# THE RAINBOW PROMISE



I CAN THANK GOD FOR HIS PROTECTION AND TRUST ALL HIS PROMISES.

**MEMORY VERSE**

**"For my soul trusts in You; and in the shadow of Your wings I will make my refuge, until these calamities have passed by" (Psalm 57:1).**

## Word of the Week—Protect:

To keep someone or something safe.

**Challenge:** Look around your home for things that protect us. For example: What protects you from the rain? At the end of the week, ask yourself what these remind you of.

This week's lesson is based on Genesis 7:17–9:17; *Patriarchs and Prophets,* pp. 105-108; and *The Story of Redemption,* pp. 67-71. **Extra Reading:** *The Bible Story,* vol. 1, pp. 113-123.

☐ SUNDAY

# Rain, Rain, and More Rain

Safe inside the ark, Noah and his little family got used to their floating home tossing around and the steady rhythm of the pounding rain. It had rained for so long . . . How long did it rain? *Read Genesis 7:12.*

Inside their floating home they were dry and protected. God had kept them safe by designing the ark to float perfectly in raging waters. It had a roof that the water ran off, thick walls, and a tightly closed door. The ark had no big windows, so they were kept from seeing the loss of their neighbors and their old home. God lovingly protected them and saved them from the flood. In the same way He will someday save us from this evil world when we choose Jesus and the safety He offers us.

Noah and his family may have counted the days and nights eagerly. 1, 2, . . . 38, 39, 40! After 40 days God stopped the rain! In its place He sent howling winds to help dry up the water.

Then God guided the tossing ark into peaceful waters inside a group of mountains. Noah and his family were grateful that their home had stopped tossing and rolling; they surely wouldn't miss that!

**PRAY:** Thank God that He protects us when things get scary.

**DO:** Share your memory verse (say, write, sing) with someone who might not know God well.

## SERVICE CHALLENGE:

Think of a way your family could help protect others this week. Who needs help in your community? Parents may like to research such issues as: bullying, refugees, foster kids, local wildlife. Discover: What's the problem? Who is trying to make things better, and how? Then ask God for His help to show you how to join in.

## THINK . . . THEN TALK ABOUT IT

*How might you have felt in the ark during the storm?*

- *What would have helped you feel safe?* ***Read Psalm 34:7****.*



MONDAY

# Bird Messengers

Floating safely on the water, Noah and his family continued to care for all the animals. Can you imagine sharing a giant home with all those beautiful, licky, slimy, spiky, fluffy, squawky, growly animals? Which animals would you have loved to care for each day? The family faithfully looked after them all. They threw grain to the birds, cabbages to the hippos, and bananas to the moneys. They swept out the lions' area and shoveled out elephant poo. Some jobs were fun, and others weren't, but they faithfully did them all.

Throughout their busy days they waited and wondered . . . How long would it be until they could leave the ark? Weeks and months went by. Sometimes they must have felt tired of waiting. But they trusted God, for they knew He had a lot of water to dry up! How long did the water cover the earth for? Read Genesis 7:24.

That many days equals five long months. It was a good thing they had work to do and animals to love while they waited.

Then one day Noah released a raven. It circled back and forth but couldn't land because there were still tons of water everywhere. Then seven days later he let a white dove fly eagerly away. It flapped around, and then returned, a sign that it had nowhere to land. After seven more days of patient waiting, Noah let the dove go again. This time it returned with an olive leaf in its beak—there was dry land and growing plants somewhere out there! Then one week later it soared away and didn't return—it had found a new home.

This was happy news for Noah's family! The happy eight continued waiting, knowing that they too would soon leave the ark.

## Think . . . Then Talk About It

- *What chores do you do to help your family?*
- *How well, and how happily, do you do them?*

**Pray:** You may like to finish these sentences:
I'm thankful that . . .
Please help me . . .

**Do:** Read **Ecclesiastes 9:10**. Write this verse on a poster and decorate with pictures of jobs you do to help. What does it mean to "do it with your might"?

**Parent Faith Talk:** Share some jobs you have done in the past, those you enjoyed and those that weren't fun. Consider sharing positive feedback you received from those you worked with, and how it made you feel.

