



Date: _____
Series: A-MAZE-IN Life
Summer Year 2, Lesson 7

Food and Exercise... What Will You Choose?

Take Home Point: *Let God guide your choices in food and exercise. *Repeat this phrase throughout the lesson.

Bible Event: 1 Corinthians 6:12-14; 19-20; Romans 12:1

Key Verses: 1 Corinthians 6:19, "Don't you know that your body is a temple that belongs to the Holy Spirit? The Holy Spirit, whom you received from God, lives in you. You don't belong to yourselves."

We will help kids know:

- We should respect and care for our bodies as God's temple.
- Our bodies belong to God not only because he made us, but also because he redeemed us. Therefore, we can honor God with how we treat our bodies.
- Important decisions are small ones made often. Lifetime habits of healthy food choices and exercise are big, God-honoring, decisions.




We will help kids feel:

- Inspired by the big differences we can make with small changes.
- Empowered to make the changes to live a healthier lifestyle.

We will help kids do:

- Use their thumbs to represent physical strength through thumb wars and as an illustration of breaking bad habits related to food and exercise choices.
- Use threads from discussion of good, healthy habits, to decorate a cross as a reminder that our bodies belong to God and that the Holy Spirit dwells in us.

THIS LESSON'S ROADMAP

DESTINATION	PAGE #	DISCOVERIES ON YOUR JOURNEY	SUPPLIES NEEDED
Small Group Warm-Up 	3	Students will participate in Thumb-nastics to warm up their thumbs and minds for a thumb war competition. A group champion will be crowned and the event will relate to questions about kids' total body fitness and food choices.	<ul style="list-style-type: none"> background exercise music with a good beat (<i>Rocky</i> theme music, for example.) bell to announce end of rounds medals for thumb war winners (<i>p. 14</i>)
Large Group 	5 8 8 10 12	Overview Food and Exercise...What Will You Choose? A journey through the maze gives kids choices to decide what to eat –and how and when to exercise. Video: selection from the movie <i>Heavyweights</i> Activity: Habits Maze. Four volunteers will create a maze pattern that builds strength. One volunteer is lifted off the floor with the combined force of many good habits represented by many strands of weak thread. Bible Teaching: 1 Corinthians 6:12-14, 19-20. Let us not be controlled or mastered by every little desire for our body. Live your life for God.	<ul style="list-style-type: none"> a sports jacket for the Keeper of the Clues <i>Heavyweights</i> video, produced by Walt Disney Home Video, 1995, (www.amazon.com) ISBN 0-7888-4269-2: spool of thin-weight, white colored thread spool of thin-weight dark thread (<i>Note: All thread must be easy to snap with the upward strength of a 5th or 6th grader's thumb.</i>) three 3-foot dowel rods one inch thick (<i>Three broom handles will work also.</i>) scissors
Small Group Application 	5	Students will make "habit cluster designs" on crosses to discuss good habits as a reminder that our bodies belong to God.	<ul style="list-style-type: none"> cross patterns on cardstock or extra heavy construction paper (<i>p. 15</i>) pencils scissors thread cut in 2-foot lengths for each student

Small Group Warm-Up: 15 minutes



Purpose: *Get pointed in the right direction! Build relationships and help guests feel at ease. Do the learning readiness activity that will point your group in the right direction for the lesson.*

As kids gather: *Listen to memory verses from last week and give coupons for memory verses, remembering to bring your Bible, and bringing a guest.*

Supplies needed:

- background exercise music with a good beat (Rocky theme music, for example.)
- bell to announce end of round
- medals for thumb war winners

Caution: *Some of the kids may be very conscious about their bodies, especially if they are overweight. It is important to be sensitive to this and not make any child feel like they are on the spot. Leaders may find it helpful to divide groups evenly according to gender.*

The large group presenter will lead the following activity while kids remain in their small groups, or have all kids come together in a large group.

Welcome to the Thumb-nasium where we will get our thumbs in shape with some Thumb-ser-cises so we can compete in Thumb-nastics and finally, Battle of the Thumbs. Please join me by loosening up your thumbs.

Lead students in thumb circles, thumb jumping jacks, thumb push-ups, thumb stretches, etc.

Now that you are loosened up, put your two thumbs together and let's do some synchronized Thumb-nastics. Swing on the high bars, somersaults, floor exercises, which, as you know, is a thumb way of dancing.

After this, instruct kids to lock fingers of one hand together with the same hand of a partner. Face the thumbs toward each other and say:

One – two – three – four, I - declare - a - thumb - war.

