

## August 19-25 1 Corinthians 1-7

# "BE PERFECTLY JOINED TOGETHER"

1. My Body is Like a Temple- Look at pictures of temples <https://temples.alanfullmer.com/LDS-Temples> . Talk about how they're all different but special. How do you feel when you look at temples? The manual also suggests visiting the temple grounds to help with this discussion.
  - Read/summarize/discuss 1 Corinthians 6:19-20 and 1 Corinthians 3:16-17. How are our bodies like temples? Why are temples special? How can we treat our bodies special?
  - Read the explanation of our bodies being temples from *The Friend* in this link: <http://media.ldscdn.org/pdf/lds-magazines/friend-august-2011/2011-08-25-my-body-is-a-temple-of-god-eng.pdf>
  - Listen to/sing/talk about the words to the song "The Lord Gave Me a Temple" <https://www.youtube.com/watch?v=rJnu6p5nuVs>
  - If time/interest, play "Your Body is a Temple" game from this month's *Friend* magazine [https://www.churchofjesuschrist.org/bc/content/shared/content/images/magazines/friend/2019/08/august-2019-friend-magazine-jesus-christ\\_2259963.pdf](https://www.churchofjesuschrist.org/bc/content/shared/content/images/magazines/friend/2019/08/august-2019-friend-magazine-jesus-christ_2259963.pdf) .
2. My Body is a Temple Cut-out Activity – Cut out the circle pictures. Everyone take turns pulling one out of a pile. If it's something that would be good for our body, glue it onto the picture of the girl/boy. Talk about how some things, like medicine, can be good for us if we're sick and a doctor has told us to take it, but can be bad for us if we take it when we're not supposed to.
3. Our Sacred Bodies Booklet – Cut out the pages from this booklet and hide them around the room. As they find each one, read and discuss it in as much detail as needed. For the "I'm grateful for my body page," have them say reasons they like their bodies, cool things they can do because they have bodies (play soccer, listen to music with ears, eat snacks with their mouths), etc. Then staple them all together into a booklet. *My original plan for this lesson didn't include this, but then I read this article from The Ensign about talking to our kids about bodies (<https://www.churchofjesuschrist.org/study/ensign/2019/08/our-sacred-bodies?lang=eng>), and I really felt like this was information that should be included in this lesson so I made this little booklet with some of the main points from this article. Some of the pages (especially the "Keeping Safe" page are a little more sensitive to talk about, so if you use this, be prepared to discuss it in the ways that you feel are best for your family.*
  - Read/discuss "Tickling Trouble" from *The Friend* <https://www.churchofjesuschrist.org/study/friend/2017/06/tickling-trouble?lang=eng> .
4. Unity- Everybody's bodies look different. Other people's bodies are temples too, so how should we treat them? Should we hit them? Kick them? Etc. Talk about what unity means. Read/summarize/discuss 1 Corinthians 1:10.
  - Show "We Don't Need to be the Same to be One" video <https://www.churchofjesuschrist.org/media-library/video/2017-01-003-we-dont-need-to-be-the-same-to-be-one?lang=eng>. Read the words in this video and discuss.
  - 1 Corinthians 1:11 said that the people there had "contentions." Talk about what contentions are and where we have seen them sometimes. Read 1 Corinthians 3:3 and talk about what "divisions" are.
  - Instead of contention, what does Jesus want us to have? Have them listen to Mosiah 18:21 for the answer.
  - Discuss this page from *The Friend* to talk about ways to get along with siblings (and others) better <https://www.churchofjesuschrist.org/study/friend/2019/05/whats-on-your-mind?lang=eng>
  - How can we be one with our family members? Neighbors? Etc.
5. The Holy Ghost Teaches Us Truth- When we make good choices, the Holy Ghost can be inside of our body. Read/discuss/summarize 1 Corinthians 2:11, 14. Paul taught that the Holy Ghost can help us learn the things of God. The Holy Ghost teaches us truth.
  - True/False Activity: Give some simple examples of true or false statements (it's sunny outside, the clouds are purple with pink polka-dots, etc). Have them put thumbs up for true things and thumbs down

for false things. Read through the following list and have them do thumbs up/down to show if each thing is true or false. Remind them that God helps us know the truth of things through the Holy Ghost:

