

Adventures with GOD!

GOD GAVE ME A BODY (A.1.Spring.4)

Biblical Reference	Psalm 139:13-16
Key Verse	Psalm 139:13a, 14a
Key Concept	My body is a gift of love from God.
Educational Objectives	At the end of the class today, the children will be able to: <ol style="list-style-type: none"> 1. Explain that their bodies were created by God 2. Recognize the importance of taking care of their bodies 3. Say the Bible verse by memory

Life Application

One way to say thank you to God for our bodies is by taking care of them. A concrete way to show appreciation is to make a promise to God to take care of our bodies. This promise can be like a contract and you could even help them put it on paper, using pictures or drawings instead of words. The contract could say or show pictures of “brushing my teeth, washing my hands, eating fruits and vegetables.” The children can take it home to remember their promise to God.

Possible Activities and Class Plan

Activity	Materials	Time
Opening Prayer	Candle	1 minute
Introduction	Questions	5 minutes
Game		5 minutes
Bible story	Drawings, Bible	10 minutes
Activity	Hearts, glue, crayons	10 minutes
Bible verse		5 minutes
Craft	Food sheets, crayons	10 minutes
Prayer		10 minutes
Closing Prayer	Candle	1 minute

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INSTRUCTIONS

Opening Prayer

Gather children around a candle and explain that we are entering into a special time with God. Encourage the children to hold their hands out in front of them palms up as a sign they are ready to receive what God has for them today. Light the candle

Prayer: God we light this candle remembering: you made light, you made us, and you are with us now. Amen

(For safety sake, you may wish to extinguish the candle after the prayer)

Introduction: It's very important to remind them that their bodies were made by God. You can ask questions like, "where are your ears?" "Who made your ears?" "Where are your toes? Who made your toes?" Then start by telling the story of David.

Game: "Follow the leader" is an easy game that helps teach the different parts of the body. It's played like this: The leader starts walking and the children follow. The leader keeps adding movements (touching the nose, jumping, clapping, hugging a friend, etc.) The leader needs to say what he or she is doing. For example, "Touch your nose." The children can do the same action and reply with "Thank you God for my nose" (or whatever part the leader is using). This will help to review the parts of the body and give thanks to God for them.

Bible story: Find a picture or various pictures (from a book, or another source) that represents David when he was young. It would be great to find a picture of him with a harp. Explain that many times David sang songs to thank God for something. These songs are found in the Bible in the book of Psalms. If it's possible to find a musical instrument it would be great to help the children thank God by singing a song. You can lead them in a song that talks about God as our creator. Psalm 139 gives many ideas to talk about this theme. In the appendix you will find more help for telling the story.

Activity: Today they will add hearts to the figures that you have been adding to each week. Let them talk about the importance of the heart. They can color the heart and cut them out if there is time, or have them already cut out of colored paper. It would be great to bring a stethoscope so they can listen to their heart beat.

Bible verse: Depending on the age of the children, you can continue to use the verse that is found in the first session of this lesson, or begin memorizing Psalm 139: 13a, 14a. Make sure to talk through the verse with them, helping them to understand the words.



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Craft: Draw beforehand, or let them draw if they can, foods that help make them grow healthy and strong (milk, carrots, cheese, bread, broccoli, etc). Then, help them to make a contract that expresses that they will eat things that are healthy and will take care of their bodies.

You will also find instructions for other crafts in the following pages. In one of the crafts to “draw” the animals in the picture, the children can use their finger prints and then add legs, tails, ears, etc. Cut out the picture they make and attach it to firmer paper (card stock, for example), attach a string or yarn to it so they can take it home and hang it up.

Prayer: Help them to express their thanks to God for God’s love. You can begin by praying something like, “Thank you, God, because you made me. Today I want to say thank you for my _____ (heart, hands, mouth, etc.) _____ (name of the child) wants to thank you for his/her _____ (have the child say a part of their body). And _____ (name of a child) wants to thank you for his/her _____ (have the child name a part of their body). We thank you for your wonderful creation, in Jesus’ name we pray. Amen.”