After the chant, whoever is able to pin their partners' thumb down is the winner.

Who is in the best thumb shape?

Keep playing rounds of thumbwar or winners against winners from the previous round. Then perform a quick medal award ceremony.

Then continue with:

Today we will talk about choices that you make in taking care of your body. Specifically, these are the choices of what you eat and how you exercise. God wants the very best for you so he certainly has some ideas about how you might best glorify God in the way you take care of your body. Today we will discuss **food and exercise...what will you choose?*

Let's begin by talking about the overall shape of our bodies and how we take care of ourselves right now. To help us see what kind of choices you already make in food and exercise, I will ask you some questions. If your answer is...

- **"Yes," put your thumb up**
- **"Maybe," shake your thumb in the middle**
- **"No," put your thumb down.**

How many of you:

- 1. Get at least 30 minutes of hard, sweaty exercise at least three times a week?**
- 2. Get at least some exercise, even if it is walking, at least six days a week?**
- 3. Have a sport, hobby or activity that helps you get good exercise?**
- 4. Are forced to get exercise because your parents make you?**
- 5. Like to eat vegetables?**
- 6. Like to be a vegetable... specifically, a couch potato?**
- 7. Typically have two or more soda pops a day?**
- 8. Eat three meals a day?**
- 9. Like to eat until you just can't eat any more?**

Have groups come together in large group if they are not already.

Large Group: 20-30 minutes



Purpose: *Help kids observe what the Bible says. Present the Bible event in creative fashion. Help kids begin to interpret what it means.*

Overview

Attention Grabber: Video clip from *Heavyweights*.

Food and Exercise...What Will You Choose? The Keeper of the Clues narrates a journey through the maze of choices kids have when deciding what to eat and how and when to exercise.

Activity: Habits Maze. Four volunteers will create a maze pattern that builds strength as good, healthy habits are discussed. The demonstration culminates in one volunteer being lifted off of the floor with the combined force of many good habits represented by many strands of weak thread.

Discussion: 1 Corinthians 6:12-14, 19-20. Let us not be controlled or mastered by giving into every little desire of our body. God is the one who made the body and it should be lived for him.

Small Group Application: 20-25 minutes



Purpose: *Help kids map out the meaning of the Bible event in their lives. Use the questions to stimulate discussion, but don't feel tied to them. Allow the Holy Spirit to guide you. Include personal examples from your own faith journey. The example of Christ at work in your life will leave lasting impressions of how Christ can work in the children's lives.*

Use your Bibles! Children need to learn how to look up references and follow along when scripture is read aloud. Allow for quality time of prayer at the close of the lesson.

Observation Questions: What happened? & Interpretation Questions: What does this mean?

Read 1 Corinthians 6:19-20:

The body is a temple. Who lives inside of it? *(The Holy Spirit.)*

Who do we belong to? *(God.)*

What is the price he paid for us? *(The price of Jesus' life who gave his body for us.)*

Read Romans 12:1

What are we supposed to offer our bodies as? *(A living sacrifice.)*

What do you think it means to be a living sacrifice? *(Not living for just ourselves but in service to God.)*

Why would we want to do this? *(This is our spiritual worship, which is our way of saying, "I honor you.")*

Why do you think our body is so valuable to God? *(He has given it to us and we are precious to him.)*

Application Questions: What does this mean to me?

What are ways we can honor God with our bodies? How does this relate to choices you make regarding what you eat and when and how you exercise?

Discuss and then, together as a group, list some good habits in exercise and healthy eating habits.

Application Activity:

Supplies needed: cross patterns on cardstock or extra heavy construction paper, pencils, scissors, thread cut in 2- foot lengths for each student

We are going to make a reminder that our bodies belong to God. He is the one who made them and gave them to us. But he is also the one who gave his Son to buy our bodies back for his purposes.

When we trust Jesus as our Savior, not only do we have the Holy Spirit living inside of us, but also our bodies serve as God's temple, or a place where God's glory dwells.

Pass out supplies and say:

The cross reminds us that the Holy Spirit lives in us and our bodies are God's temple. The thread represents our habits.

With a scissors, cut three ¼" slits in each side of the cardboard cross and have the kids do the same. These slits should be long enough to pass the thread through and make various diagrams.

Wrap your thread around the cross to make any pattern you would like. There are interesting patterns that can be made when you go

from one side to the other and make different diagonals and triangles.

When kids have completed their crosses, have them look at each other's and say:

Each one of these is unique and beautiful in its own way, just as God made each of us unique and beautiful to him.

