

Day 37

I. Read Genesis 6:5-12.

- 5 The Lord saw how wicked the human race had become, and that every human thought was evil.
- 6 The Lord was sorry that he had made human beings on the earth, and his heart was deeply troubled.
- 7 So the Lord said, "I will wipe from the face of the earth the human race I have created—and with them the animals."
- 8 But Noah found favor in the eyes of the Lord.
- 9 This is the account of Noah and his family. Noah was a righteous man, blameless among the people of his time, and he walked faithfully with God.
- 10 Noah had three sons: Shem, Ham and Japheth.
- 11 Now the earth was corrupt in God's sight and was full of violence.
- 12 God looked on the earth, and saw it was corrupt; for everyone had corrupted their way upon the earth.

II. Memory Verse

- 1 John 1:9
- If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. (KJV)

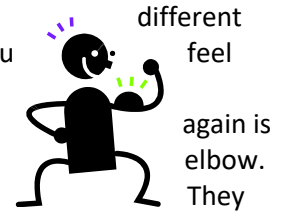
III. Language

- Spelling/Handwriting
 - words to know: animal, every, saw, eyes
 - spelling tips:
 - The word animal has three vowels but only two different ones.
 - The word every starts like your spelling word forever ends.
 - The word saw actually ends the way your spelling word away begins.
 - The word eyes has two letter E's and a Y. It almost looks like two eyes around a nose.
- Vocabulary
 - corrupt (verse 11)
 - being willing to do something wrong in order to get something for yourself (adjective)
 - An adjective describes a noun. The people are corrupt. Corrupt is describing the people.
 - How would you describe yourself? Words like cute, funny, loveable, and clever are all adjectives. They are words that describe.

IV. Lesson

- We're going to continue with muscles. We've gotten energy to the muscles by using stored ATP and by using glucose and oxygen to create more. Now what does that energy enable the muscles to do?
- Muscles move by *contracting*. The fiber bundles slide together, stacking up.
 - Scrunch up your face. How many different muscles can you feel contracting?

- Contract lots of different muscles in your body. How can you make the muscles at the base of your thumb contract?
- The opposite motion is when a muscle relaxes. Contract and relax muscles in your body. Feel your muscles with your hands. What do you happenening? Can you feel a muscle get shorter and longer?
- Maybe the easiest place to see your muscle stack up and then flatten in your biceps. That's the muscle you flex when you bend your
- Muscles move our bones, but they aren't attached to the bones. They are attached to something called *tendons*.
- Tendons are strong and flexible but they can't stretch. This combination allows them to be pulled by the muscle. It's attached to the muscle on one end and to the bone on the other end. When the muscle contracts and tugs on the tendon, it pulls the bone along with it.
 - This isn't an exact demonstration of how tendons work, but you could pretend your pen or pencil is a tendon. Two people can hold onto its two ends. One hand holding the pencil is the muscle and the other is the bone. The muscle contracts and pulls on the tendon. What happens to the bone?
 - Next time you are eating chicken drumsticks, look for bones, muscles and tendons. Tendons are the white strings you will find. The bone I'm sure you can find. What's the muscle?
 - The meat you are eating! The strings of meat are bundles of muscle fibers.
- Muscles don't have to be attached to bones. Can you find muscles in your body not attached to bones?
 - They can be attached to your skin which is how you can smile!
- You control the muscles we've been talking about, but you don't have control over all of your muscles. There are *involuntary muscles*, which are muscles that work instinctively, without your thinking about it. They work without you controlling them.
- Your heart muscles squeeze and pump your blood through your body without you having to think about it. Your muscles expand your rib cage and let in air so that you can breathe, without your thinking about it. Those are involuntary muscles.
- There are lots of involuntary muscles. Can you think of other things your body does without your thinking about it?
 - One way involuntary muscles work is to take the food you eat and get it through your body. Once you swallow your body takes over.
- Another way your muscles work involuntarily is by your *reflexes*. You can close and open your eyes voluntarily, meaning you can choose when you want to open and close them. But the same muscles can work by reflex, which is what happens when you blink. Your body does it without your having to think about it. It's a reflex God gave us to protect us. It protects our eyes.
- Can you think of any other reflexes you have?
 - Sneezing is a reflex.
 - You pull your hand away from something hot without having to decide you should.
 - What about your response to a tickle?
 - Shivering is also a reflex.
- Recall: What are involuntary muscles? What attaches muscles to bones?
 - muscles that work without us controlling them
 - tendons



- Explore more: Think about involuntary muscles as you go throughout your day and your voluntary ones. You use muscles constantly. Maybe you could watch a video about how muscle fibers get bigger and how they stack up and relax.

V. Discussion

- God called Noah's generation violent. How do you think God would describe your parents? How would He describe you?

