

Self-Respect: I will take care of my body because God gave it to me!

Give each person a bowl of dry alphabet noodles. Work together and find all the letters in order to spell out the words “I will take care of my body because God gave it to me.”

Bible Verse: “Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.”
1 Corinthians 6: 19-20 NLT

Read the Bible Story together: Daniel chooses good food. (Daniel 1)

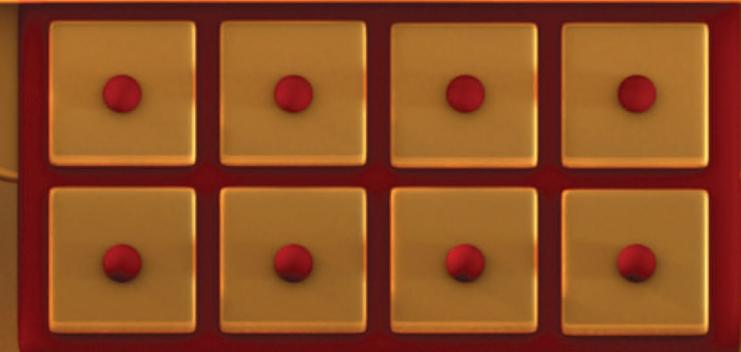
Ask your child what kinds of foods are good for their body. What happened to Daniel when he only ate vegetables?

Choosing Good Food

One of the ways we can take care of our bodies is by eating healthy foods. This is important because God made us and gave us our bodies. Pick one thing to eliminate from your diet this week as a family. You could give up candy, dessert, or soda. Work together as a family to stay away from that food item all week! Find some healthy alternatives you could enjoy together as a family instead. Maybe instead of eating dessert, your family could go on an after dinner walk together. Whatever you choose to do together, remember to emphasize the importance of taking care of the bodies God gave us!



TAKE HOME GAMES



LESSON 2 - SELF-RESPECT!

Main Point Choppin' Scramble

Cosmo Chesterson chopped the main point up! Help put the main point back together by filling in the phrases in the correct order below.

Self-Respect: _____

_____!



Help Daniel and his friends get to the healthy food!

