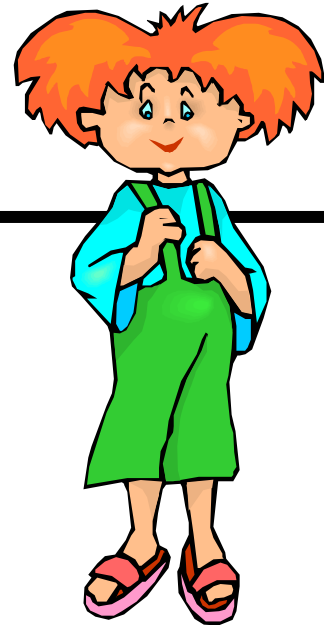


*Get Ready!***Precious in His Sight**

By: Linda Carlblom

**Text**

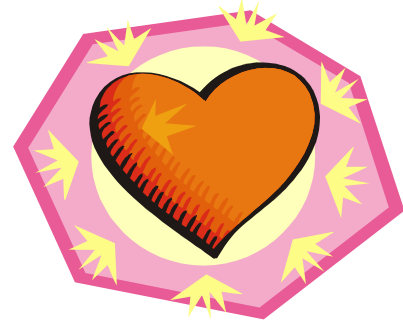
1 Corinthians 6:19-20

Key Quest Verse

“Honor God with your body.” 1 Corinthians 6:20

Bible Background

God in His Holy Bible makes clear the standard of behavior He expects of His children. He gives clear reasons for His expectations. If we accept Him as our Lord, we invite Him to live “in us.” God lives in us and we out of love and respect for Him and ourselves provide Him a clean place to stay. What we do, say, and think either creates an honorable and respectable abode for God or contrarily creates a foul and disrespectful place.

Get Ready!**Lesson Quest**

What I want my students to:

Know: God made us and lives in our hearts.

Feel: Valuable in God’s sight.

Do: Take care of their bodies.

Leader’s Devotion

There are many things we wouldn’t do when we’re in the church sanctuary. Many of us were taught not to run in church, not to take food or drinks in the church. We certainly wouldn’t use bad language or commit sins while under the church’s roof. Why? Because it’s God’s dwelling place and we want to treat it with utmost respect and reverence. Seldom do we treat our own bodies with that same reverence. But it too, is God’s dwelling place. How we treat ourselves is a reflection of how we feel about God. As you teach your little ones, remember to set an example of good health by taking care of yourself as much as you take care of others!

Get Set!

**Option A****GOD’S ADDRESS**

Materials: Models or pictures of a church and a person

Procedure: Hold up a picture of a church. **Who can tell me what this is?** Hold up the picture of a person. **What is this a picture of? What is the same about these things?** (Let children guess). **Both a church and a person are places where God lives!**

GO TO THE BIBLE STORY

Option B**TAKE CARE**

Materials: Vegetables, fruit, candy, chips

Story Tie-In: We need to eat healthy food to take care of God’s temple, our bodies.

Procedure: **Have you ever heard someone call something “junk food”?** What is junk food? (candy, food that’s not good for you, chips) **What do our bodies need to grow big and strong?** (healthy food, vegetables, meat, fruit, water, bread) **Is it important to take good care of our bodies? Why? Did you know God calls our bodies His temple or His house? We want to take good care of God’s house, don’t we?**

GO TO THE BIBLE STORY

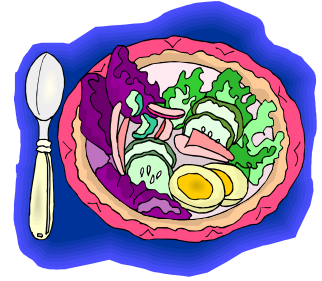


Get Set!**Bible Story**

Our Bibles tell us in 1 Corinthians chapter six that the people in a town called Corinth were not taking care of their bodies. They were using them to sin instead of to honor God. There are lots of ways even children can sin with their bodies. Can you think of any? (Hitting, kicking, spitting on someone, pushing) We know what is good and what is bad to do with our bodies, don’t we?

A man named Paul wrote a letter to the people in Corinth to tell them to quit sinning with their bodies. He said, “Don’t you know your body is a temple of the Holy Spirit?” What do you think he meant by that? (Let children respond). The Holy Spirit is God’s presence and power in our lives. He meant that God lives in our hearts and we need to keep our hearts clean for Him by doing good things with our bodies and taking good care of ourselves. Paul told the people to “Honor God with your bodies.” How can we do that? By eating healthy food, exercising and not sinning with our bodies.

Have you ever made a beautiful picture or art project and then someone came along and messed it up? How did you feel? That’s how God feels when we don’t take good care of ourselves. God made us and He loves us very much. He wants us to be healthy and strong. When you eat only junk food or never exercise, you are messing up God’s great masterpiece—YOU! So remember to take good care of your body and honor God so He can be proud of you, just like you’re proud of your beautiful art projects.

