



The Table of Nations – Shem and Ham’s Descendants

Welcome to the Table of Nations

Shalom! Genesis 10, the Table of Nations, shows how Noah’s sons—Shem, Ham, and Japheth—became the ancestors of all people after the Flood (2348 BC). This lesson explores Shem’s and Ham’s families, who settled in the Middle East, Africa, and Asia, with unique traits. The number seven shows Elohim’s plan!”

Activity: Write: “What does the Table of Nations teach us?” (1 sentence).

The Flood and Noah’s Sons

After the Flood, Noah’s ark landed on Ararat. His sons—Shem, Ham, and Japheth—started new families. Genesis 10, the Table of Nations, lists their descendants. Shem’s family stayed in the Middle East, leading to Abraham. Ham’s family went to Africa and Asia.”

Activity: Circle: “Where did the ark land? A) Egypt B) Ararat C) Greece” (Answer: B).

Shem and Ham’s Descendants

Genesis 10:6 says, 'The sons of Ham: Cush, Mizraim, Phut, and Canaan.'
Genesis 10:22 says, 'The sons of Shem: Elam, Asshur, Arphaxad, Lud, and Aram.' They settled in:

Shem: Elam (Iran), Asshur (Assyria), Arphaxad (Abraham's line, Middle East).

Ham: Cush (Ethiopia), Mizraim (Egypt), Canaan (Israel), Phut (North Africa)."

Activity: Match sons to regions (e.g., Cush → Ethiopia, Arphaxad → Middle East).

Physical Traits of Shem and Ham's Families

The Table of Nations doesn't list traits, but history shows Noah's descendants in the Middle East had white skin and diverse hair/eyes. Ham's descendants in Africa and Asia established those civilizations after the flood. These traits show Elohim's diverse design!"

Activity: Draw a person with one trait (e.g., blonde hair, red hair, green eyes). Write: "This shows Elohim's plan because..."

Angels Calendar Project

The Angels Calendar tracks Elohim's plan. Draw Shem and Ham's families on your calendar page. Add a star for Shem's covenant and a river for Ham's lands. Write 'Shem = 340, Ham = 48.' Sing 'Seven Steps, Oh So Fine!'"

Activity: Draw and label the calendar page (template provided).

Quiz Time

Test what you learned!"

Questions:

1. How many sons did Shem have? A) 4 B) 5 C) 7 (Answer: B).

2. Where did Cush settle? A) Egypt B) Ethiopia C) Greece (Answer: B).
3. What traits do Ham's descendants often have? A) Light skin B) Darker skin C) Only blue eyes (Answer: B).
4. What is the gematria of "Shem"? A) 48 B) 340 C) 490 (Answer: B).

Instructions: Circle answers, check with answer key.

Reflection and Next Steps

The Table of Nations shows how Shem and Ham's families spread Elohim's plan with diverse traits. The number seven unites us all! Reflect: How do Shem and Ham's stories show Elohim's love?"

Activity: Write 1–2 sentences for reflection.

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