VI. Writing

- Complete your worksheet for today.
- You are going to write adjectives, words that describe the nouns.

Day 77

I. Read Genesis 20:9-18. This is the continuation of the story of Abimelech taking Sarah.

- 9 Then Abimelech called Abraham and said to him, "What have you done to us? And how have I sinned against you, that you have lied to me?"
- 10 And Abimelech said to Abraham, "What did my kingdom do against you, that you have done this thing to us?"
- 11 Abraham said, "I thought that you didn't fear God and that you would kill me because of my wife.
- 12 Besides, she actually is my sister, the daughter of my father, but not the daughter of my mother, and she became my wife.
- 13 I asked Sarah a favor, to tell everyone that I am her brother."
- 14 Abimelech then took sheep and oxen and male and female servants, and gave them to Abraham, and restored his wife Sarah to him.
- 15 Abimelech said, "You may settle in my land wherever you please."
- 16 To Sarah he said, "I have given your brother a thousand pieces of silver; it shows that you have not committed any sin and before everyone you are cleared of any wrongdoing."
- 17 Abraham prayed to God, and God healed Abimelech and his wife and his maids, so that they had children.
- 18 For the Lord had closed all the wombs of the household of Abimelech because of Sarah, Abraham's wife.

II. Memory Verse

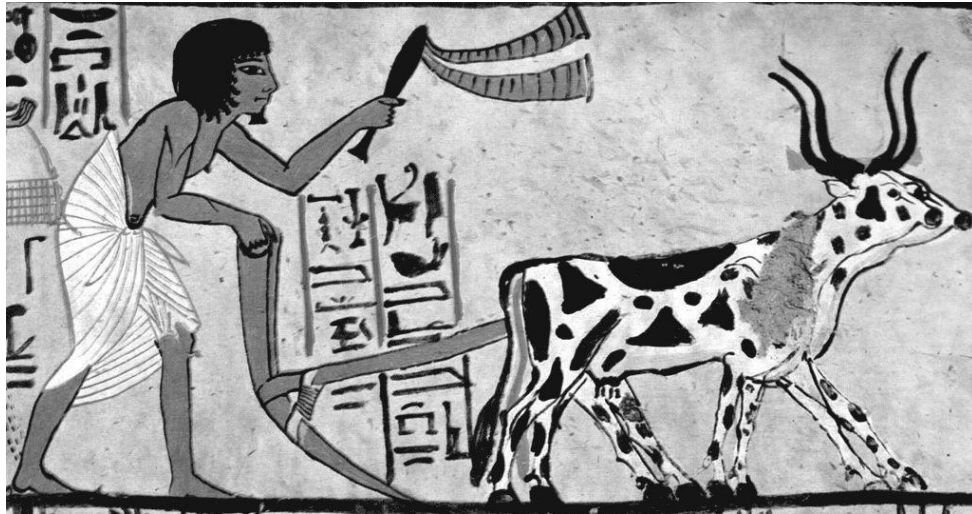
- 2 Peter 3:9
- The Lord is not slow about His promise, as some count slowness, but is patient toward you, not wishing for any to perish but for all to come to repentance.

III. Language

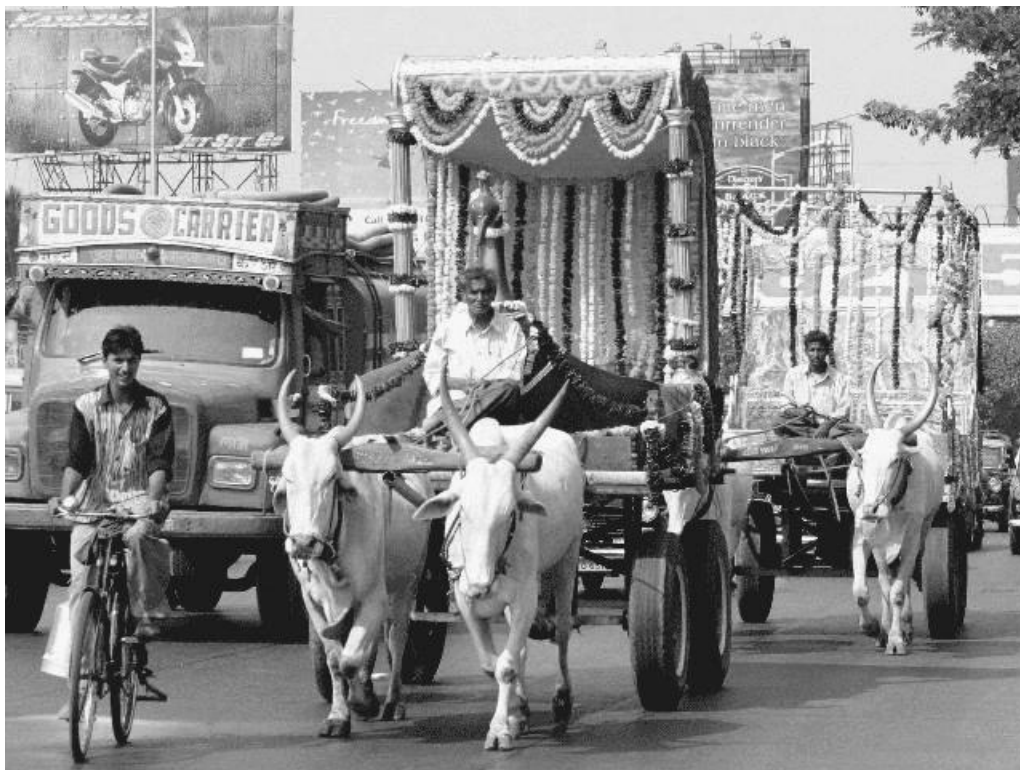
- Spelling/Handwriting
 - words to know: thousand, please, clear, sister
 - spelling tips:
 - The word thousand has the word sand at the end of it. It starts with the word thou. The vowel sound is the same spelling as in the word out.
 - In the word please, there is a silent E, but there are also two vowels making the E sound. It's the same vowel spelling pattern as in the words each and beast.
 - The word clear has that same E sound spelling pattern. It ends just like your spelling word year.
 - The word sister ends just like water.
- Vocabulary/Grammar
 - restore (verse 14)
 - to bring something back to its normal condition (verb)

