



Faith in Kids exists to encourage, inspire and equip influencers of faith in children with support, training and resources.

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GROWING

God's
Good
Story

Take
home
truth

LESSON 3

I have a valuable body

Psalm 139:14 • 1 Corinthians 6:19-20

faith **in** kids



Read and understand

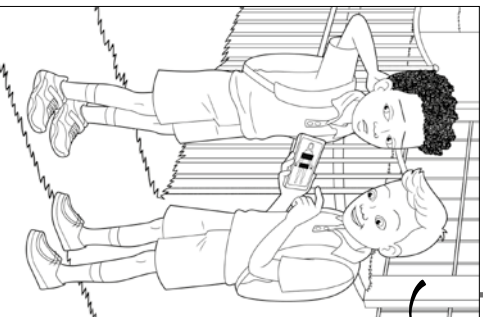
I have a valuable body

PSALM 139:14, 1 CORINTHIANS 6:19-20

TRUTH = Our bodies are a gift from God that we treat with care.

FAITH = Children who value and protect their God-given bodies.

"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 honour God with your bodies." 1 COR 6:19-20



Talk together



7 and Under

Top tip: Use real names for body parts. Say 'penis' not 'willy'. It makes for better conversations from the start.

- What do we do to take care of our bodies well?
- Some of our valuable body parts are private, not to be shared or shown to other people. How do we take special care of these parts?

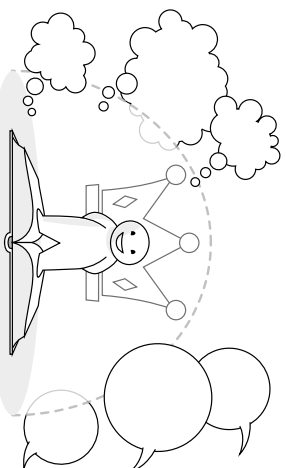
8 and Over

- The boy is being shown a rude picture on his friend's phone. What would you tell him to do?
- Why does it matter what pictures we look at of other people's bodies?

All-ages: You are the best person to talk to your child about what to do if someone shows them a picture that is not treating bodies with respect. They need to say, "NO! This is not ok", look away/ walk away and tell a trusted adult. Explain that our bodies, and other people's, are wonderful and need to be respected.

God's better story

- Your body's God's wonderful gift to you - it deserves to be treasured and respected.
- God bought your body back at a great price - Jesus died to redeem your body, it is precious to God!
- We might hear people speak disrespectfully about our body or someone else's, we might not like our body, but we listen to God, who made us and loves us. He says our body is valuable.



Live it out

With your family this week, think about using your bodies in a way that shows respect and honour.

- Eating healthily, exercising, washing, brushing teeth - these show we care for our bodies.
- Physical fighting or overly "rough play" - is this treating other people's bodies as precious?
- What if we say something mean about someone's body?

Connect to the truth

- God hand-made our bodies.
- All bodies, ours and others', deserve respect.

Pray

Use objects to help you connect with God.

1. **BODY** - Thank God for part of your body. Ask God to help you to use it to bring him honour, e.g. ears to listen, mouth to say true words.
2. **TOOTHBRUSH** - Every time you brush your teeth, ask God to help you take good care of your precious body.

Let's be people who take care of our bodies and treat other people's bodies with respect.



We've got more on this topic on our podcasts. Listen in and carry on the conversation.

#143



#118

