



# GROWING UP

God's  
**Good**  
Story



LESSON 3

**I have a valuable body**

**Psalm 139:14 • 1 Corinthians 6:19-20**

**faith**  **kids**

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Growing Up - God's Good Story

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We recommend the International Children's Bible for use with children during the lesson. Our leader's notes and parent handouts use the New International Version.

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"All for the glory of God alone" (1 Corinthians 10:31)



## LESSON 3

# I have a valuable body

**Psalm 139:14**

**1 Corinthians 6:19-20**



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### Truth that changes me:

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



### Faith in Kids looks like:

Children who value and protect their God-given bodies.

## Preparation

As you prepare this lesson, we recommend watching the training video, and the introductory video if you haven't seen it.



## Notes



### Where are we going?

We want our children to understand how valuable and precious our bodies are because they are God's wonderful gift to us and the place where he chooses to live by his Spirit. Because we belong to God it matters what we do with our bodies, how we care for them and how we respect other people's bodies.

Pray and read the Bible passage. Read **Where are we going**, **The world our children live in** and **Look at the passage** to give you a better understanding of how to apply the truth.



### The world our children live in

Our children hear confusing messages about their bodies; they are wonderful "just the way they are", but looking a certain way seems to add value. They are curious about their own bodies and other people's while being vulnerable to seeing or sharing images that are not edifying or appropriate for anyone to see. Despite the protection parents put in place, research shows one third of twelve year olds and half of fourteen year olds have seen pornography. Most see it for the first time in their own homes.

All this is happening at a time when their own bodies are changing and attraction is developing. In the noise around them, we have a calm and beautiful truth to share - our bodies are a wonderful part of who we are and we should be in awe of the God who made them. Because God values our bodies, we guard them wisely and are deeply respectful of the bodies of others.





## Look at the passage



### Your Body – God’s Wonderful Gift

**I** *“I praise you because I am fearfully and wonderfully made”* **PSALM 139:14**

Our good and awesome creator designed us to have a physical body - it is an intrinsic part of us, not something separate from the real us. Your male body was designed just for you and God thinks it’s amazing. Your female body was designed just for you and God thinks it’s amazing. The wonder of our bodies is rooted in our creator, we are valuable because he says we are. Such an awesome gift deserves to be treasured and respected.

### Your Body – God’s Priceless Purchase

*“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 great price.”* **1 CORINTHIANS 6:19–20**

Our bodies matter to God, they are significant to who we are. They are not merely an outer case that we can swap or change, they are part of who we are. Our bodies are precious to God twice over. Firstly, they were made by him, given to us as a gift. Secondly he paid the greatest price, Jesus’ death, to buy them back. Everyone who trusts Jesus becomes a dwelling place of the Holy Spirit.

Because God makes his home in us, our bodies have divine significance.

### Your Body – How to Respond

**I** *“Therefore, honour God with your bodies.”* **1 CORINTHIANS 6:20**

Because of the value God gives our bodies, what we do, how we think, how we treat our own bodies and those of other people, matters. It is not just about our honour - the decisions we make and actions we take are for God’s honour. The way we live and the choices we make should be directly linked to understanding that our bodies are valuable and part of God’s amazing design.

*Showing honour means to show great respect for something.*



## Win my heart first

How do you think about your body? Do you work hard to stay healthy and look good? Do you wish you looked different? What about other people’s bodies? Are you jealous, constantly comparing, or relieved that you ‘look better than them’.

As Christians we have a better story: our bodies, and other people’s, deserve great respect because God hand-crafted them for us. Every cell belongs to God and he values them so highly that Jesus gave his life to make them his own again.

Our valuable bodies should be delighted in and respectfully cared for in equal measure. We cover the parts of our body that make us uniquely male or female

*For your heart, before you prepare the lesson.*

continued →



because those parts deserve great respect. It matters what we do with our bodies, it matters how we think about and treat other people's bodies.

- How do you tend to think about your body? Can you agree that your body is valuable and wonderfully made by God?
- Often valuing our bodies is about wanting others to admire us. How could we do this in a way that brings God honour?



