

GOOD NEWS DAILY · STEWARDMOM

Mama, Does God Sleep? Does He Eat?

*A Four-Ring Curriculum on the Nature of God
and How We Are Made*

| "So God created man in His own image; in the image of God He created him." — **Genesis 1:27 NKJV**

Ages Birth–16 · goodnews-daily.com

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Two Questions. One Truth.

A five-year-old asked these questions at bedtime and at the dinner table. This curriculum takes them seriously — opening them up across all four rings with the same Hebrew thread running through every age.

BEDTIME

"Mama, does God sleep? The Bible says He who watches Israel never slumbers or sleeps — but Jesus slept on the boat. So which one is it?"

AT THE TABLE

"Mama, does God eat? Because we are made in the image of God — so if we eat, does He eat too?"

THE HEBREW THREAD — THREE WORDS, FOUR RINGS

צֶלֶם **tselem** (H6754) — Image. The functional likeness of God placed in us. Genesis 1:27.

נְשָׁמָה **neshamah** (H5397) — The breath of God specifically. The spirit part of us. Genesis 2:7.

נֶפֶשׁ **nephesh** (H5315) — Living soul. Not received — became. Body + neshamah = nephesh. You.

Same three words. Every ring. Deepening every time.

HOW TO USE THIS CURRICULUM

One ring per week — or run all four rings simultaneously if you have children across multiple age groups. Each ring stands alone. Start with your child's age.

Each day section takes 5–15 minutes. Nothing requires advance preparation except the Ring 3 Morning experiment (see the note on that page).

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GROWTH RING 1 · SANCTUARY
God Made You — All of You
Ages 0–3 · The Held Child

Theology travels through the body before it travels through words. The parent is the curriculum.

HEBREW THREAD

תְּלֵמָה tselem — God's image is in your baby. You are holding it right now.

נְשָׁמָה neshamah — God breathed His own breath into us. Breathe slowly over your child as you pray.

נֶפֶשׁ nephesh — The whole child. Not a soul in a body. All of them, fully. Hold all of them.

WONDER QUESTION

Before you begin — sit quietly for a moment. If God breathed His own breath into your baby — what is living inside them right now?

MORNING	Hold your baby's face. Say: 'God made your body. God breathed His spirit into you. You are a living soul — all of Him in all of you.'
MIDDAY	Sensory basket: a drop of honey on their lip (Prov 16:24 — the sweetness of good words), warm water at bathtime (God made your whole body and loves every part), your humming over them (Zeph 3:17 — He rejoices over you with singing).
AFTERNOON	Let them hold a smooth stone. Feel its weight and coolness. Say: 'God is our rock. He never moves. He is always here. Even when you sleep.' (Psalm 18:2)[Indoors: hold their hand over your heartbeat instead. 'God put life in here. He never stops watching over it.']
EVENING	Lullaby — sing slowly to any gentle tune: 'God made your body, small and true, God breathed His spirit into you, Body and spirit, soul as well — Three parts together, you're His to tell. He never sleeps who watches you, Close your eyes, He'll see you through.'

| *"I will praise You, for I am fearfully and wonderfully made."* — **Psalm 139:14 NKJV**

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GROWTH RING 2 · PARABLE
The Shepherd Who Never Sleeps
 Ages 4-7 · The Listening Child

This is the age of these exact questions. Teach through nature, story, and wonder — not explanation.

HEBREW THREAD

תְּסֵלֵם tselem — Find your reflection in still water. 'That is your image — tselem. God put His image in you.'
 נְשָׁמָה neshamah — Feel your breath. Now feel the wind. 'God breathed something like that into you — His own breath.'
 נֶפֶשׁ nephesh — 'Body and spirit together made you — you, fully you. That is nephesh. That is your name before God.'

WONDER QUESTION

Before you begin — ask your child: if God never sleeps and you are made in His image, what part of you do you think is most like Him?

MORNING	Verse chant — say together slowly three times: 'God made me — tselem. He breathed in me — neshamah. I am a living soul — nephesh. He never sleeps who watches me.'
MIDDAY	Nature Quest: Go to water — a creek, pond, or puddle. Find the exact line where water meets land (the shore). Give them a leaf as a boat. To cross from water to land it must pass the shoreline. Say: 'Jesus slept on water like this. His body needed rest. But God — the watcher — was on both sides of that line. Always.'
AFTERNOON	Story Play: Build a simple boat from sticks on the ground. Place a stone inside — 'This is Jesus, asleep.' Draw the storm in soil around it. Now build an arch of sticks above — 'This is God. Never sleeping. Always watching.' Ask: 'Who is keeping the storm from the stone?' Then: 'Who keeps you while you sleep?' [Indoors: use cushions and blankets on the floor. A pillow is the boat. A rolled towel is the storm. The ceiling above is God watching.]
EVENING	Reflection: Sit together. Return to the wonder question. Let it stay open. No rush for an answer.

| *"He who keeps Israel will neither slumber nor sleep."* — **Psalm 121:4 NKJV**

WONDER QUESTION

If God never sleeps and you are made in His image — what part of you do you think is most like Him?