God not only created us, but also loves each of us so much that he bought us back with a price, the life of his Son Jesus. We can show honor to God and show him love and thankfulness when we take care of our bodies. **Food and exercise...what will you choose?*

This picture shows another craft option.



Closing Prayer:

Thank God for creating us and taking care of us. Thank him that he loves us so much that he bought us each with a price, his Son Jesus. Ask that the Holy Spirit, who lives in us when we believe in Jesus as our Savior, remind us that we are God's temple, created to be living sacrifices to him. Ask him to help us remember to take care of our bodies to honor God and to show him our gratitude for his great love.

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Large Group Presentation: 20-30 minutes

Food and Exercise...What Will You Choose?

Props Needed:

- *Heavyweights* Video
- spool of thin-weight white thread
- spool of thin-weight dark thread (*Note: All thread must be easy to snap with the upward strength of a 5th or 6th grader's thumb.*)
- three 4' dowel rods each one-inch thick (*Three broom handles will work also.*)
- scissors

Introduction

Have kids all come together to show the video clip.

The Keeper of the Clues begins:

Welcome, kids, to today's maze and all the choices you face. I am the Keeper of the Clues who will help guide your choices through the Maze of Life. Today we will talk about choices that you make in the area of food and exercise. You probably know these are important choices because they affect your health and appearance. But did you ever think that it is important to God, as well? Yes! We honor God with the crazy choices we can make in food and exercise. Let's take a look at this video clip from *Heavyweights*.

Attention Grabber

Summarize the plot of the following movie clip:

Overweight kids are sent to a special camp run by actor Ben Stiller who plays a tyrannical fitness guru. His "evil" methods of getting kids to learn new eating and exercise habits cause them to band together and overthrow his leadership. This clip shows the kids getting revenge on him during an all night eating binge.

Show the video clip from *Heavyweights*.

Begin Time: 1:09

Begin Cue: "I thought they were supposed to be on diets."

End Time: 1:12

End Cue: "So who wants to do this thing right? It's up to you."

Clip Duration: 3 minutes

Then say:

It is obvious that such eating binges would be terrible for our health. But that is usually not the problem that you kids face in your choices with exercise and food. For example, when is the last time you went

through an eating binge like that? No, your challenges are quite different. Let's take a look at the maze and discover more about what your challenges may be. I need four volunteers from the audience to participate today in our A-MAZE-IN Life.

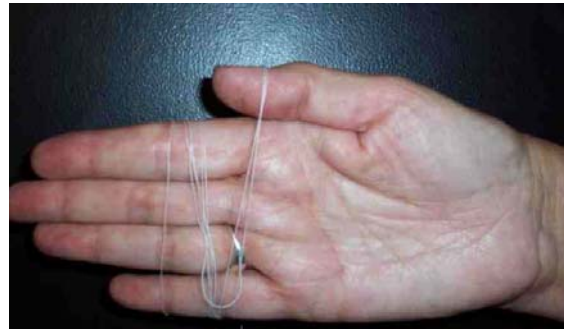
A-MAZE-IN Life

Seat the volunteers in the front so only one person at a time is standing for the demonstration. Select the smallest amongst them and measure off a piece of thread as tall as this person. Tear it with your bare hands.

Note: It may be helpful to pre-select this person and practice beforehand to ensure that they can break the strand.

This person has such amazing strength that he (she) can tear this strong thread with just his (her) thumb. Let us demonstrate.

Have the volunteer extend her hand holding all four fingers together with the thumb apart. The thread is then wrapped around all four fingers until there is only about two feet left. Then the volunteer puts his (her) thumb down close to the rest of the hand while one loop of thread is looped over the thumb and the rest of the thread continues to be wrapped around the fingers. The final effect is that the thread is wrapped tightly around the fingers with the one strand looped around the thumb.



Have this volunteer break the thread by pulling the thumb away from his/her fingers.

Have another one of the volunteers who looks strong and tough come to the front and join in. Hold the same thread out and say (emphasizing the words capitalized):

THIS thread is too strong to be broken by THIS person. Do you believe it?

Continue the demonstration like the previous one, except add three or four strands over the thumb tightly enough to hold the thumb down. Loop the remaining thread around fingers only and secure the end.

Have this volunteer try and break the strand by pulling the thumb away from the fingers. (Hopefully he/she *cannot* break it.)

How does this teach us anything about taking care of our bodies in how we exercise or the food we eat?