## 5 minutes to focus on your group

How do you think the children in your group feel about their bodies? Are there any who we know who are embarrassed about their bodies? Or maybe they never think about them? Do you see them flaunting their bodies for attention? Do they treat other people's bodies with respect, or is there teasing about physical features?

*What do the children in your group need?*

*Pray for them:*  
• to grasp the truth



## In case you're feeling nervous...

- We touch on pornography but don't use the word with the children. We focus on what they should do if they see images which are not appropriate and which are not treating other people's bodies with respect.
- We have spoken generally about private parts of the body throughout this lesson. If the children talk about specific body parts, use proper anatomical terms e.g., penis and vagina. The NSPCC recommends this from age 5. You don't need to introduce them, but do be prepared to use these words.

*We understand this might feel daunting. We are starting a conversation not completing it.*



## Series overview visual

The series overview visual (see p.16) helps to explain the foundation of this series. Because God created us, he knows us better than anyone else. He gets to tell us who we are.

The visual shows a person hearing messages from themselves - these are thoughts and feelings (represented by the thought clouds); messages from others - including other people and the media (represented by speech bubbles); and messages from God - what he has written in the Bible. The crown shows that God's messages are the most important - we only let other messages stick if they say the same things as God says. God made us and loves us more than anyone, great delight comes from listening to him.





# All-together time



*This has been written as an all-age slot to introduce the whole church family to what the children are learning today, but it could be adapted for the children's classes*



## Props

Print-outs of three characters (see p.18-21) (Don't-care Dan, Please-like-me Lucy, Deeply-loved Luke (#1 and #2) or put images up on a screen, series overview visual (see p.16).



## What to Say



## What to Do

This room is jam-packed with all kinds of awesome!

The bodies around you have amazing musical instruments, complex cameras, efficient pumps, extraordinary sensory equipment – you name it – it's here.

Even though our bodies are not perfect and might not work as they should, we know that God's design is awesome.

Turn to the person next to you and say "WOW! Your body is God's awesome gift!"

We don't say it enough – so tell them again!

How can you know that what I'm saying is true?

In this series, "Growing Up", we have been learning that we have a choice in who we listen to.

Will we listen to other people?

Will we listen to our own thoughts and feelings?

Will we listen to God's word?

You know that we need to let the Bible speak louder than any other voice. Let's listen to God's word about our bodies now...

**"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 with a price. Therefore honour God with your bodies."**

If we're trusting in Jesus, our bodies are so precious that he has bought them back, making them his, and chosen them as the place where his Spirit will make his home. Our bodies are valuable, they need to be treated with special care. Protect them. Respect them. And respect other peoples' bodies.

Series visual on screen

Read 1 Corinthians 6:19-20

continued →



## What to Say

## What to Do

Let's imagine 3 Christians who think very differently about their bodies:

- 1) Don't-care Dan
- 2) Please-like-me Lucy
- 3) Deeply-loved Luke

Firstly, Don't-care Dan.

Here he is, wearing his baggy hoodie that really needs a wash. Dan's not great at looking after himself - cleaning his teeth, showering, getting changed are all too much effort.

Dan thinks, "My body is nothing special". All he sees is what his body can't do.

Use image of Don't-care Dan (see p.18)

Show on screen, or print it large scale... you could use actors – if this can be done convincingly.

God has something brilliant to say to Dan: "Your body was made by me, the master craftsman, it was bought with a great price, – you're worth it!"

God cares about your body, Dan – you can honour him by doing the same!

Next, Please-like-me Lucy.

She's always worried about how she looks, comparing her body to others - I'm the wrong shape, I wish my body looked better, am I beautiful? All this effort and worry, it's exhausting.

Lucy thinks to herself – "I just don't look good enough".

Use image of Please-like-me Lucy (see p.19)

God tells Lucy: "Your body was made by me, the master craftsman, it was bought with a great price, – you're worth it!"

Imagine if Lucy believed this – she wouldn't worry about her body because she would know her value came from what God thinks about her, not from what other people think.

Finally, Deeply-loved Luke...

He's just an ordinary guy who knows an extraordinary truth.