- Heavenly Father loves you
- Jesus loves you
- Taking good care of our bodies is important
- Jesus isn't alive
- It's good to be nice to your family
- You should spit at your neighbors if you don't like them
- It's nice to help other people
- We should hate other people
- We should love other people

*\*If time/interest, let them think of their own true/false statements to share as well.*

6. Life of Jesus Review Game- Read/discuss/summarize 1 Corinthians 3:11. One of the most important things the Holy Ghost teaches us is about Jesus. He should be the "foundation" (the strongest part) of our testimonies. Play the review game below to review some of the things Jesus has done and share testimonies of Him.
7. Unity Bread/Friendship Butter Follow instructions from *The Friend*:  
<https://www.churchofjesuschrist.org/study/friend/2014/03/family-fun-time?lang=eng>

Additional Ideas:

Exercising Craft <https://www.churchofjesuschrist.org/bc/content/ldsorg/children/resources/topics/body/My-Body-A-Temple-2002-05-friend.pdf>

I Will Invite the Holy Ghost Booklet <https://www.churchofjesuschrist.org/study/friend/1997/07/sharing-time-the-holy-ghost-can-help-me?lang=eng>

Ways to Invite the Spirit

<https://www.churchofjesuschrist.org/bc/content/shared/content/images/magazines/friend/2012/03/fr12mar34-inviting-the-spirit.pdf>

Holding Hands Around the World Song <https://www.youtube.com/watch?v=0JMzOMrnv7s> or

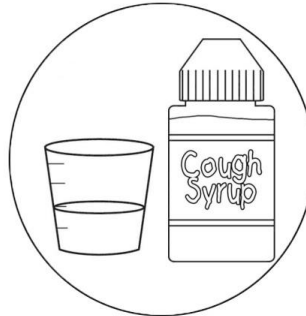
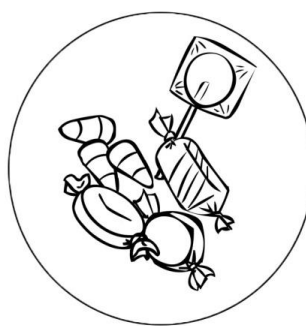
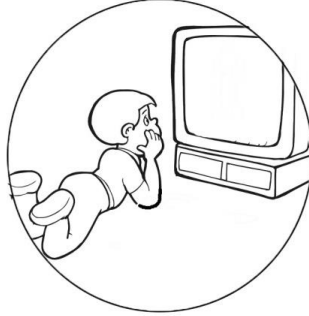
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The Holy Ghost Song <https://www.youtube.com/watch?v=6Y5We9-SwHo>

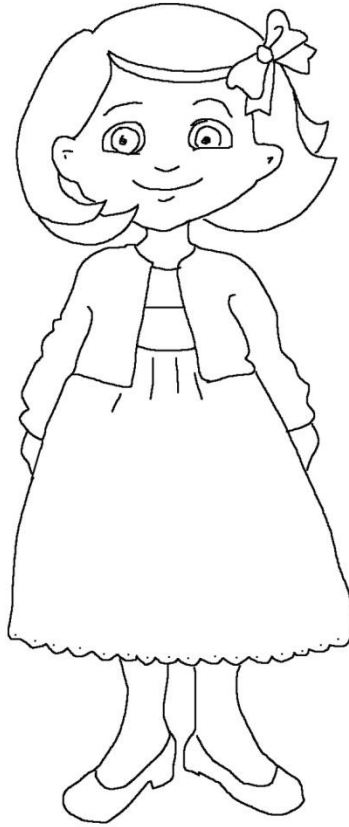
We're All Shoes story about unity <https://www.churchofjesuschrist.org/study/liahona/2010/08/children/were-all-shoes?lang=eng>

Lots of other great printable activities <https://www.theredcrystal.org/post/be-perfectly-joined-together-aug-19-25>