IV. Lesson

- Today we're going to learn about one of the animal gifts Abraham received, oxen.
 - The first thing that comes to mind when I think of oxen is the Oregon Trail! When my kids would act out the Oregon Trail, some kids would always have to be the oxen.
- Oxen is the plural of the word ox. They are related to cows; they are kind of like cousins. We don't eat them, though, like most of us do cows. We use them for work.
- Look at this ancient drawing of oxen and then a modern picture of them being used.



- Below is a picture from India. (By Antônio Milena/ABr. [CC BY 3.0 br (<http://creativecommons.org/licenses/by/3.0/br/deed.en>)], via Wikimedia Commons)



- How are oxen used?
 - They are used in farming. Even today they are used to pull ploughs like in that drawing.
 - They are also used to pull carts.
- This isn't from our reading today, but I mentioned the Oregon Trail. It was one place where oxen were used to pull loads.
- In the first half of the 19th century, the US government was interested in opening up the western part of the country. About a third of what we know as America had just been bought from France in a trade known as the Louisiana Purchase. The new land covering the entire center of the country needed to be explored and settled.
 - Take a look at the map showing America at the time of the Louisiana Purchase. It's in the map book for Day 77. The original colonies along the east coast were states. Other areas east of the Mississippi River were considered "territories." Florida and much of the southwest belonged to Spain.
- The US government sent out a team to establish a colony in what was known as Oregon country.
 - It was a long road in between, literally.
 - The Oregon Trail from Independence, Missouri to Willamette Valley, Oregon covered about 2000 miles (3200 km).
 - Take a look at the Oregon Trail map for Day 77 in the map book.
 - Independence, Missouri is known as a jumping off point, or where people joined others to head off on the trail.
 - Consider that most people had to walk that distance; they walked halfway across America.
 - The oxen pulled their wagons full of supplies. They didn't carry people for the most part.
- The Oregon Trail was the path taken by those wanting to *migrate* west. Can you hear the connection between the words migrate and immigration? It's easier to see it than to hear it. To migrate means to move from one place to another, especially traveling a far distance and often to find work.
 - Early migrants to Oregon had to clear the path for others, again, literally. They chopped down what was in their way and made roads for the wagons.
- It wasn't only hard physically; it was a dangerous trip. Can you think of dangers they might have faced on the way?
 - The most common cause of death was disease.
 - Another common cause of death was accidents, especially gun accidents. People were accidentally shot or their guns malfunctioned.
 - Those travelling west were afraid of Native Americans, even though for the most part they didn't need to be. They bought and brought guns even if they weren't experienced in using them. Inexperience isn't the best idea around weapons.
 - But even with all that, the most dangerous part of the trip was crossing rivers. Can you guess why?
 - There were no bridges yet.
 - They would have to walk across the rivers or float across. Walking across could work if it wasn't too deep and if the water wasn't flowing too quickly. People could get swept away.