Luke is good at running and climbing but terrible in the classroom. His brain doesn't seem to work like everyone else's, but he grits his teeth and says to himself, "My body is made by the master craftsman, it was bought with a great price. He says I'm worth it!"

Use image of Deeply-loved Luke #1 (see p.20)

continued →

## What to Say

## What to Do

When Luke's friends show him a rude picture of people with no clothes on, he stops. "Their bodies are made by the master craftsman, this is not showing respect to them or God."

Luke knows...

**This is not OK**

**I should look away**

**I need to ask for help**

Use image of Deeply-loved Luke #2 (see p.21)

Count out these three steps on your fingers.

In a world of lots of different messages telling us who we are – we can stand strong in the truth of what God tells us.

**My body is made by the master craftsman, it was bought with a great price, – He says I'm worth it!**

Your body matters to God!

Show series visual

As God's people, we live out what we believe – because I know how precious my body is I understand how precious yours is too.

All bodies, our own and other people's, deserve to be treated with great respect. It is right, good and brave to speak up and ask for help if this isn't happening.

Throughout this series we are looking at topics that will make great conversations with parents. Today's take-home sheet has ideas to start talking together about how precious our bodies are – please take a look.

Let's pray and ask God to help us know, feel and believe how much we matter to him.





## 7s and under lesson plan



### Notes




### Get going

#### Amazing Bodies

Explain to the children that you are going to ask them questions about the things they can do with their amazing bodies – the answer could be – “YES!”, “NO!” or “NOT YET!” they need to run to the zone that answers the question.

Ask the children different questions, choosing ones that will mean everyone gets a yes, a no and a not yet answer at least once. For example; can you breathe in and out? Can you lift up your Mum? Can you ride a bike? Can you drive a car? Can you run faster than your Dad? Can you do a cartwheel? Can you do joined-up writing? Can you fly?

 **Link:** You can all do amazing things with your amazing bodies – so we need to care for our own bodies well, and respect other people’s.

**You will need:** Three zones marked out on the floor as “YES”, “NO”, “NOT YET”.



### Teaching time

#### Your Body = God’s Gift

Read:

*“I praise you because you made me in an amazing and wonderful way”*  
**PSALM 139:14 (ICB)**

Start with a whole body warm up - put your hands on your head, shoulders, knees, toes, hips, tummy, ears, nose.

Every part of your body from the top of your head, right down to your toes was made by God as a wonderful gift for you!

So what we do with our bodies matters. We should take care of our own bodies and respect other people’s too.

Show me a good way to say “Hello” to someone using your hands? *Wave, High 5, shake hands etc.*

It’s great to say “Hello” like that... but it wouldn’t be nice if I said hello by pinching you or biting you. Or if your teacher said hello by tickling you. Those things would hurt and make you feel uncomfortable. We feel that way when people don’t respect our bodies and don’t treat them well.

continued →

How can we show that we respect other people's bodies? *What we do - kind and gentle, not physically harming. What we say - not teasing about appearance. Try to get the children to think of practical examples.*



There are some parts of our body that we especially respect by covering them up - our private parts. God made you a boy or a girl and God gave you a body that shows that you are a boy or a girl - this is an amazing wow thing about who you are. We keep our private parts covered because they are extra special and need to be treated with extra respect.

## Your Body = God's Home

Ask children to volunteer to stand up and act out a simple body care activity, e.g. brushing teeth, washing hair, eating. The other children can guess the activity. How many different ones can they come up with?

These are good ways to care for our bodies. In the Bible God tells us **WHY** we should care for our bodies.

- 1) Your body is God's good gift
- 2) Your body is God's home

*You could show pictures of a house and a present, or use props to make this point more visually engaging.*

In the Bible, we learn that long ago God lived in a special way in one temple, in Jerusalem. But now, listen to where God lives today by his Spirit...

Read:

***"You should know that your body is a temple for the Holy Spirit. The Holy Spirit is in you. You have received the Holy Spirit from God."*** 1 CORINTHIANS 6:19

As Christians our bodies are homes for the Holy Spirit, God moves in! That is how precious our bodies are to God. He thinks we are more amazing than a castle, hotel, mansion or even the temple where God's people worshipped in the Old Testament.