Go!**Salad Snack****FOOD**

Materials: Salad ingredients (lettuce, tomatoes already cut into bite-size pieces, grated cheese, raisins, sunflower seeds, anything that might go into a salad). Large salad bowl, small paper bowls for serving salad, salad tongs, salad dressing

Quest Connection

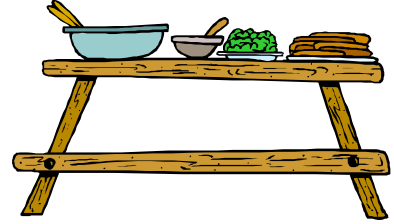
What would be something healthy we could make to eat today? How about a salad? Salads are a good choice of food to keep our bodies healthy for God.

Procedure: Have all ingredients pre-washed and cut for children to use. Have children wash their hands before making salad. Allow them to tear the lettuce, add the tomatoes, etc. Then toss with their hands or salad tongs. Add salad dressing to individual bowls if children want it.

Close

Let's thank God for living in us and loving us. Help us to remember to eat healthy so we can keep your temple clean and strong. Thank You for our salad. Amen.



Go!**Kitchen Play Center****GAME**

Materials: Plastic food, table, plates, etc.

Quest Connection

Let's see if you can make a healthy meal for your friends! We need to take care of our bodies to honor God with them.

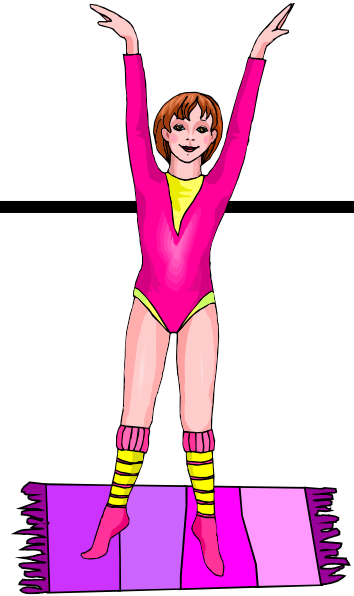
Procedure: Allow children to play in the kitchen center by setting the table and serving healthy foods to the other children.

Close

You did a great job! God is very happy to see you taking such good care of your bodies.

Go!**Exercise Time****GAME**

Materials: None

**Quest Connection**

One way we can honor God with our bodies is by making them strong by exercising!

Procedure: Lead children in some simple exercises.

1. Bend down and touch your toes
2. Touch right hand to left foot, and vice versa
3. Jumping jacks
4. Stretch right arm over head bending to the left

Close

God loves it when we keep our bodies (His house) strong!

Go!**Healthy or Junky?****GAME**

Materials: Plastic food, or pictures of food, some healthy and some not

Quest Connection

Let’s see if we can figure out which foods are healthy and which are not.

Procedure: Show a piece of food. Have children shout “healthy” or “junky” to indicate if it’s healthy food or junk food. Let children take turns showing the food to the rest of the class if they want.

Close

God gives us lots of good food to eat. Let’s thank him for it. Thank You God, for all the good food You give us. We love the yummy flavors You put in them and we thank You. Amen.

Go!**Art Masterpieces**

ART

Materials: Pictures of some famous paintings**Quest Connection**

Procedure: I brought some pictures of some famous paintings with me today. Show kids each picture. Tell a little about it, i.e., artist's name, title of painting, its estimated value, where it's kept, how it's cared for. **I know of some other art masterpieces that are far more valuable than these old paintings. They require special care also. Their names are** (say names of your students). **You are very precious to me and to God. You must always take good care of yourselves by eating good food, exercising, taking baths, and brushing your teeth and hair. God and I want you to last a long time like these paintings.**

Close

You are a masterpiece that God made. Let's ask God to help us honor Him by caring for our bodies.

Go!



What am I doing?

GAME

Materials: None

Quest Connection

There are many ways to care for our bodies because our bodies have many different parts.

Procedure: Without talking, I’m going to act out a way to take care of a part of my body and you see if you can guess what I’m doing. Ready?