Closing Prayer

Gather children around the candle again. Light the candle

Prayer: Thank you God for loving us, Thank you God for sending your son Jesus into the world.

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CRAFT 1

God made me

Materials: 4 popsicle/craft sticks, card stock, paper towels, yarn, glue, tape, markers, ink pad, scissors

Instructions:

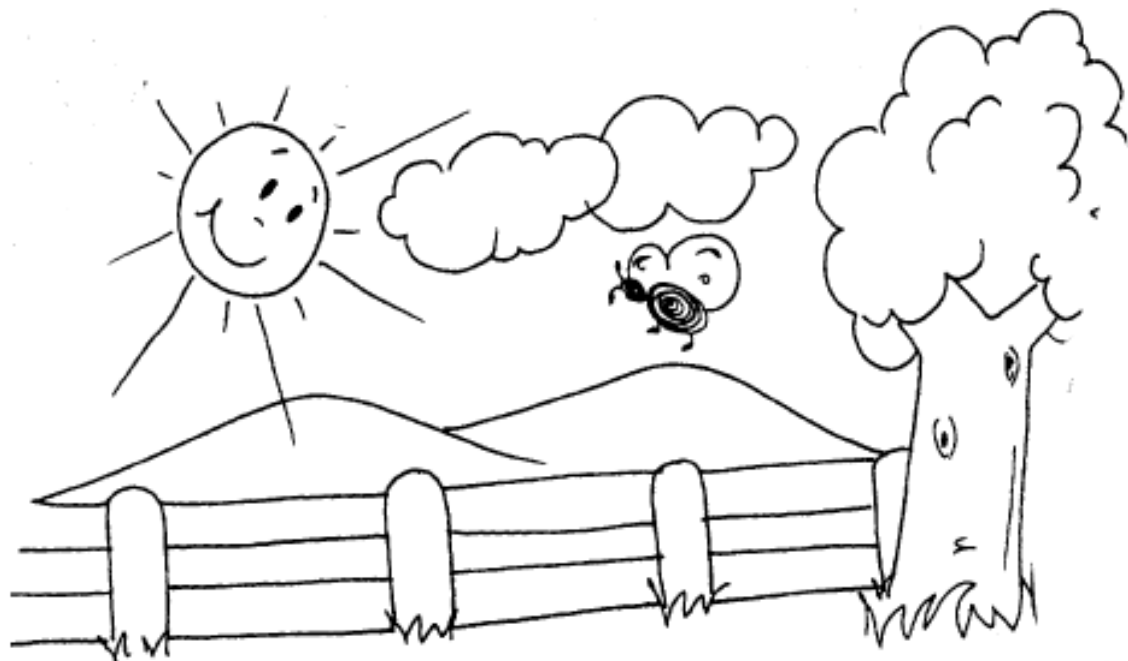
1. Before the class, cut out squares of card stock (10 cm x 10 cm) for each child.
2. Write on the square of cardstock the child's name and the words "God made me!"
3. Let them put the popsicle sticks around the card stock to make a frame (use glue).
4. Ask them to put their finger on the ink pad and then put their finger print on the card stock. Use the wet paper towels to clean their fingers.
5. Use tape to glue yarn to the back of the picture, to make a loop so they can hang it up at home.
6. Talk about the differences in our finger prints. Each person has a different print because God made us all unique.



