

# Looking After our Bodies

## GETTING STARTED:

Ask everyone to spread out on the floor, standing up. Show them how to check their pulses by putting two fingers on the inside of their wrists, or one finger on their neck, beside the windpipe.

Ask them to count their pulse for 20 seconds and see how fast it is.

Now ask the group to do star jumps for one minute, and then to time their pulse again.

Ask if the pulse was faster or slower the second time round?

Say that exercise helps everything inside to move faster, and this is good because it helps us to feel more alert, and it keeps everything working efficiently.

- Can the family think of any other good reasons to exercise?
- What other ways can we look after our bodies?

## DIGGING IN:

Choose a couple of the passages below to read and discuss as a family.

Read 1 Corinthians 6:19-21

- What do you think it means that our bodies are temples of the Holy Spirit?
- What do you think it means when Paul says we should honour God with our body?

Read John 10: 10

- Jesus says that he came to give us abundant life. What do you suppose this means?
- Can we really have abundant life if we are constantly tired from eating the wrong things or not getting enough sleep?

Read Luke 9:2

- Jesus told his disciples to preach the Gospel of the kingdom and to heal sick people. Does this show that God cares about our bodies? Why do you think God wants us to be healthy?



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## DIGGING IN cont.:

Read Deuteronomy 6:5

- We should love God with everything – heart, mind and strength. How can we love God with our strength?

## RESPONSE:

Talk about the routines you have for looking after your bodies as a family and think about anything you'd like to do to improve these. Think about some ways you would like to look after you bodies in the week ahead e.g. plan in some family exercise, make a teeth cleaning/fruit and vegetable eating reward chart or plan a special healthy meal.

Challenge individuals to set themselves a personal target and pray for each other that God would help you to do this.

Adapted from Urban Saints: Energize Resources