the mother.

MALE AND FEMALE

Both men and women are created in the image of God, but they have differences. Here are some fun facts you can read:

Body Size - Men are generally taller and heavier than women

Body Composition – Male bodies have bigger muscles, female bodies have more fat (this is good; it helps them take care of babies)

Strength - Males have larger muscles and their muscle fibers are thicker – this makes men able to lift heavier things. This is especially true in their hands – men have significantly more grip strength than women.

Balance - Did you know that deep in your ear are structures that help you keep your balance? In men, these structures are slightly larger, and help them accurately gauge their environment.

Body Temperature - Women have a higher body temperature in the core part of their body, but a lower temperature on the surface of their skin. This might be why sometimes men and women disagree about whether they feel cold!

Brain – Male and female brains are different in many ways – and this affects the way men and women think. Both boys and girls have a left side of the brain and a right side of the brain. Your brain has all sorts of circuits and pathways where one part of your brain talks to another part. In the average female brain the left side and right side of the brains talk to each other more frequently. In male brains each side of the brain talks more from its front to its back on its own side.

Thinking – Because of the differences in how male and female brains work, they think in different ways. Girls remember words and conversations well. They think more about social situations. Boys are good at imagining directions and directing their bodies.

Talking – when speaking women use up to three times as many words than men

Takeaway: **Boys aren't better than girls. And girls aren't better than boys. But we are *different*, just the way God wanted us to be.**

WHITEBOARD ACTIVITY: MEN and WOMEN of the Bible

Preparation: Place pictures of the following Biblical figures on the whiteboard. (see below)

Say: The Bible tells us about the lives of many men and women. God made each of us each unique, with special gifts and personalities. Let's look at some people in the Bible and talk about what they were like. (see if students can identify each picture, write names underneath if necessary).

David, a man – a strong king, warrior (fought giants), soldier, leader. He also wrote poetry and songs, played the harp, cried and got depressed. He had a best friend whom he loved (Jonathan).

Deborah, a woman - a prophetess, a judge, people came to her for advice. She was an encourager of Israel's general, songwriter

Lydia, a woman – merchant of purple cloth suggests that she was a woman of some wealth and independence. Purple cloth was expensive and typically worn by the elite, indicating that Lydia was likely a successful businesswoman. She provided hospitality and supported Paul & his friends. Early Christians met in her home. She is the first recorded Christian convert in Europe (Turkey).

Esau and Jacob, both men & twins!Esau (hairy, skillful hunter) and Jacob (quiet, stay home, liked to cook). Jacob became patriarch/leader of 12 tribes of Israel

Esther, a woman – beautiful, brave (if I perish I perish – going before Persian king to save all the Jews from evil plot of Haman), wise/clever

Jesus (fully God but also fully human) – strong and gentle (loves children), he cried (Lazarus tomb), protects (like a shepherd) and also nurtures, leader/King but also serves (washed feet). Expressed anger – talking with hypocritical Jewish leaders, clearing Temple with a whip.

Key Takeaway: Men and woman can have a variety of interests and abilities. It doesn't change whether they are a man or a woman.

WORKSHEET: I am Unique! (see below). Circle activities that you like to do. If there's something else you like to do, draw this in the bottom box.

OPTIONAL ACTIVITY: Listen to own heartbeat with stethoscope – slower than fetal heartbeat

TAKE HOME ITEMS (in Ziploc bag):

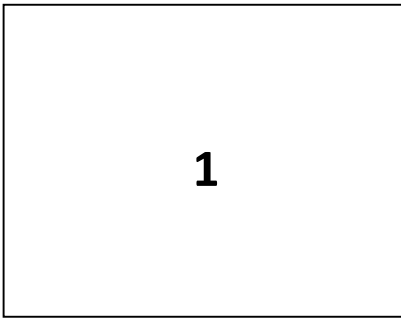
Ten week in-utero baby model if student wants one

Watch Me Grow Brochure

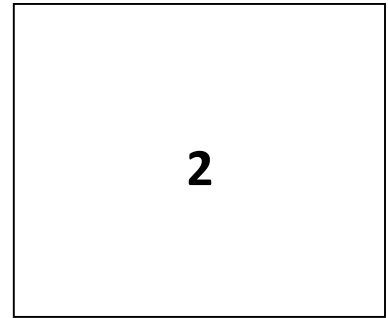
Parent Lesson Summary, including "Here are ways to reinforce lesson at home":

- Take home baby bottle to fill with coins to support Mosaic Pregnancy Center, with children's prayer guide
- Invitation to participate in Assist Pregnancy Center Walk Run Ride event on May 10 at Occoquan Regional Park. We have an Anglicans for Life team you can join.
- Borrow a book from our Family Resource Box

Watch me grow!



