

Week 2: God as Creator and Sustainer

A Sabbath Family Bible Study

Scripture Reading & Commentary (KJV)

Genesis 1:1–31; 2:1–3

“In the beginning God created the heaven and the earth.” (Gen. 1:1)

Commentary:

All authority begins here. The Bible does not argue for the existence of God—it assumes Him and proclaims Him as the sole Creator. This is the foundation of all true knowledge. Everything in heaven and on earth, visible and invisible, came into being not by chance, but by divine command. This truth shatters the lie of evolution and declares that God alone has the right to define life, law, purpose, and morality.

“And God saw every thing that he had made, and, behold, it was very good...”
(Gen. 1:31)

Commentary:

God's creation was not only functional but beautiful, harmonious, and complete. His design includes light and darkness, land and sea, plants and animals, male and female—all in their place and role. The created order is not random but purposeful. Gender distinctions, reproductive roles, dominion, and rest are not cultural—they are creational.

“And on the seventh day God ended his work... and he rested... and God blessed the seventh day...” (Gen. 2:2–3)

Commentary:

God rested—not because He was weary, but to set apart the Sabbath as holy. This act models the divine rhythm of work and rest. The Sabbath is not man's invention but God's ordinance—a memorial to His creative authority and a sign of His covenant with man.

Colossians 1:16–17

“For by him were all things created... and by him all things consist.”

Commentary:

This passage reveals that Jesus Christ is not only the Redeemer but the very Creator and Sustainer of all life. The world continues to exist by His power. The wind blows, hearts beat,

crops grow, and the sun rises because Christ upholds all things. This means our lives are not self-sufficient—they are utterly dependent upon Him. Every breath is borrowed from His mercy.

Psalms 104:10–30 (selected)

“Thou sendest forth thy spirit, they are created: and thou renewest the face of the earth.” (v. 30)

Commentary:

This Psalm is a lyrical tribute to God’s daily governance of creation. He gives water to animals, causes grass to grow for cattle, brings food from the earth, and even appoints times and seasons. It reminds the family that God is not distant. He is involved in the details of life and delights in sustaining His creation. Nature is not a god—it is a servant of the one true God.

Discussion Questions for All Ages

For Young Children:

- Who made the animals, the stars, and the trees?
- What do you think God meant when He said creation was “very good”?
- Why do we rest on the Sabbath?

For Older Children/Teens:

- Why does it matter whether God created the world or not?
- How do you see God providing for His creation today?
- How does God’s order in creation reflect His character?

For Adults:

- What parts of modern life seek to deny or distort God’s role as Creator?
- In what ways does Sabbath rest honor the truth that God is both Creator and Sustainer?
- How does recognizing Christ as Sustainer affect our response to worry and anxiety?

Psalm or Hymn to Sing

Hymn: “All Things Bright and Beautiful”

This hymn celebrates the joy and intentionality of God’s creation. It teaches children and adults alike that nothing exists by accident. Singing it with reverence reminds the family that beauty is not random—it is divine design.

1. All things bright and beautiful,
All creatures great and small,
All things wise and wonderful,
The Lord God made them all.

2. Each little flower that opens,
Each little bird that sings,
He made their glowing colors,
He made their tiny wings.

3. The purple-headed mountain,
The river running by,
The sunset and the morning
That brightens up the sky.

Refrain:

All things bright and beautiful,
All creatures great and small,
All things wise and wonderful,
The Lord God made them all.

Family Application Points

1. **Rejoice in Creation**

After the study, spend time outside as a family. Point out the trees, birds, clouds, or stars, and thank God aloud for them. This cultivates wonder and reverence in young hearts.

2. **Honor the Order**

Reaffirm roles within the household as part of God's design. Fathers lead, mothers nurture, and children obey—not based on modern opinion, but on the creational order.

3. **Sabbath Celebration**

Prepare your Sabbath meal with intention. Just as God prepared creation for man, so the Sabbath meal can reflect abundance and peace. Let it be a visual and spiritual reminder that God provides and we are to rest in His provision.

4. **Daily Gratitude**

Begin a family practice of naming three things each day that God has sustained—whether it's rain, health, income, or unity in the home. This builds humility and dependence.

5. **Combat Evolutionary Lies**

Discuss how belief in a Creator changes everything. Show how schools and media often teach a godless origin—and why that leads to lawlessness and despair. Train children to defend their faith.



Closing Prayer

Almighty God, Creator of all things, we stand in awe of Your power and design. From the vast heavens to the smallest seed, You have made all things good and for Your glory. Thank You for sustaining us each day and for giving us rest in You. Forgive us for the times we forget Your hand in our daily lives. Help us to live in gratitude, reverence, and obedience. Let our home reflect the beauty, order, and joy of Your creation. Through Jesus Christ, by whom all things consist, Amen.