TUESDAY

# Waiting, Waiting, Waiting . . .

**PRAY:** Think of some things you need to wait patiently for. Ask God to help you wait for those things.

**DO:** Pour water on the ground outside to create a puddle. Time how long it takes for it to dry up. If you have time, sit and wait for it to happen. Imagine having to wait like Noah for the floodwaters to dry up!

The little white dove had found a place outside the ark to make a home. Noah wondered . . . If the dove was safe, what did the world look like now?

Noah just had to find out! So he "removed the covering of the ark and looked, and indeed the surface of the ground was dry" (Genesis 8:13).

Imagine Noah's delight! His eyes feasted on blue sky and mountain peaks. His family crowded around, needing to see the dry land and blue sky too. Excitement rippled through the ark. Soon they would all be free!

But "soon" was not "now," so they patiently waited. God had shut the ark's door, and God was the one who would let them out. Their job was to patiently wait. What promise does God give to those who wait for Him? Read or recite Isaiah 40:31.

We can be sure that Noah and his little family were blessed in all these ways because they waited patiently for God to let them out. God was allowing the land to dry out enough so that plants could grow, food could be gathered, and the family could survive outside the ark. By waiting, they were trusting God to protect them.

Then one day it happened. The big, heavy door creaked slowly open. What excitement! Eight happy people leaped to their feet and let the animals free. Running and hopping, flying and crawling, the restless animals surged out the door—all eager to sniff fresh air. The waiting was finally over! They ran out into the clean, new world.

## Think . . . Then Talk About It

- *Think of things that you have had to wait for. How good are you at waiting?*

Just like Noah and his family, we can trust God to help us wait patiently for things to happen or for people to help us. He knows the best time for things to happen.



**PRAY:** Touch each finger on one hand and think of something you can thank God for. Pray a prayer of praise and thanks for these five things.

**DO:** Build a little altar from stones or Lego® blocks. Write or draw things you are thankful for. Cut them out and place them on your altar. Thank God for these things.

**FOR YOU, PARENTS:** Thank you for the significant role you play in nurturing your child's faith and spirit of thankfulness. "Bring to Him, every day, offerings of joy and gratitude, in return for the power of His grace" (Ellen G. White, *Testimonies for the Church*, vol. 5, p. 574).

☐ **WEDNESDAY**

# Thank You, God

At last eight happy people left the ark! With grateful smiles and a spring in their step, they stood upon dry ground. Then they immediately set about doing the most important thing. It wasn't building a house, or cooking their dinner, or exploring what was over the hill. No, it was much more important than that. What did Noah do first when he got out of the ark? **Read Genesis 8:20.**

Noah and his family had so much to thank God for, and they wanted to do it in the way He had asked His people to, just as Abel had done. When an altar was built and the animals placed there, the little family gathered round. Kneeling together in a quiet huddle, they began to worship God. Grateful praise rose from their hearts and their lips as they thanked God for protecting them, saving them, and loving them through the roughest seas and the wildest storm.

God accepted the gift of their praise and thanks. He loved His faithful children, and He was happy they loved Him right back with their grateful hearts.

## Think . . . Then Talk About It

- *What would you have thanked God for if you had just left the ark?*
- *What do your family members do for you? Why not thank them right now!*

God loves it when we worship Him with thankful hearts. Just as Noah worshipped God first when he left the ark, our prayers can begin with thanks for God's blessings.





THURSDAY

# A Changed World

**PRAY:** Kneel down as Noah and his little family did beside the altar. Thank God for His blessings in your life, and that He gives us loving instructions.

Rising up from their reverent worship, Noah and his family now took the time to take a good look around. Shocked by what they saw, they sadly shook their heads. Gone was the beautiful world they had known before the Flood. In its place was a rough and barren landscape.

The raging waters had left the mountains jagged and bare and the land scattered with tree trunks that had snapped like matchsticks. Beautiful precious metals such as gold and silver were now buried deep under rocks and dirt. They would never sparkle on the surface of the earth again, as they had done in many places before.

**GO:** For a nature walk and look for proof of two things: the beauty of God's creation, and ways that sin has damaged or changed that beauty. Thank God that we can still see beautiful things.