- Brush teeth
- Comb hair
- Take a bath
- Clip your fingernails
- Wash your hands
- Eat
- Exercise

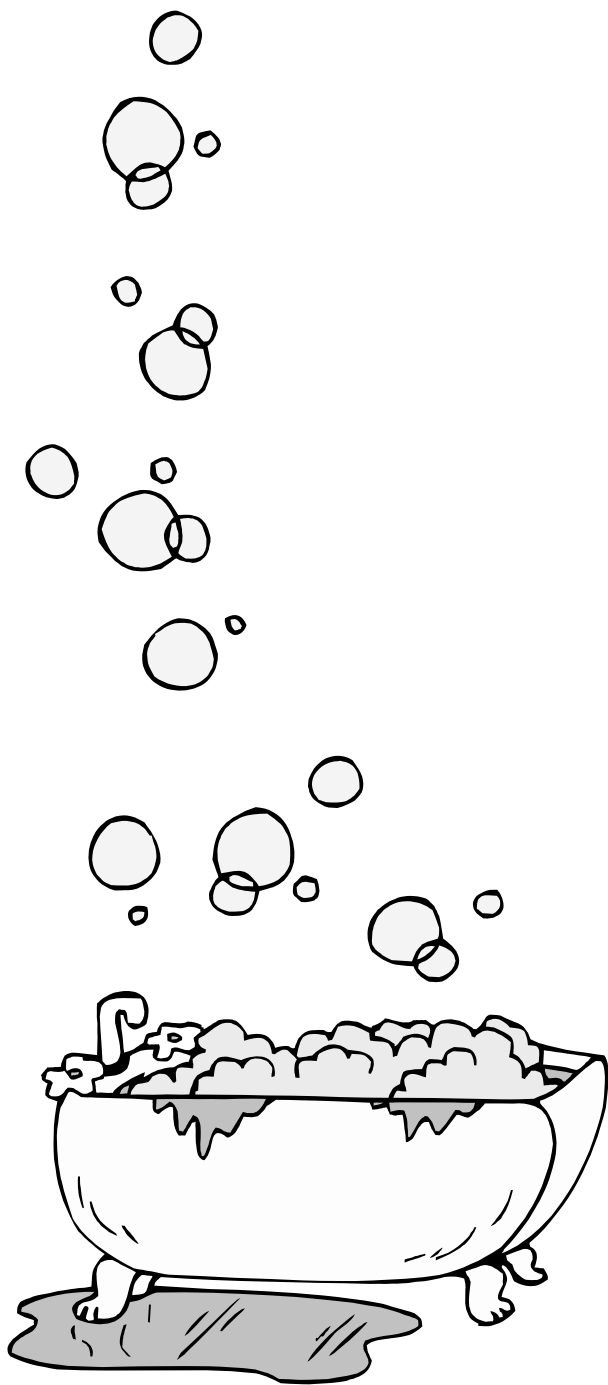


Now it’s your turn. See if we can guess what you’re doing to take care of your body. Let each child act out one way to care for their bodies.

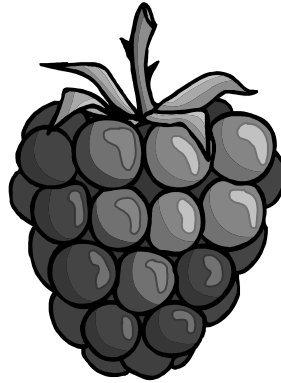
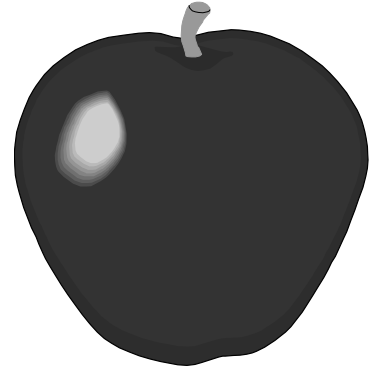
Close

You are terrific actors! You really know how to take good care of yourselves. God must feel very proud to have you taking care of His temple.