Turn to the person next to you and tell them something about your home - what colour is your sofa, what's good about your bedroom, where is the snack cupboard?! What rules do you have about what you *can't* do inside your home?


Our homes are special places, because we live there. We look after them. Our bodies are special places because God lives there by his Spirit - that makes our bodies valuable. We should look after them well and respect other people's bodies too. Turn to the person next to you and tell them how you look after your own body. Then tell them a kind thing you could say about someone else's body.



## Brain break

### Build a Body

Place the cushion / rolled up blanket in the middle of the room - this is the body's torso. The children have to go around the room - talking to one another to find out who has the part of the body they connect to - once they have found their "team" they can connect to the torso until the whole body is built.

 **Link:** Every part of your body is valuable to God because he made it. Every part needs to be treated with respect.

#### You will need:

A rolled up blanket / cushion, sheets of paper with names of body parts / simple drawings, e.g. head, neck, ears, arm, hand, leg, foot, toes - enough for every child to have one.



## Heart & hands

### CRAFT TIME

### Make a Sign For Your Mirror

Ask the children to add their unique thumb print (using a felt tip pen on their thumb to make the print) to the inside of the present and then decorate the front with pens, stickers (or wrapping paper), the bow and gift tag (with their name on it). They can then take this home and stick it on to their mirror, so that every time they look at themselves in the mirror they are reminded that their body is a valuable gift from God.



Point to their thumb print – your body is unique, there isn't another one like yours. God made it just for you and he wants you to look after it well.

### Think time

**Big Question:** What does God think about your body?

**A follow up question:** How can you show God you are thankful for his amazing gift to you?

### Prayer

**Say together:** Heavenly Father, thank you that you gave us our wonderful, precious and valuable bodies. Help us to look after our own bodies well and respect other people's bodies so we might bring you praise. Amen



**You will need:** the craft activity on p.17, scissors, felt tip pens for making thumb prints, stickers or wrapping paper and glue.

**Prepare in advance:** print and cut out p.17 on to card (two crafts per sheet).

Make the **Truth that changes me** personal to each child.

Use this craft time to reinforce the **Big Idea** of the lesson to get them ready for **Think Time**.



## 8s and over lesson plan



### Notes


**You will need:**  
Some space to move around in.



### Get going

#### Our Amazing Bodies

Start off with some simple movements as a warm up - e.g. a star jump, stretching, running on the spot. Then try a few physical challenges - e.g. stand on one leg with your eyes shut, reach down and touch the floor with your legs straight, sit cross-legged and get up without using your hands, whistle, raise your eyebrows one at a time. Some of the children will struggle so go for a variety and keep this light and fun.

 **Link:** Our bodies are amazing! Our bodies have musical instruments, complex cameras, efficient pumps, extraordinary sensory equipment - you name it, it's here! Even though our bodies are not perfect and might not work as they should, we know that God's design is awesome. Turn to the person next to you and say "WOW! Your body is God's awesome design!" We need to look after our amazing bodies well.



### Teaching time

#### Your Body – God's Good Gift

*You could use a present - a picture or a wrapped empty box - to make this point more visually engaging.*

What is the most precious gift you've ever been given? A new bike? Phone? Laptop?

How did you treat that precious gift?

Read **Psalm 139:14**. Underline what God says about your body.

Last week we heard that our bodies were lovingly created by God and given to us as a gift. Our body is either male or female - whichever body we have God says it is good. Today we're thinking about how we treat these precious bodies.

- How have you heard others speak about bodies, or parts of bodies, in ways that are not respectful?
- What would God say to them, do you think?

The best thing about your body is not what other people think about it or how it looks, but that God gave it to you.

continued →

**You will need:** Bible verses Psalm 139:14 and 1 Cor 6:19-20 printed out, pens for highlighting and making notes.

## Your Body – God’s Home

Look at **1 Corinthians 6:19-20**

- What does God call your body? Find and underline it!

King Solomon built an amazing temple as a place where God could be worshipped and present with his people. Now, as Christians, our bodies become a temple for the Holy Spirit. God chooses to live in them. God thinks our physical bodies are more amazing than a castle, a hotel, a mansion or even the temple from the Old Testament. That’s how greatly God values our bodies.