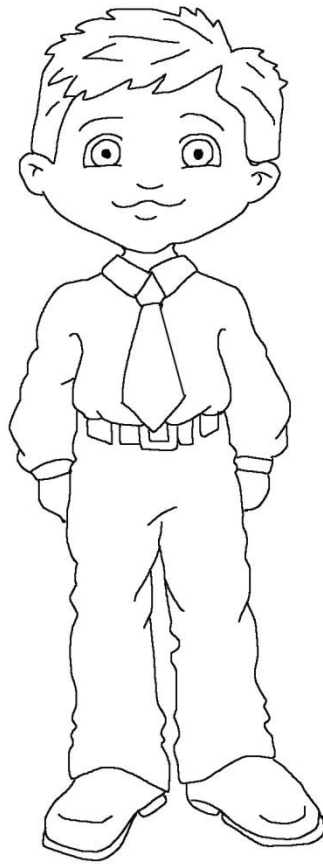
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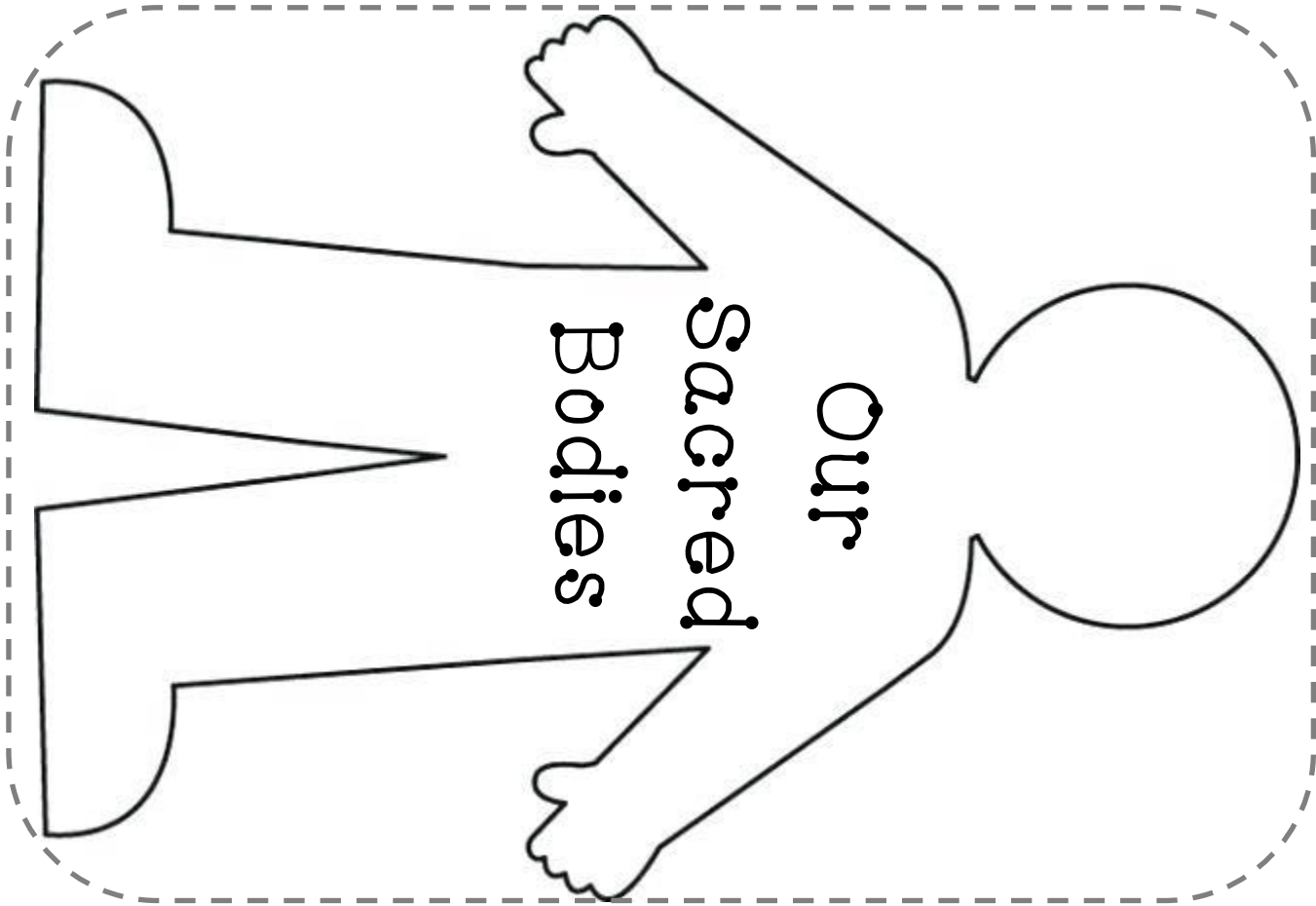
# I Will take Care of My Body



# I will Take Care of My Body



Our Sacred Bodies Booklet – Cut out the pages from this booklet and hide them around the room. As they find each one, read and discuss it in as much detail as needed. For the “I’m grateful for my body” page, have them say reasons they like their bodies, cool things they can do because they have bodies (play soccer, listen to music with ears, eat snacks with their mouths), etc. Then staple them all together into a booklet.

