

DO YOU SEE GOD?

Do you remember the leading lines of the Superman movie from years ago? *“Faster than a speeding bullet, more powerful than a locomotive, able to leap tall buildings in a single bound.”* Well, I thought of this when I was reading up on the EYE! Take a look at it’s abilities...

*The eye captures and transmits over 80% of the info that is transmitted to our brain.

*Each eye is connected to the brain by over 600,000 nerves.

*These nerves in the eye send messages to the brain at 300 miles an hour!

*The eye receives 1.5 million messages at the same time, sorts them, and sends them to the brain.

*The retina covers less than a square inch and contains about 137 million light-sensitive receptor cells, 130 million rods (these allow the eye to see in black and white) and 7 million cones (these allow the eye to see in full color)

*In the average day, the eye moves about 100,000 times, using muscles that are among the body’s strongest. You would have to walk 50 miles to exercise the leg muscles an

equal amount. (Lyons & Butt, 2005) *Superman doesn’t hold a candle to our God!*

The makers of video cameras have tried to mimic the wonders of the eye. They have learned to make lenses, auto focus, variable light enhancers and playback. However, they will never be able to duplicate the awesomeness of the eyes that God engineered when He created us! Anyone who looks at a camcorder has to know that someone designed and created it. It didn’t “happen” by chance, it was made by a living, thinking creative being. GOD IS THE CREATOR!

To me, our eyes speak of God’s intelligence. His knowledge is so vast and unfathomable—that He has orchestrated all the systems of the universe, and all the natural laws that hold it together—(like the laws of gravity, law of thermodynamics, cause and effect). He has created systems within systems that were ordained by Him to sustain our lives. He has given us a vast array of beauty on this planet for our eyes to behold...so that we can know that HE IS GOD,

THAT HE IS GOOD,
THAT HE IS FAITHFUL,
HE IS ALL POWERFUL
ALL KNOWING
EVERYWHERE PRESENT.

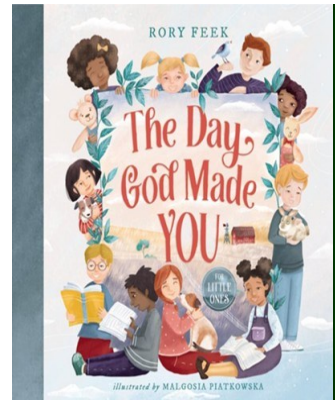
Yes, our eyes are just one example of this mighty God that we serve...SO... DO YOU SEE GOD? I hope that you do! And I can assure you —by the words of scripture, that HE SEES YOU!

“The Lord watches over your coming and going both now and forevermore.” Ps. 121:8

“He will not let your foot slip—He who watches over you will not slumber.” Ps. 121:3

Those who believe in the Lord can pray as David did: “Keep me as the **APPLE OF YOUR EYE!**” The Lord is watching over you with love, compassion and His great mercy and grace!

Be blessed today and rest in **HIS LOVE FOR YOU!**



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PSALMS 139:14 CRAFT
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WHAT IS PRAISE AND WORSHIP???

Do you have a difficult time trying to explain the HOW, WHEN AND WHY of PRAISE AND WORSHIP to your children? There is an easy way to do this! All kids know what it is like to receive a compliment... “You did a great job on that homework! You are so good at drawing!” These are the kinds of examples that you can use to help kids to understand PRAISE. We PRAISE GOD FOR THE ACTS THAT HE HAS DONE—PRAISE IS GIVING

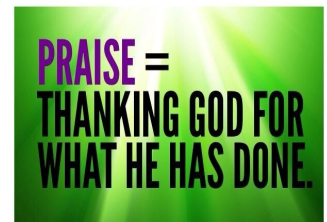
GOD COMPLIMENTS. “God I praise you that you have created the heavens and the earth and all that is in it. Lord, I praise you for dying on the cross to save me! “**PRAISE CAN ALSO BE A PART OF WORSHIP.**

WORSHIP SERVES TO HONOR AND EXTOL GOD FOR WHO HE IS. Worship comes from the heart to express to God that He is wonderful, that He is mighty, that He is loving and good,

