

high school



Lesson 10 / August 3, 2025

# Opening Our Eyes to God

By RLD Editorial Team

for use as

STEP 1



Lesson 10

**Focus:**

God reveals Himself  
to us.

Lesson 10

**Bible Basis:**

Psalms 19:1-14

Lesson 10

**Memory Verse:**

The law of the LORD is perfect, refreshing the soul. The statutes of the LORD are trustworthy, making wise the simple. The precepts of the LORD are right, giving joy to the heart. The commands of the LORD are radiant, giving light to the eyes.  
—Psalm 19:7-8

**Students will watch video clips about the importance of sleep and see that the created world reveals the Creator.**

**Materials:**

☐ Internet access

**Humans have always slept, but only in the past few decades have we begun to find out why, and how sleep affects our brains, bodies, and more. This is the subject written about in Dr. Matthew Walker's bestseller, *Why We Sleep*.**

Play the following short video clips for your students:

Video 1 [0:33]:

Why is Sleep Important? | Dr. Matthew Walker & Estée Lauder

<https://www.youtube.com/watch?v=eIEbYAx07Pk>

Video 2 [0:30]:

What Is Good Sleep? | Dr. Matthew Walker & Estée Lauder

[https://www.youtube.com/watch?v=7UbA5u\\_QXu8](https://www.youtube.com/watch?v=7UbA5u_QXu8)

Video 3 [0:47]:

4 Tips for Better Sleep | Dr. Matthew Walker & Estée Lauder

<https://www.youtube.com/watch?v=omSNidMXrjg>

➤ **What impact does it have to know something new about yourself after watching this video?** (Accept all reasonable answers. It may have practical implications—reason to sleep more—or cause a reaction of awe when realizing how complex and well-designed we are.)

**Studying the brain and body in relation to sleep reveals new insights about ourselves and our bodily systems. But that's just one example of the wonders of nature all around us.**

**As we experience these natural wonders, we can begin to understand and appreciate them. But could the natural world point to something beyond creation—could it even point us to the Creator?**

➤ **Do you enjoy learning about our bodies, nature, and living things? Do you find facts about the design of the created world to be random, useful, or speak to something deeper about our purpose on earth?** (Accept all reasonable answers. Many people find a sense of spirituality in nature, others investigate it scientifically, some are less curious about it.)

➤ **Has anything in nature ever caused you to consider God or God's design? Tell about that.** (Accept all reasonable answers. For some it is the complexity within even the tiniest of creatures, or the precision of conditions that make life on earth possible, that points them to a Creator. For others, it could be the vastness of the universe, or the colors in a sunset that draws them to God. Allow students to elaborate if they are passionate about a particular subject or experience. Be prepared to share your own answer.)

➤ **Regarding sleep, what do you make of the fact that God's Word also insists that we set aside specific time for rest, confirming our body's natural rhythms?** (Accept all reasonable answers. While all creatures sleep, not all Sabbath; God's provision for rest may remind us that God knows what we need and that God's commands are good.)

➤ **Relatedly, what does it mean to you that even your own body could reflect something of who God is and what God wills for us?** (Accept all reasonable answers. The heavens declare the glory of God, but as His creation, we do too. Remembering this may help us be more attentive to what we and others need and more accepting of who we and others are. Discovering God in the creation all around us may make God seem a bit more accessible to know.)

**Nature is beautiful and its complex systems are fascinating. More than that, nature is one of God's gifts that reveals something of God to all people. Another gift we have is Scripture—God's written Word—which reveals God to us in more specific ways. Let's find out more about how God reveals Himself to us.**

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

high school



Lesson 10 / August 3, 2025

# Opening Our Eyes to God

for use as  
**STEP 4** 

**Lesson 10**  
**Focus:**

God reveals Himself  
to us.

**Lesson 10**  
**Bible Basis:**

Psalm 19:1-14

**Lesson 10**  
**Memory Verse:**

The law of the LORD is perfect, refreshing the  
soul. The statutes of the LORD are  
trustworthy, making wise the simple. The  
precepts of the LORD are right, giving joy to  
the heart. The commands of the LORD are  
radiant, giving light to the eyes.  
—Psalm 19:7-8

**Materials:**

☐ None

**There is always more to learn about God. The appropriate response to God revealed is worship, which is just what David was doing in writing Psalm 19. But just as we all learn in different ways and come to know God in a variety of ways, there are many ways to worship. What type of worshiper are you?**

➤ **What are some ways to worship God through spoken words or music?** (Accept all reasonable answers such as praise music, poetry, prayers, teaching, preaching, or speaking.)

➤ **What are some ways to worship God through pictures and images?** (Accept all reasonable answers such as many forms of art and design which can bring understanding, inspiration, etc.)

➤ **What are some ways to worship God through physical activity?** (Accept all reasonable answers such as serving others, caring for creation, dance, or even exercise, as a time to pray or enjoy creation.)

➤ **What are some ways to worship God through written word?** (Accept all reasonable answers such as journaling or writing or poetry, notes of encouragement or advocacy, or even reading what others have written.)

Challenge students to choose one of these ways to worship God and grow in knowledge of God by worshiping Him for one of the attributes listed in our memory verse each day this week (perfect, trustworthy, right, radiant, pure, and righteous). Additionally, if your students have any opportunities to lead worship in the coming weeks (for example at youth group, on promotion Sunday, or a back-to-school festival) suggest using Psalm 19 as a theme and allowing students to

use their various worship responses as parts of the service, or make space to encourage those worshipping to respond in a variety of ways.

Close in prayer.

(We are not affiliated with and do not endorse any website or any other media listed on these pages. At the time of writing, we carefully review the referenced material and non-referenced web page content. However, due to the nature of the Internet, non-cited content on the website [including pop-ups, links, and ads] changes frequently and is beyond our control. Please review carefully before showing links in the classroom.)