

## Unit Five

### God Cares for Man



"So Noah knew that the waters were abated from off the earth" (Genesis 8:11).

Noah and his family knew that God cared for them. When they thought of God's care, they probably thought of the strong ark that had kept them safe during the Flood. Or maybe they thought of the food and clothing God had provided for them.

You know that God cares for you. Does God's care make you think of His watching over you at night? Do you think of the father and mother He gave you? Do you think of the Bible He gave us?

All these things show you that God cares for you. In this unit, you will learn about one very special way that God protects you. You will study about your own wonderful body.

Think of all the cuts and bumps you have had since you were a baby. They have healed so well that you hardly ever think about them. If your body could not heal itself, today it might have cuts and black-and-blue spots all over it.

You are usually well because your body can fight sickness. But if God had not made your body this way, you would probably be sick all the time. You would have the flu, a cold, mumps, and many other illnesses all at once. Of course, you could not live very long if you were that sick.

In this unit, you can learn how to care for your body. You can do your part to stay healthy. Then you will show God that you are thankful for your body. We are glad that He takes care of us.

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##### For Your Inspiration

##### Better Than Gold

Better than grandeur, better than gold,  
Than rank and titles a thousandfold,  
Is a healthy body and a mind at ease,  
And simple pleasures that always please.  
A heart that can feel for another's woe,  
And share his joys with a genial glow,  
With sympathies large enough to enfold  
All men as brothers, is better than gold.

Better than gold is a conscience clear,  
Though toiling for bread in an humble sphere,  
Doubly blessed with content and health,  
Untried by the lusts and cares of wealth.  
Lowly living and lofty thought  
Adorn and ennoble a poor man's cot;  
For mind and morals in nature's plan  
Are the genuine tests of an earnest man.

Better than gold is a peaceful home  
Where all the fireside characters come,  
The shrine of love, the heaven of life,  
Hallowed by mother, or sister, or wife.  
However humble the home may be,  
Or tried with sorrow by heaven's decree,  
The blessings that never were bought or sold,  
And center there, are better than gold.

—Abram J. Ryan  
1838–1886