If we are a Christian, our bodies are doubly precious to God. Firstly, they were made by him, given to us as a gift. Secondly he paid the greatest price, Jesus’ death, to buy them back. Everyone who trusts Jesus becomes a place where the Holy Spirit lives.

## Your Body – How to Respond

Look at **1 Corinthians 6:20**

The way we act matters - the consequences can be really big for us and for others.

- Look at v20 again - what does it say we can bring to God?

God deserves honour and praise as the one who made our valuable bodies. When we care for our bodies well, respecting our own and other people’s, we are giving God the honour he deserves. Disrespecting bodies shows disrespect for God.

Respecting our bodies means:

- Covering them appropriately, giving particular care and respect to our private parts and those of others.
- Not sharing pictures of ourselves without clothes on because our bodies are not something to stare at or let people use for their entertainment.
- Caring for our bodies well, washing them and being healthy. Can you think of ways that we do this every day?

If I remember that your body is a place where God lives by his spirit and you remember that my body is a place that God lives by his spirit - we’ll both be more careful about what we do and say. We won’t use our body to make people like us or laugh at other people’s bodies. If we are shown pictures of other people’s naked bodies, we will say – “NO! I don’t want to see that!”, walk away and tell an adult we trust about what happened.

And when we’re getting changed for swimming, I wouldn’t run off with your towel – because your body is precious and the parts of your body that make you male or female are God’s amazing design and deserve respect.

- Can you think of another way to bring God honour by caring for your body, or someone else’s?

We know our bodies are precious, so we don’t let people harm them and if we feel threatened or disrespected we should speak up to a trusted adult about this.

It matters how we view our bodies and other people’s bodies because bodies really matter to God.

Some people really don’t like the body they have. They wish it looked different or could do different things. God says: “Your body was made by me, the master craftsman. It was bought with a great price – you’re worth it!”. Let’s remember that whenever we think about our own body or someone else’s.





## Brain break

### Design a House

Design a house that you would like to live in. Be creative - what would you love to have there? What makes this building special?

➔ **Link:** God designed your body. If you are a Christian, God makes your body his home as the Holy Spirit lives within you. That makes your body special in two ways - God made it and God lives in it.



**You will need:** paper and pencil



## Heart & hands

### Did you spot it?

- From today's session, how does the Bible describe your body?
- What have you heard today about your body that is new, surprising or particularly exciting?

### Work it out

- Your body is a good gift from God - how could you care for it well? *Answers could cover feeding it, cleaning it, protecting it. Be specific e.g. cleaning my teeth, eating enough food, not letting other people hurt it.*
- How can we show respect for other people's bodies, knowing that they are valuable to God? *Get the children to think about the words we use to describe other people - do they laugh or tease? Are the images we look at respectful and treating bodies well?*

### Live it out

Look at the case study picture of Please-like-me Lucy in front of a mirror deciding what to wear (see p.19). She wants people to like her and is wondering what she should wear to fit in.

- What might she be hoping people will tell her? That she looks great, they like her image.
- What does God tell her about her body? He designed it and says that it is good.
- How might what we have heard today change her from feeling like she needs to show off her body for people to like her?

*These questions can mostly be found on the **Chat Time** (see p.22-23) sheet which has been designed to aid your discussion. If possible, enlarge the page to A3 so you can work on it together. Make sure each child can still answer the personal questions honestly for themselves (e.g. hand out Post-it notes for them to write/draw their answers to these questions).*

continued →

Look at the case study picture of Deeply-loved Luke looking nervous and embarrassed as his friend shows him a rude picture on his phone (see p.21).

