

# Adventures with GOD!

## MY BODY IS A GIFT FROM GOD (B.3.WINTER.1)

Biblical Reference	Psalm 139:13-18, Luke 17:11-19
Key Verse	Psalm 139:13
Key Concept	God has given me a body and I can glorify God with it.
Educational Objectives	At the end of the class today, the children will be able to: <ol style="list-style-type: none"> <li>1. Give examples of how we should take care of our bodies.</li> <li>2. Name some of the parts that make up their bodies and tell what they are used for.</li> <li>3. Express gratitude to God for their bodies.</li> <li>4. Reflect on the Key Verse.</li> </ol>

### Life Application

To begin, the children need to recognize that God is their creator. God gave each of us a body. We are all different! Through the study of God's word this week, the children will recognize that God has given them their bodies and wants them to take care of their bodies. Their bodies are temples where the Holy Spirit abides. During the week they will think about ways that they can use their bodies and take care of their bodies which will communicate gratitude to God for this special gift.

### Possible Activities and Class Plan

Activity	Materials	Time
My GROW Adventure	GROW Adventure materials	5 minutes
Opening Prayer	Candle	1 minute
Bible Reading	Bible	5 minutes
Game	Cards	10 minutes
Bible Exploration	Illustrations, Bible	15 minutes
Craft	See instructions	15 minutes
Key Verse Activity	Paper, scissors, markers	10 minutes
My GROW Adventure	Review	5 minutes
Closing Prayer	Candle	1 minute

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## INSTRUCTIONS

**My GROW Adventure with God Weekly Review:** As children enter, take time to have them reflect on their adventure with God booklets, and either discuss or use art materials to express their journey during the past week. You may wish to add any art work, written poems, prayers or songs to a GROW wall in the room. You can find my GROW Adventure with God materials [CovChurch.org/children/adventures-with-god](http://CovChurch.org/children/adventures-with-god).

**Opening Prayer:** Gather children around a candle. Light the 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.

**Prayer Example:** Lord God, thank you for making us, for loving us, for forgiving us, and guiding us. We know you are here with us right now. As we enter into your word, the Bible, help us draw close to you, to understand and to listen to what you have to say to us. Amen

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

**Bible Reading:** Explain that as we read the Bible, we do that first to spend time with God. Children can remain with hands out stretched, palms up, to receive the word as it's being read. Alternatively they can be invited to draw what they hear. Read Psalm 139:13-18 two times, and ask children to respond.

**Question Examples:** What did you notice in this passage? How does it make you feel? Was there anything you would ask God about that you didn't understand or was confusing? Is God saying anything to you through the passage?

**Memory Game:** See pages 5-8.

**Bible Exploration:** Ask the children to help make collages of different people. You can cut out bodies, heads, feet, arms, hands, etc, from different magazines or newspaper. Or make your own patterns and cut them out. While they make these collages, talk about when God made the first human in Genesis 1 and 2. Help them remember that Scripture tells us that God formed the first human body out of the dust of the earth. Then God blew life into the human. When they've finished their collages, talk about the differences that there are between people.

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Then open the Bible again to Psalm 139:13-18, and have them find the verses that talk about our bodies (13, 15, 16). Who is our creator?

Tell the story of the 10 lepers that Jesus healed found in Luke 17:11-19. Next, have the children act out the story. It's important to point out that lepers were people that were rejected by society at the time of Jesus. They couldn't live with their families. They lived apart. They weren't invited to parties, nor were they allowed to live a normal life. So, imagine their joy when Jesus came and healed them. Ask the children, "What do you imagine their reaction was? How must they have felt? What do you think they did first?" Give them time to express what they think.

"What does the Scriptures say that they did? But, what happened with one of the lepers that was healed?" Talk about this action. Why was it important? What did it communicate to Jesus? Why is it important to give thanks to God for our bodies? How do we give thanks to God for our bodies? Together make a list of the ways.

**Craft:** Hand Molds or Hand Prints: Use playdough or modeling clay or another product that will allow you to make a mold of each child's hand. Once the mold is made and dry, children can write the key verse on it. Or, use paint to cover the palm of each child's hand and, make a print of their hand on a piece of paper. Have them write the key verse around their hand print.

**Key Verse Activity:** See page 9.

## Today's GROW Adventure with God Review:

G=God's Word: What is the story? (Give children an opportunity to express their understanding of the story).

R=Relationships: Is there anything in today's Bible story that shows us how we should or shouldn't share God's love with others? (Remind children that sometimes God uses the stories of the Bible to show us how we shouldn't act toward God or others. Give children a chance to consider how we might show God's love instead).

O=Outward Action: Is there anything in the Bible story that shows us how we should help or serve God or others? Explore concrete ways the children could live this out in the coming week.

W=Worship: Is there anything in the Bible story that shows us how we should accept God's love for us and others? Ask: How do you feel about God? What would you like to say to God?