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CRAFT 2

Picture with finger prints



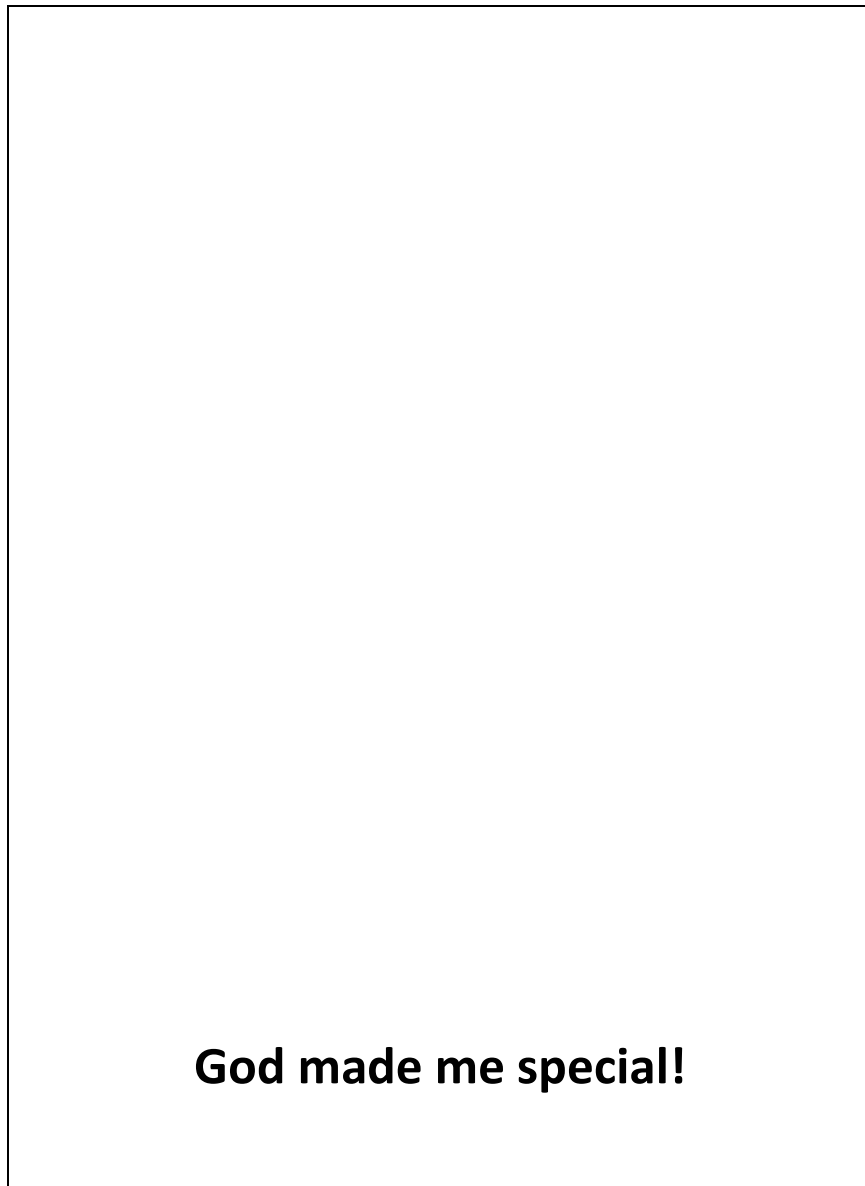
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CRAFT 3

Finger prints

When God made you, God made you special. There is no one exactly like you. You are special. God loves you.

God made your small hands with little lines that are different from everyone else's. Put your hand on the paper and your teacher will help you trace it. Then put your fingers (one at a time) on the ink pad and then your finger your print on hand.



God made me special!

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CRAFT 4

Happy hands

Materials: 2 paper plates, markers or crayons, water, paper towels, dried beans, stapler, glue

Instructions:

1. Trace one hand on each of the plates (on the outside part).
2. Put around 12 dried beans in the center of one of the plates. Then help the children to staple the edges of the plate so the beans don't come out (make sure the drawings of the hands are on the outside of the plates).
3. Write the name of the child on one of the sides of the plates.
4. Play the instruments and use them as you sing songs giving thanks to God.



Note: While the children are working it would be good to tell them that their finger prints and the lines on their hands are different than everyone else's. God made us unique, special. We can look at our hands and give thanks to God for them!