

# My Body: A Gift from God!

This lesson explores how God desires us to honor Him with the wonderful bodies He has given us. We'll discover that caring for our bodies and using them for good is an act of worship!

## Materials Needed:

- Bible (or selected verses printed: 1 Corinthians 6:19-20, Romans 12:1, Psalm 139:14)
- Large sheet of paper or whiteboard
- Markers or crayons
- 'Body Blessing Pledge' worksheet (template: "This week, I will honor God with my body by...")
- Optional: Pictures of people using bodies in positive ways (no direct image tags to be used in display)
- Optional: Building blocks or craft supplies for 'Temple' illustration

## Lesson Activities:

### Part 1: The Amazing Gift! (10 minutes)

**Teacher:** Wow, isn't it amazing what our bodies can do? Think about it! We can run, jump, sing, hug, see beautiful things, taste yummy food, and so much more! Who do you think gave us these amazing bodies?

Read aloud **Psalm 139:14**: "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

#### Discussion:

- What do you think "fearfully and wonderfully made" means? (Guide towards the idea of being made with great care, detail, and purpose by God).
- Our bodies are special gifts from God, and He has a wonderful purpose for them!

### Part 2: Temple Talk - Our Bodies are Special! (15 minutes)

Read aloud **1 Corinthians 6:19-20**: "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."

#### Discussion:

- What is a temple? (Explain it as a special, holy place dedicated to God).
- If our body is like a temple for God's Spirit, how should we treat it? (Brainstorm ideas: keep it healthy, strong, use it for good things, protect it).
- Optional Activity: If using building blocks, suggest building a simple 'temple.' Discuss how we would care for such a special building – keep it clean, strong, and beautiful. Relate this care back to our own bodies.

### Part 3: Brainstorm - How Can We Glorify God with Our Bodies? (20 minutes)

On a large sheet of paper or whiteboard, write the heading: "Glorifying God with Our Bodies."

**Teacher:** Let's brainstorm all the ways we can use our bodies to honor God and show Him we are thankful for this gift!

Guide the brainstorming with categories like:

- **Fueling Our Temple:** What does our body need to be healthy? (Healthy foods, water). How does eating well help us honor God? (Gives us energy to serve, learn, and be kind).
- **Keeping Our Temple Strong:** What activities keep our bodies strong? (Playing, exercise, getting enough sleep). How does being strong and rested help us? (Focus for learning about God, strength to help others).
- **Using Our Temple for Good:** How can we use different parts of our bodies to do good things for God and others?
  - Hands: Helping, creating, comforting.
  - Feet: Going places to serve, exploring God's creation.
  - Mouth: Speaking kind words, singing praises, sharing about God.
  - Mind (part of our body!): Learning God's word, thinking of ways to be kind, solving problems.
- **Protecting Our Temple:** What things should we avoid to keep our bodies safe and healthy?

Read aloud **Romans 12:1**: "Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship."

**Discussion:** How is taking care of our body and using it for good an act of worship? (It shows God we value His gift, we are dedicating it to Him, and we want to use it for His purposes).

#### **Part 4: My Body Blessing Pledge - Creative Application (15 minutes)**

**Teacher:** God has given us so many wonderful ways to glorify Him with our bodies! Now, let's think of one special way we can do that this week.

Distribute the 'Body Blessing Pledge' worksheet.

##### **Instructions:**

1. Think about all the things we discussed.
2. Choose ONE specific and achievable thing you will do this week to glorify God with your body. (Examples: I will choose a healthy snack instead of a sugary one; I will play outside for 30 minutes each day; I will use my hands to help with a chore without being asked; I will practice a song to sing to God).
3. Write or draw your pledge on the worksheet. You can decorate it too!
4. When you're done, if you're comfortable, you can share your pledge.

#### **Part 5: Conclusion & Prayer - Thank You, God! (5-10 minutes)**

**Recap:** Our bodies are amazing gifts from God, like temples for His Spirit. We can honor Him by taking care of them and using them for good things that please Him.

**Affirmation:** It makes God so happy when we use the wonderful bodies He gave us to glorify Him and to bless others!

**Closing Prayer:** Lead a short prayer, or invite the student to pray.

*"Dear God, thank you so much for our amazing bodies. Thank you for our hands that can help, our feet that can run, our mouths that can speak kind words, and our minds that can learn about You. Help us to remember that our bodies are Your special temple. Guide us this week as we try to honor You with the pledges we made. Help us to take good care of these wonderful gifts and use them to show Your love to the world. In Jesus' name, Amen."*