



Lesson

“My Body is a Temple”

Kidmania Discipleship Group Questions:



- 1. Why do we need to look after our bodies?**
A) Children’s answers will vary.
- 2. What does the scripture in 1 Corinthians 6:19 mean to you? “You should know that your body is a temple for the Holy Spirit. The Holy Spirit is in you,”**
A) Children’s answers will vary.
- 3. What does it mean when we say Our Body is a Temple?**
A) The Holy Spirit lives inside of us. And because He lives inside of us, that makes our bodies a Temple or a Home for the Holy Spirit to live in.
- 4. What are some good ways that we can look after our bodies?**
A) Eating foods that are good for us, like fruits and Vegetables and drinking lots of water. Exercise and Physical activity such as going for a walk, play in the park, kick a ball, do some dancing, ride a bike and many other things like these that will help keep our bodies active.