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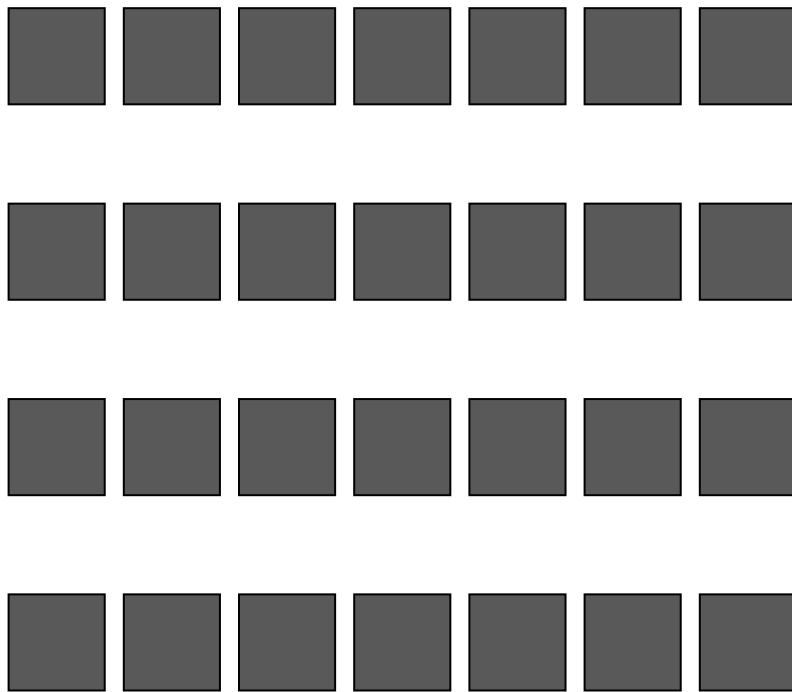
**Closing Prayer:** Gather children around the candle again. As you light the candle explain that the flame is something that is present in the light and the darkness. The candle reminds us that God is always with us. Is there anything anyone wishes to say to God? After children have responded, close the prayer time.

**Prayer Example:** Lord God, we thank you that you are always with us and always love us. It's good to be with you. Thank you for what we have learned today. Thank you for being with us and for teaching us through the Bible. Help us to remember what you have taught us today and to live it out when we leave. Amen

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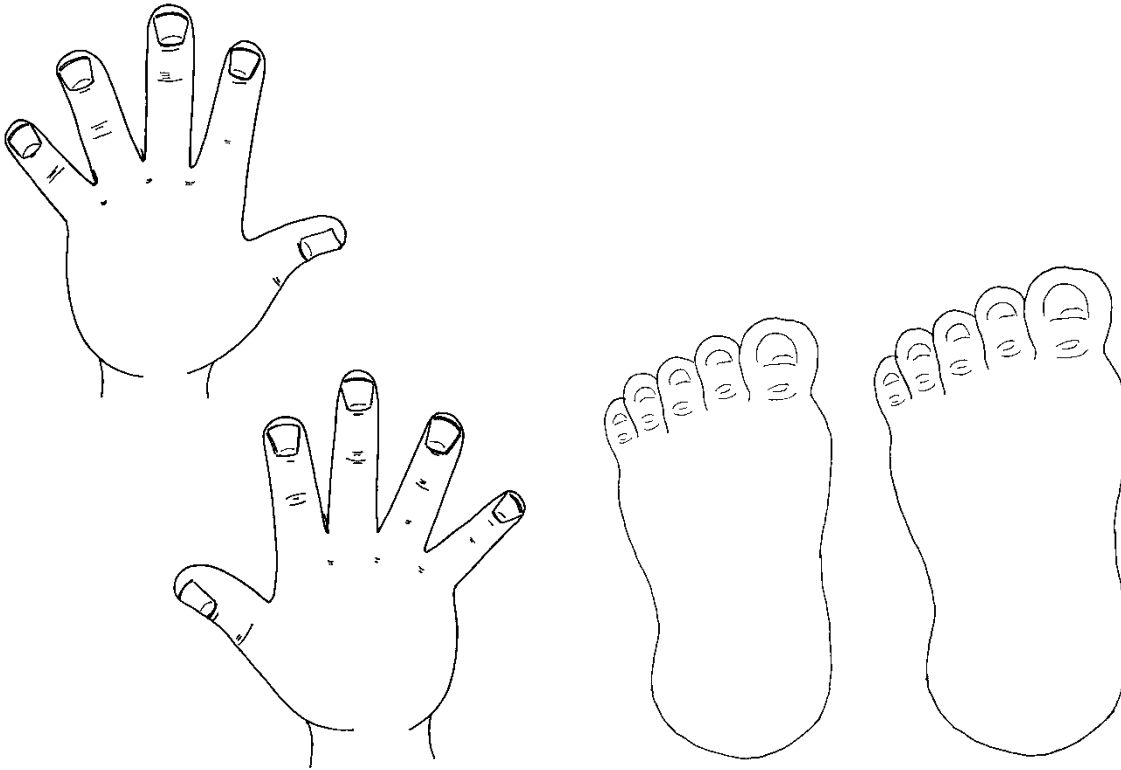
## MEMORY GAME

Make two copies of each body illustration (pages 6-8). Glue them on squares of card stock and if possible laminate them. Make sure each of the squares is the same size. Put all of the cards face down in rows (see example below). Play together in teams. Each person on the team will have a turn to try and make a match. The first team goes, and if they don't make a match, the other team has a try.