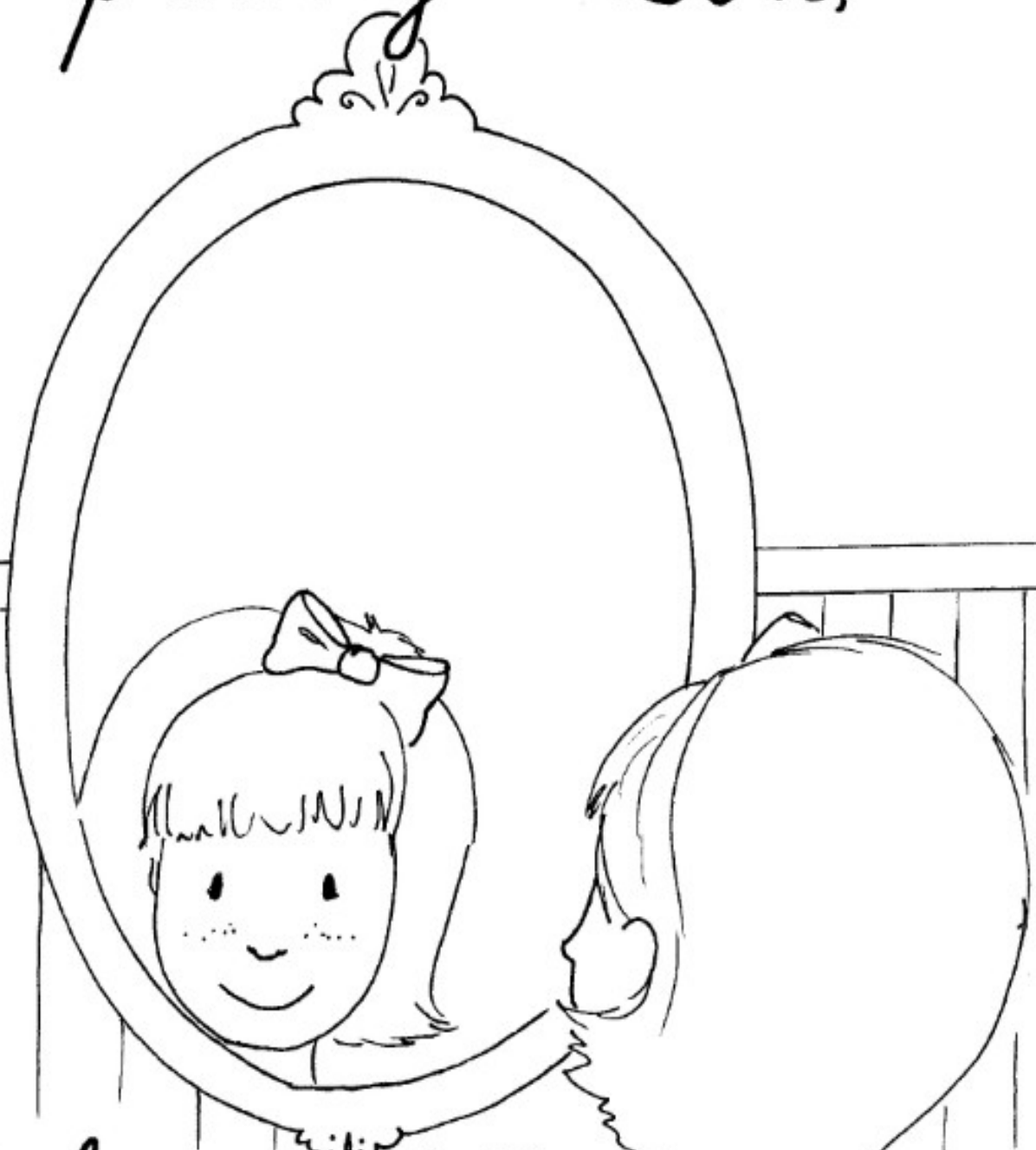
merciful and gracious. Praise and Worship can be expressed in so many different ways! We can sing, read scriptures, write out our praise and worship, draw pictures, dance unto the Lord, pray— to express our love and devotion to Him.

God delights in kids who PRAISE AND WOR-

SHIP HIM!



I praise you God,



for I am fearfully
and wonderfully
made. Psalm 139:14