- To float across they balanced their wagons on rafts or canoes. It was difficult and not uncommon for a wagon to tip over and fall into the water.
 - Native Americans were hired to help with the crossings of either kind.
 - Oxen had to walk or swim to the other side. Sometimes Native Americans would help by pulling the front animals by reins so that the others would follow and they could help pull the load across.
 - This was dangerous for oxen as well and it was also possible for them to drown if the waters were too rough.
- Recall: Where was the jumping off point for the Oregon Trail? Are oxen cows? What makes them valuable?
 - Independence, Missouri
 - no
 - They pull heavy loads.
- Explore more: Learn more about the Oregon Trail. There are lots of stories. Why were they going west?

V. Discussion

- Abraham made an assumption about Abimelech that proved to be false. Abraham decided that Abimelech didn't have the fear of God, but we read about Abimelech's integrity before God. The problem with assumptions is that we often don't know they are wrong, or we don't find out they are wrong until later.
- Can you remember a time when you made an assumption? You probably make them all the time! Can you remember a time when you made a false assumption? What happened?
- How can you keep from making false assumptions?
- (Note: Another discussion topic is how God opens and closes wombs.)

VI. Writing

- Complete your worksheet for today. Make a drawing like the ancient one of the oxen. Your ox doesn't need to be farming.
- Then write a sentence about what your ox is doing.

Day 92

I. Read Genesis 23:12-16.

- 12 And Abraham bowed before all of the people there.
- 13 He spoke to the owner of the field so that everyone could hear, saying, "I will give the price of the field, accept it from me that I may bury my dead there."
- 14 He answered Abraham, saying to him,
- 15 "My lord, listen; a piece of land worth four hundred shekels of silver, what is that between me and you? Bury your dead."
- 16 Abraham listened and weighed out four hundred shekels of silver, commercial standard.

II. Memory Verse

- John 11:25
- Jesus said to her, "I am the resurrection and the life; he who believes in Me will live even if he dies."

III. Language

- Spelling/handwriting
 - words to know: price, could, bowed, standard
 - spelling tips:
 - The word price follows the rule that a C followed by an E has its soft sound.
 - The word could has the same vowel spelling pattern as your spelling words ground and sprout.
 - The word bowed has the same vowel spelling pattern as your spelling word now and power.
 - The word standard starts with the word stand and ends with ARD.
- Vocabulary
 - standard (verse 16)
 - accepted as normal, or a level of quality (noun, adjective)

IV. Lesson

- Silver is weighed out as a measure, "commercial standard." That means there is a standard weight used in selling.
- When my family lived in Istanbul, we had a bazaar set up on our street every Sunday. Poles held up tarps for blocks and two rows of wooden tables lined the two sides of the street. There were clothes and school supplies for sale, but the majority of the bazaar sold food. Some things were sold by item, for instance six TL (Turkish Lira) for one tub of butter, but mostly, food was sold by weight.
 - You would ask for a kilogram of apples or whatever you wanted to buy. Some would give you a bag and you would choose your own. Others would choose for you. Always look for the booths where you can choose your own!
 - They would put your apples on the one side of the balance scale.



- They would put their commercial standard weight on the other side of the balance.
 - Weights could be for a half kilo, or for one or two kilos. A kilo is short for kilogram. It's a little more than two pounds.
- Then there are two types of sellers.
 - One would throw in an extra apple to tip the scale in your favor. The heavier side will be lower than the other. They didn't want to wait for the scale to be perfectly balanced, but they made sure you got your money's worth.
 - The other type of seller would work really hard to balance the scale. They would take out the big, beautiful apple that you chose carefully, and they would grab a smaller bruised one and throw it in to balance the scale out. They wanted to make sure you didn't get more than you paid for.
- There's another experience that's common at the bazaar. It's *haggling*, discussing the price to try to get the best deal for yourself.
- If I was ever offered a price by a smooth talker like Ephron, I would have haggled. In many parts of the Middle East, it is expected. You aren't told the "real" price. They expect you to make a lower offer. In some places the tourist books will tell you to offer one third of the price you were told. So if they said 30 dollars, you would say 10. They would say 25. You would say 15. Then you could agree on 20.
 - It's not that simple of course. You go back and forth. They say what great quality it is. You say you can get it cheaper elsewhere. They say it's beautiful. You say there are others just like it.
- Sometimes they will be staunch on their price and then you have to decide if you want to pay it. Sometimes you will get the lower price and they will look defeated!
 - This reminds me of another Bible verse.
- Recall: What does it mean to haggle? What tool is used in weighing?
 - a scale or balance scale
 - to argue the price of something to try to get the better deal (or just a fair deal)
- Explore more: Make a balance. You could use a long spoon or ruler over a chair and try to get it to balance.

V. Discussion

- What type of seller would you be? Making sure it's even or tipping the scale in favor of the other person?

VI. Writing

- Complete your worksheet for today.
- You are going to create compound nouns. Compound nouns are when two nouns come together to form one word, like rain and bow making rainbow.
- Note: some answers could be ball/cone, cake, boy/girl, ball, ground/pen