

**THE CHURCH IN NEW YORK CITY**  
**CHILDREN'S MEETING LESSON (Pre-K & K)**

**Man in God's Creation**

**Lesson #16 Care of the Body (1)**

**Burden to Impart:**

In this lesson we see how we should take care of our body by cleanliness without and proper eating within. Our body is very precious to God. It is not our own, it belongs to Him. For this reason we should respect our body, treat it properly, and do nothing that would harm or damage it.

**Memory verse:** “Or do you not know that your <sup>a</sup>body is a <sup>b</sup>temple of the <sup>1</sup>Holy Spirit ..... and you are <sup>e</sup>not your own? 1 Cor. 6:19

**Facts to teach:**

- 1) Cleanliness: The care of our body begins on the outside. The way we keep our body healthy on the outside is by cleanliness. Some healthy habits to care for our body are:
  - a. Wash our hands (especially before eating). Our hands touch all kinds of dirty things and carry many germs. We pick up dirt and germs by touching animals, picking up things off the ground, handling money, etc. Then when we eat we pick up the food with our hands and get the germs into us. They may make us sick.
  - b. We should daily wash the dirt and sweat off our body.
  - c. We should take care of our fingernails properly, cleaning under them and cutting them.
  - d. We should take care of our hair by combing it properly each day, washing it, and having it cut.
  - e. We should take care of our teeth, brushing them at least twice a day to avoid cavities and gum diseases.
2. Eating: The most important care of our body is on the inside and has to do with eating.
  - a. We should try to eat balanced meals. To do this we should not eat a lot of one food (like peanut butter and jelly sandwiches) and almost none of another (like fruits,

oranges, etc.). To have a balanced diet we should eat a little of several kinds of different foods.

b. We should avoid eating “junk food” because it spoils our appetite so that we are not hungry for the nutritious foods at meal times. “Junk foods” are packaged snacks, candies, ice cream, potato chips, etc.

c. At the table we should have a pleasant atmosphere so that we enjoy our meal. There should be no arguing. (That spoils the appetite.) Also, it should not be too rushed, for then you don’t chew properly and will eat too much. Also, you might choke on your food. (Choking is very dangerous, causing death.)

d. Our parents usually try to serve us a balanced, nutritious meal so we should eat what we are served, not only what we like. We should try new foods. Usually we don’t like anything (unless it is very sweet or salty) until we have had it several times.

## **Lesson #17 Care of the Body (2)**

### **Burden to Impart:**

In this lesson we see more about how we should take care of our body. We need some kind of daily exercise in order to have a strong and healthy body. We need adequate rest and sleep so our body can rebuild and heal itself after a long day of activity. We should cover our body with the proper clothing.

**Memory verse:** “ For no one ever hated his own flesh, but <sup>1a</sup>nourishes and <sup>b</sup>cherishes it, ………”  
Eph 5:29

### **Facts to teach:**

3. Exercise is necessary to have a healthy body. Exercise strengthens our vital organs, such as the heart and lungs, as well as all other parts, such as the muscles, bones, blood vessels, etc. In order to keep our body healthy for ourselves and for the Lord we need some form of exercise each day.

a. The most basic exercise is to stand and to sit straight. Since we spend most of our time (during our 16 waking hours) either standing or sitting, we should learn the proper posture. Our back should be straight, our shoulders should be held back, and our abdomen should be held in.

b. We must be careful not to damage our body or health by over-exerting ourselves. To be active and to exercise is good, but to over-exercise is unhealthy.

Some examples are:

- 1) Taking a very long bike ride or hike when you aren't used to doing that.
- 2) Exercising, running, playing hard when you are sick.
- 3) Staying up late, getting up early, not resting enough during the day when you are sick or feeling weak.

c. We should always practice safety when we exercise, otherwise we may injure our body very seriously.

Some examples are:

- 1) Lifting-always tries to keep your back straight when lifting a heavy object. Lift with your legs and not your back. The legs are much stronger than your back. If anything is too heavy or large and clumsy, ASK FOR HELP! (You might drop something on your toes or hurt your back or belly muscles if you attempt to do it by yourself.)
- 2) Swimming-After eating, always wait at least 30 minutes before swimming. Otherwise you may get a stomach cramp. A strong cramp will make you unable to swim and you will sink like a rock. Never attempt to swim so far out in water over your head that you will not easily be able to swim back.

4. Adequate rest and sleep is very important in order to have a healthy, responsive body. Everybody's body is slightly different; some people need more rest and sleep than others. We must know the signs of inadequate rest and sleep and adjust our schedule so as to allow adequate rest and sleep.

a. If you find it very hard to arise in the morning, or if you feel weak, dragging, and tired after getting up in the morning you did not get enough sleep. Go to bed earlier and you will feel better, work better, and be happier the whole next day!

b. If you do not get enough rest and sleep you may get sick easier and more often, especially with colds, sore throats, and coughs.

5. Wearing the proper clothing:

a. We should wear the proper size clothing. Our clothes should fit.

- b. our clothing should match the environment. If it is warm out, wear lightweight clothing. If it is cold out, we should wear warm clothes.
- c. Our clothing should be proper for the activity we will be doing.