GROWTH RING 3 · STEWARD
Three Parts, One Person
 Ages 8–11 · The Thinking Child

Give them an experiment, a problem worth solving, and a question worth defending. Let them discover — do not deliver.

HEBREW THREAD

תְּסֵלֶם tselem — If God is Spirit and has no body, how can the body carry His image? This is the question to investigate.

נְשָׁמָה neshamah — Distinct from ruach (ordinary breath/wind). God breathed neshamah — His specific breath — into Adam only.

נֶפֶשׁ nephesh — Man did not receive a soul. He became one. Body + neshamah = nephesh. You cannot separate what God joined.

MORNING

■ **PREPARE THE NIGHT BEFORE:** Place a raw egg in vinegar before bed. By morning the shell dissolves — only the membrane remains. **Field Investigation:** Show the naked egg membrane. Place it in pure water (it swells), then corn syrup (it shrinks). The membrane guards inner life — it decides what enters and leaves. **Connect:** just as this membrane protects what is inside, tselem means we carry something of God within — body, spirit, and soul together guard and express it. What happens to a cell when its membrane breaks down?

MIDDAY

Marketplace Logic — three parts to steward (1 Thess 5:23). Journal prompts: 1. Which of your three parts (body, spirit, soul) receives the most care this week? Give one example. 2. Which receives the least? What does that neglect look like? 3. What is one practical change you could make this week for the most neglected part?

AFTERNOON

Quill and Ink: Write one page — If Jesus is fully God and fully human, and God never sleeps while Jesus slept on the boat: which part of Jesus was sleeping? Which part was watching? Use tselem, neshamah, nephesh. No wrong answers. This is exploration.

EVENING

Kingdom Work: Clean the thresholds of your home — doorframes, window sills, the gate. As you work, pray Psalm 141:3: 'Set a guard, O Lord, over my mouth; keep watch over the door of my lips.' At the end, give one true word of gratitude to someone in the house. Nephesh expressed outward.

| *"Keep your heart with all diligence, for out of it spring the issues of life." — Proverbs 4:23 NKJV*

WONDER QUESTION

If man became a living soul — not received one — what does that mean about the relationship between your body and your spirit?

GROWTH RING 4 · HERALD
Image-Bearer — Now Teach It
 Ages 12–16 · The Teaching Child

The Herald ring turns receiving into giving. Real understanding shows itself in the ability to teach simply. Commission them.

HEBREW THREAD

תְּסֵלֶם tselem — Image means authority and responsibility. To carry God's image is to represent Him. What does that mean for how you live?

נְשָׁמָה neshamah — The breath that makes you alive is the same breath that commissions you. Vocation and life come from the same source.

נֶפֶשׁ nephesh — You are not stewarding your spiritual life. You are stewarding your whole self — body, spirit, soul, integrated and accountable.

MORNING	Declaration — speak aloud: 'I am tselem — made in God's image. I carry neshamah — His breath is in me. I am nephesh — body, spirit, soul, fully integrated. The God who never sleeps is watching over all three. I will steward what He placed in me.'
MIDDAY	Deep Inquiry — Isaiah 29:13: 'These people honour Me with their lips, but their hearts are far from Me.' If nephesh means you cannot separate body, spirit, and soul — is it possible to worship God with the lips while the spirit is absent? Write a 3-paragraph defence. Use tselem, neshamah, nephesh. Then: does your own worship ever look like this? What would honest worship of all three look like?
AFTERNOON	☛ TELL YOUR TEENAGER THE DAY BEFORE: 'Tomorrow I am going to ask you to teach something to someone younger — without notes. Think about it overnight.' Teaching Commission: Choose someone younger. Teach them — without notes — why Jesus could sleep on the boat AND God never stopped watching. Then teach them the three Hebrew words. Then teach them why the body matters, using Matthew 26:29 (Jesus saving the cup) and Luke 24:43 (Jesus eating after the resurrection). Afterwards: what did their questions teach you?
EVENING	Family Liturgy — close the week together: Parent says: 'Who made you?' All respond: 'God made me — tselem, His image.' Parent: 'What lives in you?' All: 'His breath — neshamah — lives in me.' Parent: 'What are you?' All: 'A living soul — nephesh — body, spirit, soul, all His.' Parent: 'Who watches over you?' All: 'He who keeps us neither slumbers nor sleeps.'

"And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul." — Genesis 2:7 NKJV

WONDER QUESTION

If tselem means you represent God in the world — what is one part of your life that does not yet look like His image? What would it take to change that?

This Week's Takeaway

We are made in God's image.

צֶלֶם · נֶשְׁמָה · גִּפְּשׁ
tselem · neshamah · nephesh

Image. Breath. Living soul.
Body. Spirit. Soul.
All three formed by Him.
All three held by Him.
All three watched over — by the One who never sleeps.

Genesis 1:27 · Genesis 2:7 · Psalm 121:4 · 1 Thessalonians 5:23

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