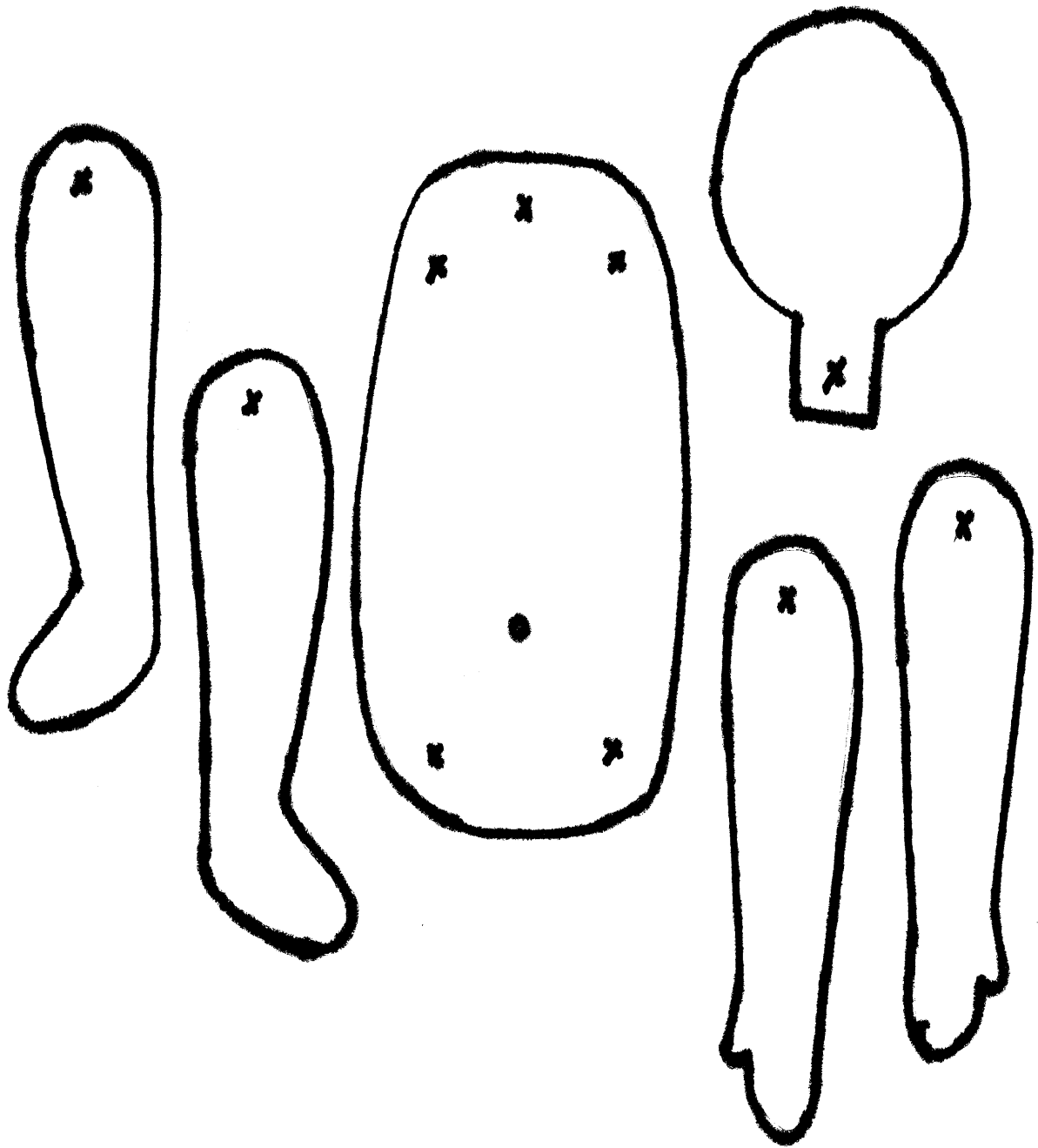
I want to take good care of God's temple, my body.
Here's a picture of one way I will do that!



Circle the healthy foods. X out the junk food.



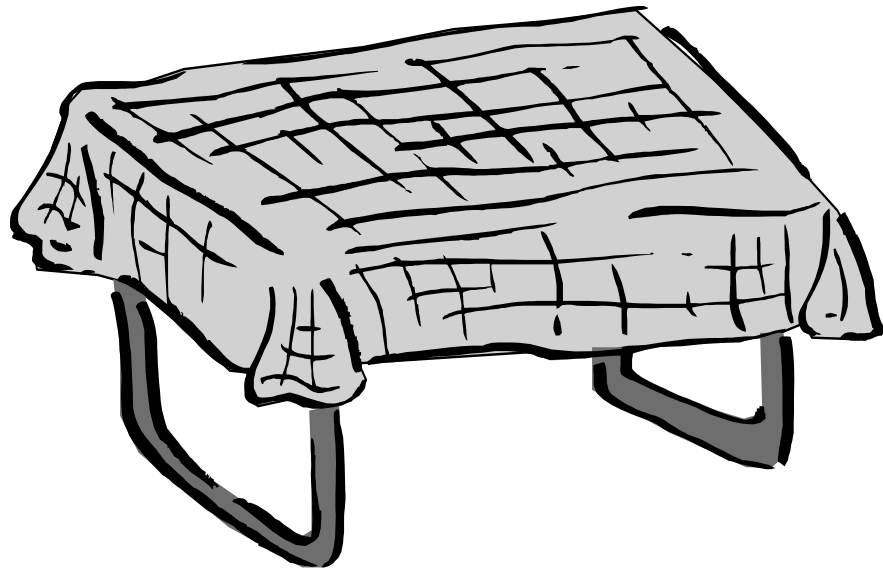
Our bodies are God's temple! Build God's temple by cutting out these body parts and attaching them together at the x's with paper fasteners. Then make it move in ways that honor God (exercising, helping others, eating right, loving others).



Honor God with your body. 1 Cor. 6:20

You can honor God with your body by helping others
and taking care of yourself by eating healthy.
You can be a helper by setting this table!

Cut out and glue on only the healthy foods



Honor God with your body. 1 Corinthians 6:20