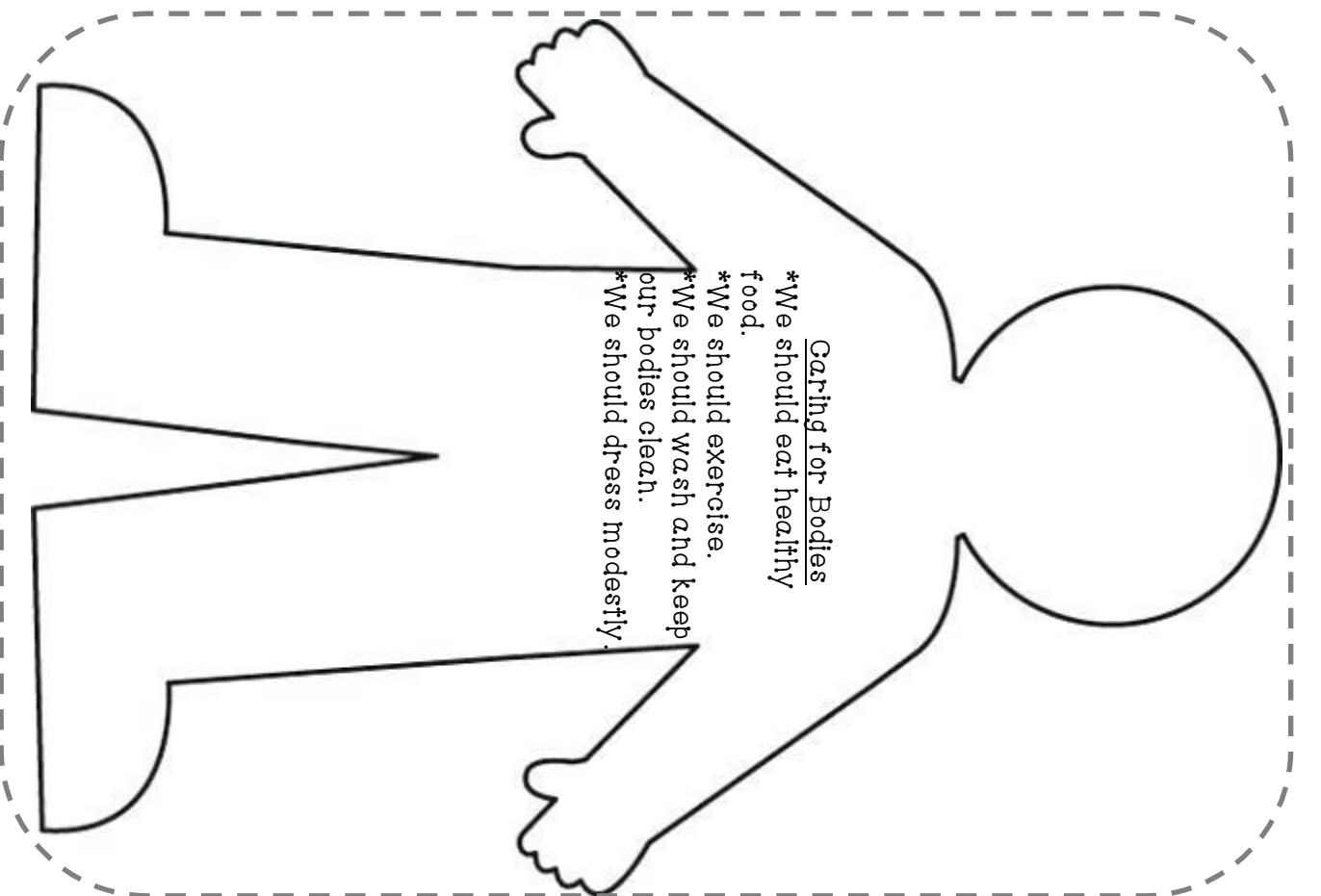


# Our Sacred Bodies



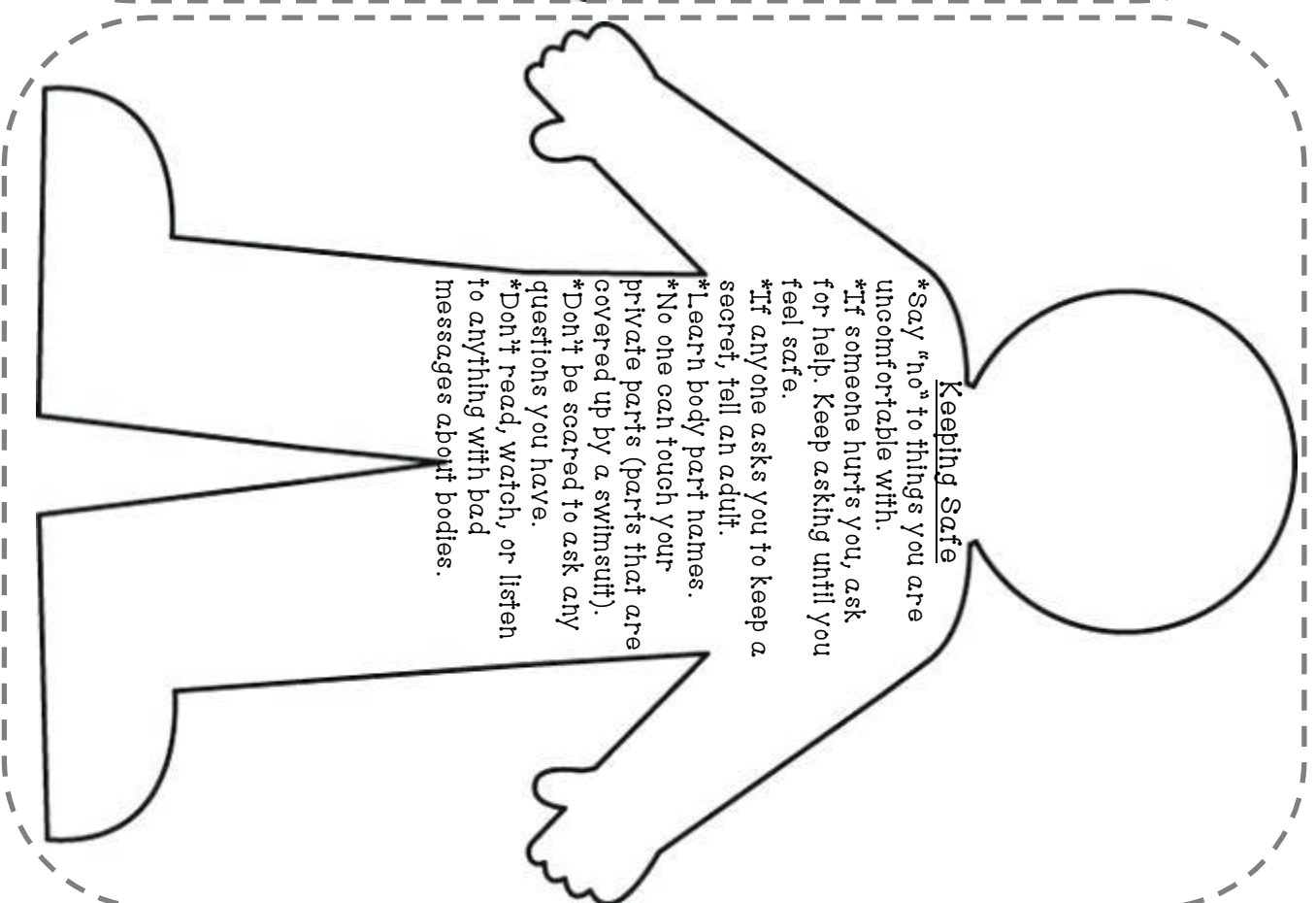
## Bodies Are Gifts

- \*Bodies come in different shapes, colors, sizes, and ability levels.
- \*EVERY body is a special blessing.
- \*Our bodies are temples for the Holy Ghost.
- \*Our body can do lots of amazing things!



