

NOTE TO PARENTS from Ps Luke Aiasecca

Thank you for the privilege of ministering to your family through Kidmania Online. Today's Kidmania Online episode was **BODY IS A TEMPLE!**

This parent info sheet can be used by you at home to support your Kidmania experience WITH your children and help them to get the most out of it.

The 'main ideas' section of this parent info sheet has been designed especially for you to enter into meaningful discussion with your children.

To help your children really share what is in their hearts and minds with you, and so YOU can actively build faith and wisdom into them, when it comes to the 'Ask' points, take care to not rush them... give them time to think and respond and really show them you are listening and that you understand.

We are here to support you! If you have any questions you would like to discuss please contact your location Kidmania co-ordinator or email me at luke.aiasecca@enjoy.church

God bless you!

Family Ice Breaker – Flip Bottles and Workouts

This is a fun way to introduce what you will be talking about as a family.

Today we *flipped bottles and did a quick workout!* You might like to try this at home.

- * 1 minute to flip the bottle to standing position
- * 10 push-ups (on knees if you need to make it easier)
- * 20 squats (feet shoulder width apart, and keep your backs straight)
- * 10 burpees
- * take a water break

Don't forget to stretch first - and have fun!

Today's Scripture References

1. *Read each Scripture out loud* in both the Amplified (AMP) version and the New Living Translation (NLT) version - to gain a good understanding of the Scripture.
2. *Choose which version of each Scripture to repeat & recite* (now and this week at mealtimes)

1 Timothy 4:8

(AMP) For physical training is of some value, but godliness (spiritual training) is of value in everything *and* in every way, since it holds promise for the present life and for the life to come.

(NLT) Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.

1 Corinthians 6:19

(AMP) Do you not know that your body is a temple of the Holy Spirit who is within you, whom you have [received as a gift] from God, and that you are not your own [property]?

(NLT) 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.

The Main Ideas for Family Discussion

Topic introduction:

Say: In today's Kidmania Online episode we learned that our body is a 'temple'.

Ask: What do you think it means when we say our body is a 'temple'?

Say: Let's look in the Bible to see what the Bible says about this.

Memory Verse Challenge: [turn the page over to the **Today's Scripture Reference** section]

*** For 1 Corinthians 6:19, check that your child understands that they are in charge of their own body. You can do this in your own words or using the explanation in 'My body is God's Temple' below. ***

Discussion:

Ask: What have you learned by listening to these Scriptures? [let them answer in their own words]

Physical training and physical hunger

Say: The Bible tells us that physical training is good. Today we saw Novandro (Nav) lead us in a work out. And we saw Ps Mick dance.

Ask: What do you like to do to keep your body active and strong?

Ask: The Bible tells us that eating every day is good. What did you eat today that was good?

Ask: Have you ever felt so hungry that your tummy grumbled?

If Yes – ask: What did you do to stop it grumbling? [we are looking for an answer something like: 'I ate' or 'I fed my tummy with food' – and I was happy to feel full/satisfied]

Spiritual training and spiritual hunger

Ask: Being very curious is like feeling very hungry to know something. Have you ever felt very curious?

If Yes – ask: What were you curious about and what did you do to stop feeling curious? [we are looking for an answer something like: 'I read about it' or 'I asked questions' – and I was happy to know/understand]

Say: The Bible tells us that spiritual training is better than 'good'; it is the 'best'. The more I know about God, the more I want to know Him. The more I love God, the more I want to love Him. The more I obey God, the more I want to obey Him. The more I talk with God, the more I want to talk with Him.

My body is God's Temple

Say: When the Bible says our body is not our own it only refers to God owning it 'before' and 'more' than we do, because: He made us (He is Creator), He saved us (He is Savior), and He put His spirit into us (He indwells us) - and that makes us HIS TEMPLE. Other people don't own our bodies. God has made each of us a body for our own spirit to live in, and for His Spirit to live with us. He wants us to make good decisions with our bodies - to eat good food, to exercise regularly, to grow to be strong, and to stay clean/pure/holy (to not use our bodies to do sinful things). God wants us to protect our bodies from being used or hurt by other people, and He wants us to say 'NO!' when people want us to show or use our bodies in unhealthy ways. If we are not sure we should always ask a trusted adult first.

Summary:

Say: We feed and move our bodies every day. God wants us to feed our spirit and mind with the Word of God (Bible) every day too. And He wants us to talk to Him.

There are 5 things that we can do every day to look after our 'Temple':

1. **Read the word.** We read the Bible so we understand what God wants us to know and do.
2. **Worship.** We do this through singing (and even dancing) along to some praise/worship music) and agreeing with the words as we do, and in the way we live, as God teaches us to in His Word - the Bible.
3. **Pray.** Prayer is just talking to God regularly/often. It proves we have relationship with Him.
4. **Eat well.** We want to eat lots of what is good for us, that nourishes our bodies.
5. **Move our bodies.** God made our bodies to move. Being fit helps us to be stronger for longer.

Let's pray!

Dear Heavenly Father... Thank You for giving us our bodies and thank You that You have come to live in us. Help us to treat our bodies (Your temple) well with good food and activity, and to be building up our spirit every day as we read our Bibles, worship with our whole lives, and pray...in Jesus' Name, Amen!