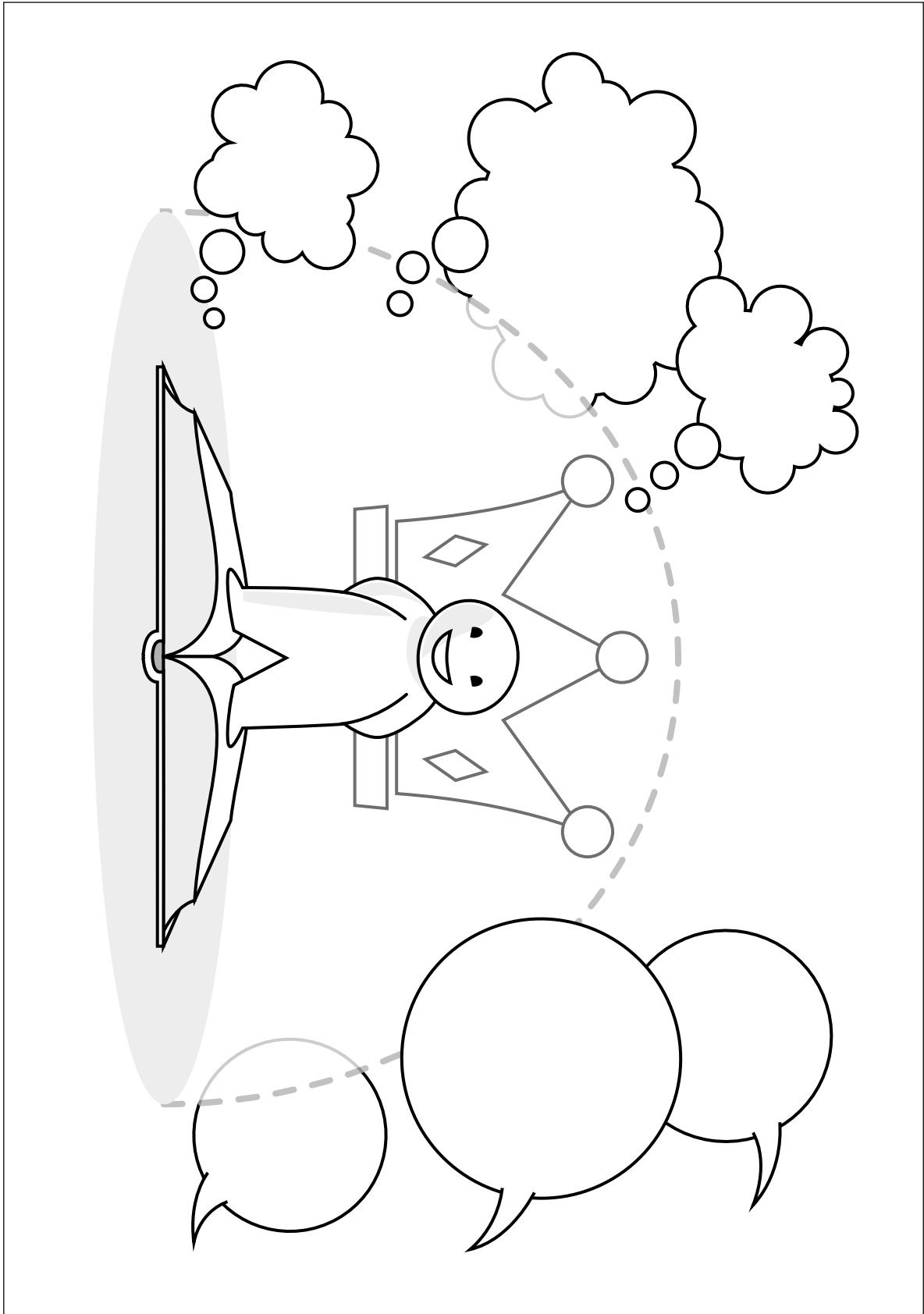


- What would you tell him to do in this situation? Take children back to the three steps above: No! This is not OK, I should look away / walk away, I should speak to a trusted adult. Talk about who it would be good for them to talk to in a situation like this.
- Why does it matter what pictures we look at of other people's bodies? They were made by God. They are all precious and deserve to be treated with respect.