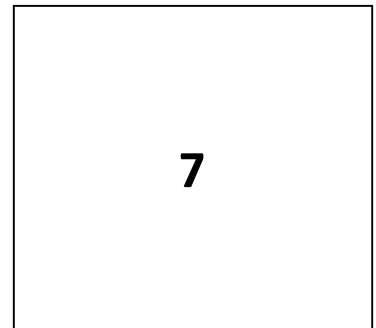
Month 1 – My heart starts beating. I’m growing so fast that I’m 10,000 times bigger than when I started!



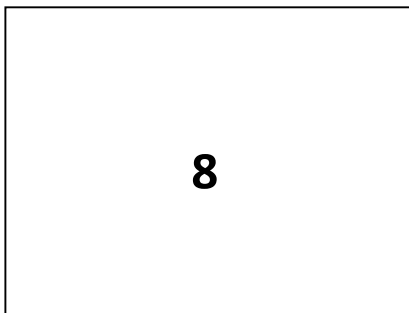
Month 2 – My fingers and toes form. My bones get hard. I can jump!



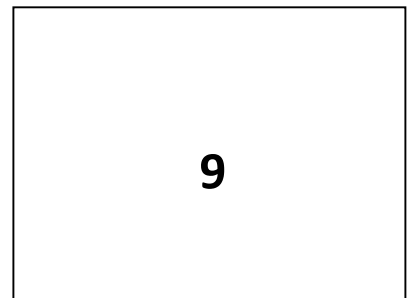
Month 4 – My taste buds work and my hair starts to grow. I show signs of dreaming!



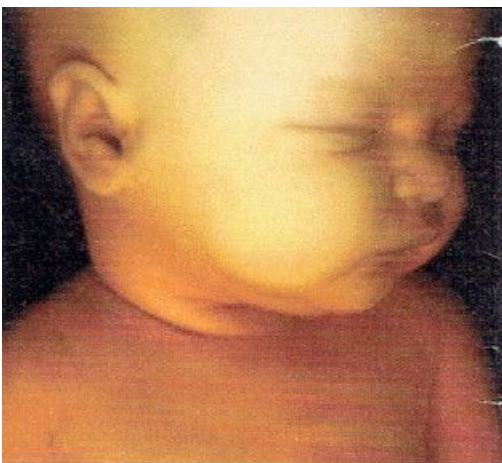
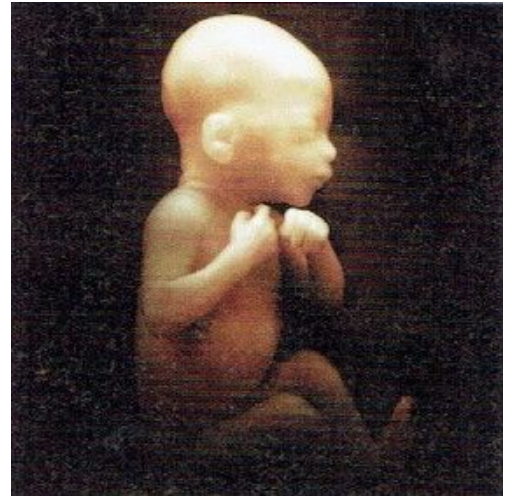
Month 7 – My eyelids open and close, and I can look around. I recognize my mother’s voice.



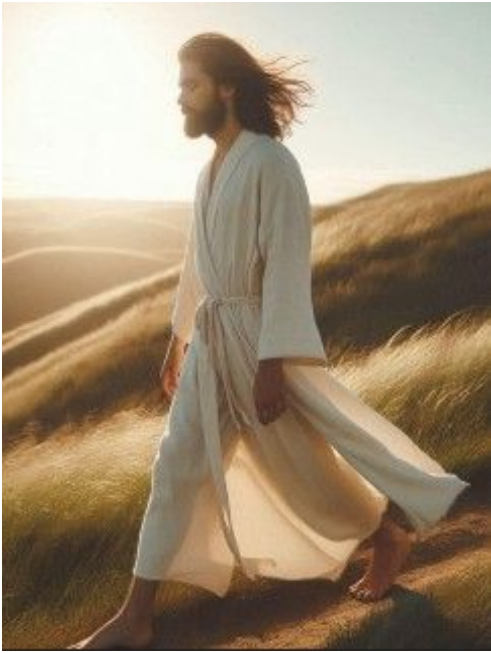
Month 8 – I am getting chubby. My lungs are ready to breathe air.



Month 9 – I am born. I will keep on growing for many more years!



Biblical Men and Women



I AM UNIQUE!

I am a (boy/girl) who likes to

