



### PODCASTS

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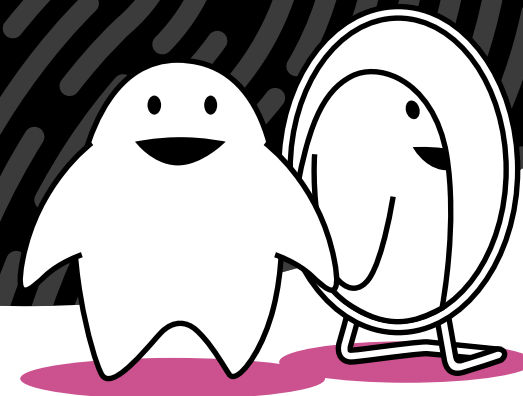
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Teaching resources for understanding **identity**



The Bible's answers to our big questions

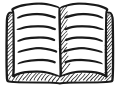


Lesson 4

## I AM GIVEN A BODY

Psalm 139:13-16a • Isaiah 53:2

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## READ

### I am given a body

PSALM 139:13-16a, ISAIAH 53:2

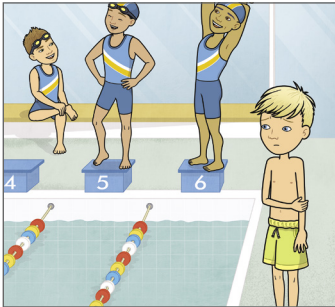
**TRUTH** = God carefully made each of our bodies wonderfully, as a gift to us.

**FAITH** = Children who value their body as a precious gift from their loving Father.

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made.

PSALM 139:13-14

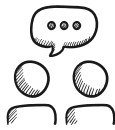
When he compares his body to theirs, he feels bad about himself. He's heard his parents say the same things about their own bodies.



In our culture, we have difficult relationships with our bodies - we can overvalue them, feel ashamed of them or think they dictate the things we should like/do.

### GOD'S BETTER STORY

- Our bodies, including their imperfections, are God's gifts to us.
- Looking after and using our bodies in the way God intends brings him praise.
- Jesus, the perfect man, had an ordinary body.



## TALK

Adults and children, ask each other...



### UNDER 7's

- What do you think of your body?
- What does God think of your body?
- The girl in the tracksuit loves football. What could praising God with her body look like?



### OVER 8's

- What do you think when you see yourself in a mirror/photo?
- Do you agree that you're fearfully and wonderfully made? If not, what would need to change for you to believe that?
- What could you say to help someone who felt like they had the wrong body?

### FEELINGS

What do you score your body out of 10?

1 • 2 • 3 • 4 • 5 • 6 • 7 • 8 • 9 • 10

What score would God give?

1 • 2 • 3 • 4 • 5 • 6 • 7 • 8 • 9 • 10



## LIVE

Look for opportunities to talk about bodies this week.

### ASK

- What do you love being able to do with your body?
- Who gave you your body?

When there are things you don't like about your body

### CONNECT TO THE TRUTH

- Your body is God's good gift to you
- Jesus had an ordinary body - he used it to love others



### PRAY

Ideas to help you pray.

**1. MIRROR** – when you see your reflection and wish your body looked different, ask God to help you to know it's his good gift.

**2. GENDER** – thank God for the body he's given you, and ask him to help you trust and praise him with it.

**Our bodies are hand-made by our loving heavenly father. Listen to his truth when he says you are 'fearfully and wonderfully made.'**



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