Use a microphone so kids can be heard and take two or three guesses. *(They will likely miss the answer but even if they do not get it, assure them you will tell it at the end.)*

Next, hold up the white thread and say:

This thread is strong enough to hold the weight of one of the volunteers (choose the heaviest).

Set this up in the following way:

Have two of the strong volunteers hold the broom handle (dowel) at each end. Firmly tie the thread in a knot on the dowel handle at one end. Have an assistant hold a second broom handle, parallel, about six inches below the other broom handle. Now wrap the string down to the other one and continue making loops around both broom handles (dowels) for four feet across the broom. You will have to make about 70 loops, so continue talking while you wrap. When you get to the other end, tie this thread firmly in a knot.



Next, have the two people holding the top broom handle raise it over their heads holding it with both hands, and ask that another volunteer hold on to the second broom handle as he is lifted off the ground. The thread will hold the person in air.

Now who can guess what this might mean?

Using a microphone, field several guesses and then explain both:

The choices we make in what we eat and in how we exercise are important to how our body grows and develops. But what has great impact over those decisions are the small choices that we make OVER and OVER and OVER again. This is just like wrapping the string over and over again. These become habits. We can develop bad habits or good habits. They will have great impact in our lives.

Ask for another volunteer. Take the dark thread and begin to loop it around his/her hand holding the thumb down while saying the following.

Picture this dark thread as bad habits. Let's say that I choose to skip meals because I eat sweets or junk food.

Wrap thread around the fingers and thumb.

Let's say that I drink three pops per day, knowing that each pop has at least eight teaspoons of sugar in it.

Wrap around again.

Let's say that I stay up late and do not sleep much, so I feel tired all day.

Wrap around again.

Let's say I don't get any exercise, not even walking or riding my bike.

Wrap around again.

Let's say I eat lots of potato chips or snack food.

Wrap around again. Now have the volunteer try and break the threads with his/her thumb.

Now let's look at the good habits that might be strong enough to lift us up. For example...

Refer to the loops wrapped around the broom handles (dowels).

...Limiting a lot of junk food, French fries, or fast food,

...Eating good amounts of vegetables and meats,

...Not drinking too much pop,

...Eating breakfast and balanced meals,

...Not eating too much,

...Getting enough exercise, at least 30 minutes of hard exercise per day.

Important choices in life are not just the big ones like deciding what you want to be when you grow up or whom you will marry. Some of the other very important choices in life are the small ones that you

make over and over again. These become lifetime habits and they can include healthy food choices and exercise choices or unhealthy food and exercise choices.

Bible Teaching

Invite the kids to follow with their own Bibles or use a power point to read 1 Corinthians 6:12:

“Someone may say, ‘I’m allowed to do anything,’ but not everything is helpful. I’m allowed to do anything, but I won’t allow anything to gain control over my life.”

Hold up the dark thread and say:

Let’s not get controlled or mastered by giving into every little desire for our body. In other words, if we just tried to make our body feel good all the time by always feeding it candy, our silly desire would always be controlling us instead of us controlling and having discipline over our habits.

Have the volunteer who was lifted by the parallel dowel rod read:

1 Corinthians 6:13-14:

“Food is for the stomach, and the stomach is for food, but God will put an end to both of them. However, the body is not for sexual sin but for the Lord, and the Lord is for the body. God raised the Lord, and by his power God will also raise us.”

Discuss the previous activity where a kid demonstrated hanging from a dowel.

Here’s a picture of why we want to take care of our bodies and that is because of this.

Acquire a third dowel and hold it vertically in front of the other two to make a cross.

This reminds us, just like the Bible said, that the body is meant for the Lord and the Lord is meant for the body. In other words, God is the one who made the body and it should be lived for him. He not only made it, but, as it says in verse 14 that just as Jesus was raised from the dead, we, too, will be raised from the dead. God not only made our body but made it his again when he gave his Son, Jesus to die for us.

Lead the group in a round of applause for the volunteers and let them sit down.

Read 1 Corinthians 6:19-20:

“Don’t you know that your body is a temple that belongs to the Holy Spirit? The Holy Spirit, whom you received from God, lives in you. You don’t belong to yourselves. You were bought for a price. So bring glory to God in the way you use your body.”

Prayer:

Dear God, we pray that you bless us as we talk together and learn to see our bodies as temples that hold your gift of the Holy Spirit inside. May it be easier for us to make God-pleasing choices about which foods to eat and how much exercise to get when we remember that our bodies do not belong to ourselves. Help us to change the small habits that will make a big difference in the health of our bodies and to see the long-range benefits of a healthy lifestyle. In Jesus’ name, Amen.