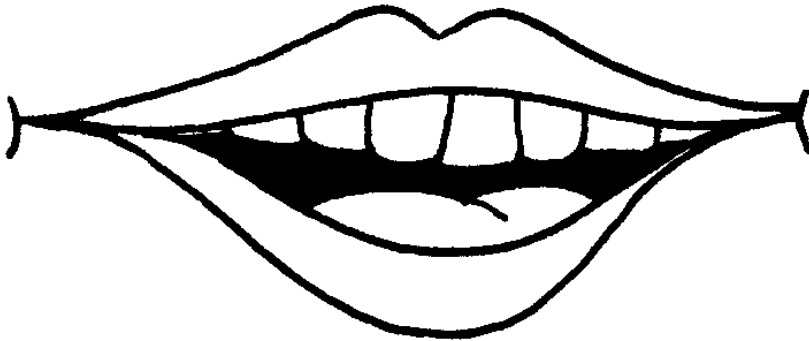
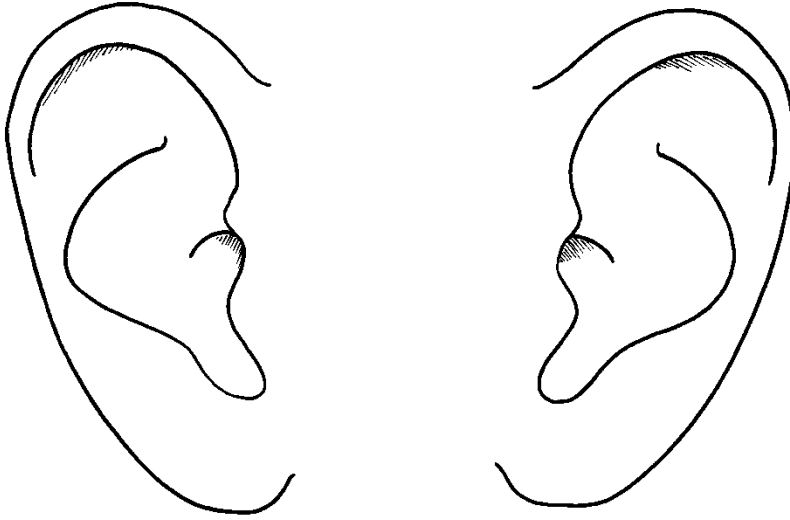
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## MEMORY GAME ILLUSTRATIONS



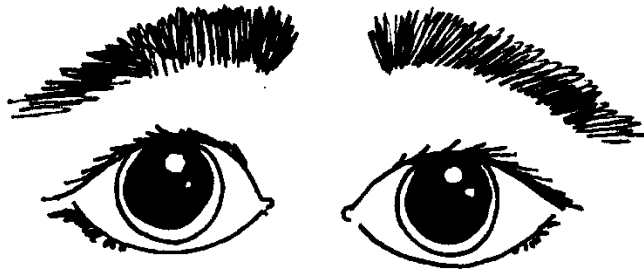
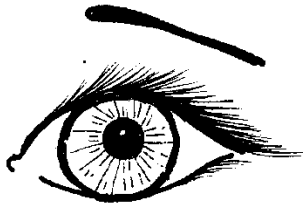
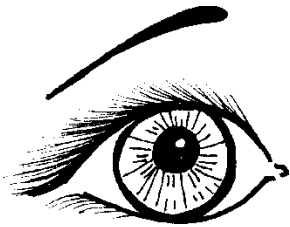
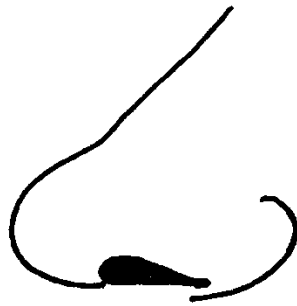
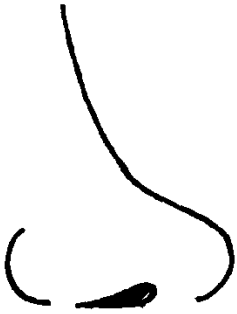
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## MEMORY GAME ILLUSTRATIONS



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## KEY VERSE ACTIVITY

### Psalm 139:13

Materials: Paper, scissors, glue, markers

Instructions:

1. Use a long piece of paper that can be folded 15 times (like an accordion).
2. On the front of the folded paper, draw a picture of a person.
3. Cut out the figure (with the paper folded). Make sure to not cut along the folded edges. The hands and the feet will connect all of the figures.
4. Open the folded paper and write each word of the Bible verse on each one of the people.
5. Hang on the wall, and say verse together!