Gazing at the ugliness surrounding them, their sad hearts now understood more of the far-reaching results of wickedness. First it had infected people's hearts, and now it left scars on their world.

God saw their sadness and He understood, for He must have felt it too. Washing the world clean of wickedness was a very loving thing to do; but even good things sometimes come with sadness. Not wanting them to sit with their sorrow, God did something special. What did God do? *Read Genesis 9:1.*

What a wonderful thing God did! God's blessing meant they had peace, joy, and a new start—because they had been faithful to Him. Noah knew what to do. With God's blessing upon them, they needed to have families of precious children, just as God had said. They needed to begin building meaningful lives in their changed world. It wouldn't be easy, but if they waited upon the Lord, He would renew their strength (Isaiah 40:31).

**DO:** Good will always exist alongside the bad in our world. Write, draw, or act out **opposites** for these words, and ask your family to guess what they are: hate, sadness, darkness, doubt, war, loneliness, fear.

## Think . . . Then Talk About It

- *God did not leave Noah and his family alone. He even blessed Noah and his family. How does God bless you and your family?*



☐ FRIDAY

# A Rainbow and a Promise

God's heart was bursting with His plan to share something very special with Noah and his family! It was a beautiful thing they had never seen before, and He knew how much they would love it. What was the special thing God shared? *Read Genesis 9:13.*

What an awesome way for God to speak love to His children! The sudden burst of color blazed in a big arch across the sky. They gazed up at it in awe. It was the first rainbow this world had ever seen.

But even more beautiful than the rainbow was the message of love it gave. It was God's way of telling them that He would never flood the whole earth again—*ever*! Every time the half circle of beautiful colors shone across the sky, it would remind them that God keeps His promises to love and care for His children. It was a lovely comfort to God's eight faithful people after the Flood had changed their world so much. Why did God send a rainbow as a reminder of His promise? *Read Revelation 4:2, 3.*

God was sending a very special little piece of heaven to earth and sharing it with His children. Close your eyes and imagine that beautiful rainbow around God's throne. Describe it. Won't it be awesome to be there and see it one day!

## Think . . . Then Talk About It

• *Next time you see a rainbow, what will you think about?*

# Friday Night

## Share and Praise

There are seven colors in the rainbow. What are they, and in what order do they go? Draw a big rainbow and invite each family member to praise God for seven things that each color reminds them of.

## Family Journal

- What does the story of the Flood tell you about God?
- Retell your favorite part of the story. Share why it's your favorite.

## Pray

Thank God for the ways He shows you His love. Thank Him for the promise that you will see Him and the rainbow around His throne in heaven one day.

## Do

When sunlight hits tiny droplets of water, they bend the seven different colors of the rainbow and spread them out. Blow some bubbles and look for rainbows on them. Think about God's rainbow promise, and sing hymn no. 518, "Standing on the Promises," in *The Seventh-day Adventist Hymnal*.

SABBATH SPECIAL

# Faith Builders: A Global Flood?

The story of a great flood that covered the earth is found not only in the Bible; it's also found etched into nature itself. All over the world we can still see proof from science that a worldwide flood reshaped the land and seas, while Noah and His family were protected on the ark.

The Bible tells us that water burst forth from the deep (Genesis 7:11, 12), as well as coming from heaven. This "bursting forth" moved the earth's crust and shifted the land a lot. Earthquakes, tsunamis, and volcanic eruptions happen when the earth moves, so we can know that the earth would have changed really fast. When we look around the world, we see evidence (proof) of this rapid change.

There are continents (large areas of land) that look like they once fitted together but are now apart. Covering large parts of them are huge rock layers formed under water. People who don't believe in the Flood say these layers formed very slowly over millions of years, but the layers are firm, without soil falling away between them. Animals and plants were buried quickly in these rocks, forming fossils. Along with land animals, many fossils are of fish and other creatures that lived in water.

Scientists have found thousands of whale fossils in the driest desert in the world. These must have been buried very rapidly to become fossils.

Sometimes, animals such as dinosaurs died and rotted; then their bones were buried. But no dead animals can lie around for a long time before becoming fossils, because their bodies rapidly decompose (break down), even the bones, unless they are buried.

Satan wants to trick us into distrusting the Bible. But nature confirms the truth of God's Word. You can count on it!