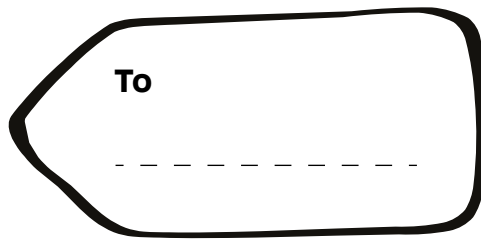
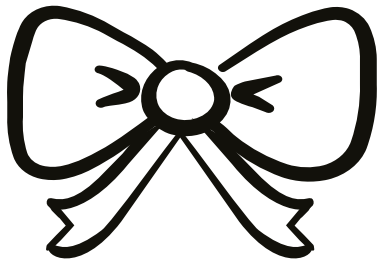
## Prayer

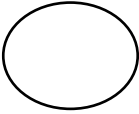
Ask God to help you know and feel the great value he has for the body he has given you. Ask him to help you be wise and careful with your valuable body. Ask him to help you respect others and be careful with what you look at and how you act, so that you might honour God with your body.

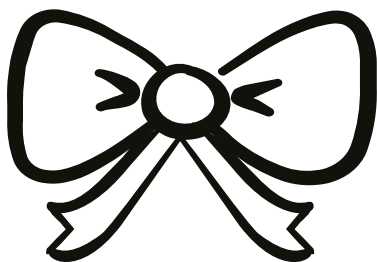


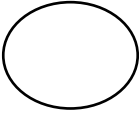






	<p><b>“You made my whole being. You formed me in my mother’s body.”</b></p> <p>Psalms 139:13</p> 
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	<p><b>“You made my whole being. You formed me in my mother’s body.”</b></p> <p>Psalms 139:13</p> 
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# Heart & Hands Chat Time



Psalm 139:14 and 1 Corinthians 6:19-20

Look at these verses together and find the answers



## Did you spot it?

How does the Bible describe your body?

What have you heard today about your body that is new, surprising or particularly exciting?



## Work it out

Give everyone a chance to answer

How can we show respect for other people's bodies, knowing they are valuable to God?

Your body is a good gift from God - how could you care for it well?

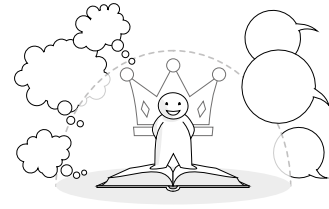




# Heart & Hands Chat Time



Live it out

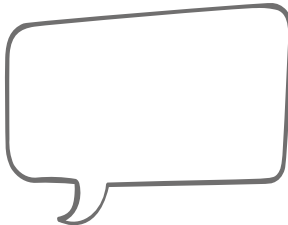


What might she be hoping people will tell her?

What does God tell her about her body?

How might what we have heard today change her from feeling like she needs to show off her body for people to like her?

What would you tell him to do in this situation?



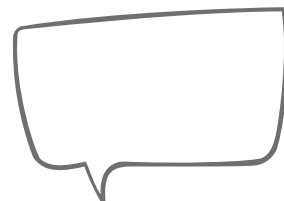
Why does it matter what pictures we look at of other people's bodies?



Thank God for the valuable body he has given to you.

Ask God to help you to be wise and careful with your body so that you might honour him with it.

Ask God to help you respect other people's bodies in the way you act, talk and think about them.





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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

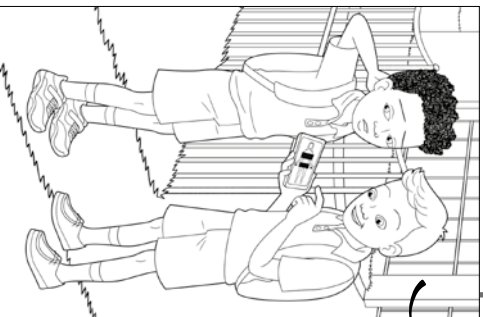
### I have a valuable body

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?

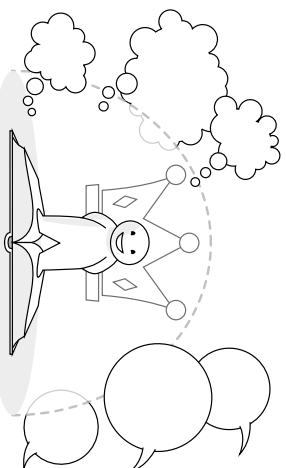
### 8 and Over

- 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





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

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