### Caring for Bodies

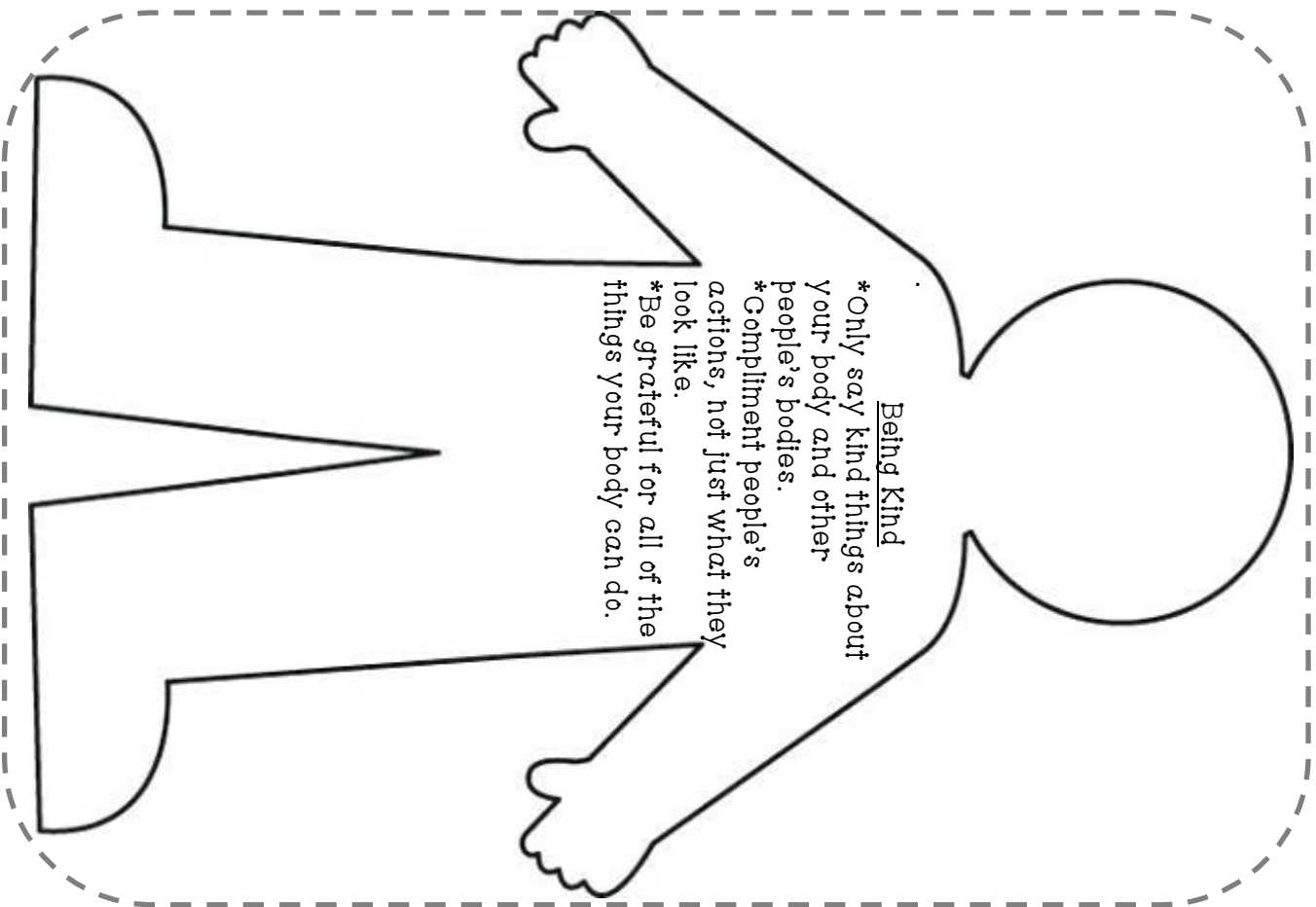
- \*We should eat healthy food.
- \*We should exercise.
- \*We should wash and keep our bodies clean.
- \*We should dress modestly.



### Keeping Safe

- \*Say "no" to things you are uncomfortable with.
- \*If someone hurts you, ask for help. Keep asking until you feel safe.
- \*If anyone asks you to keep a secret, tell an adult.
- \*Learn body part names.
- \*No one can touch your private parts (parts that are covered up by a swimsuit).
- \*Don't be scared to ask any questions you have.
- \*Don't read, watch, or listen to anything with bad messages about bodies.



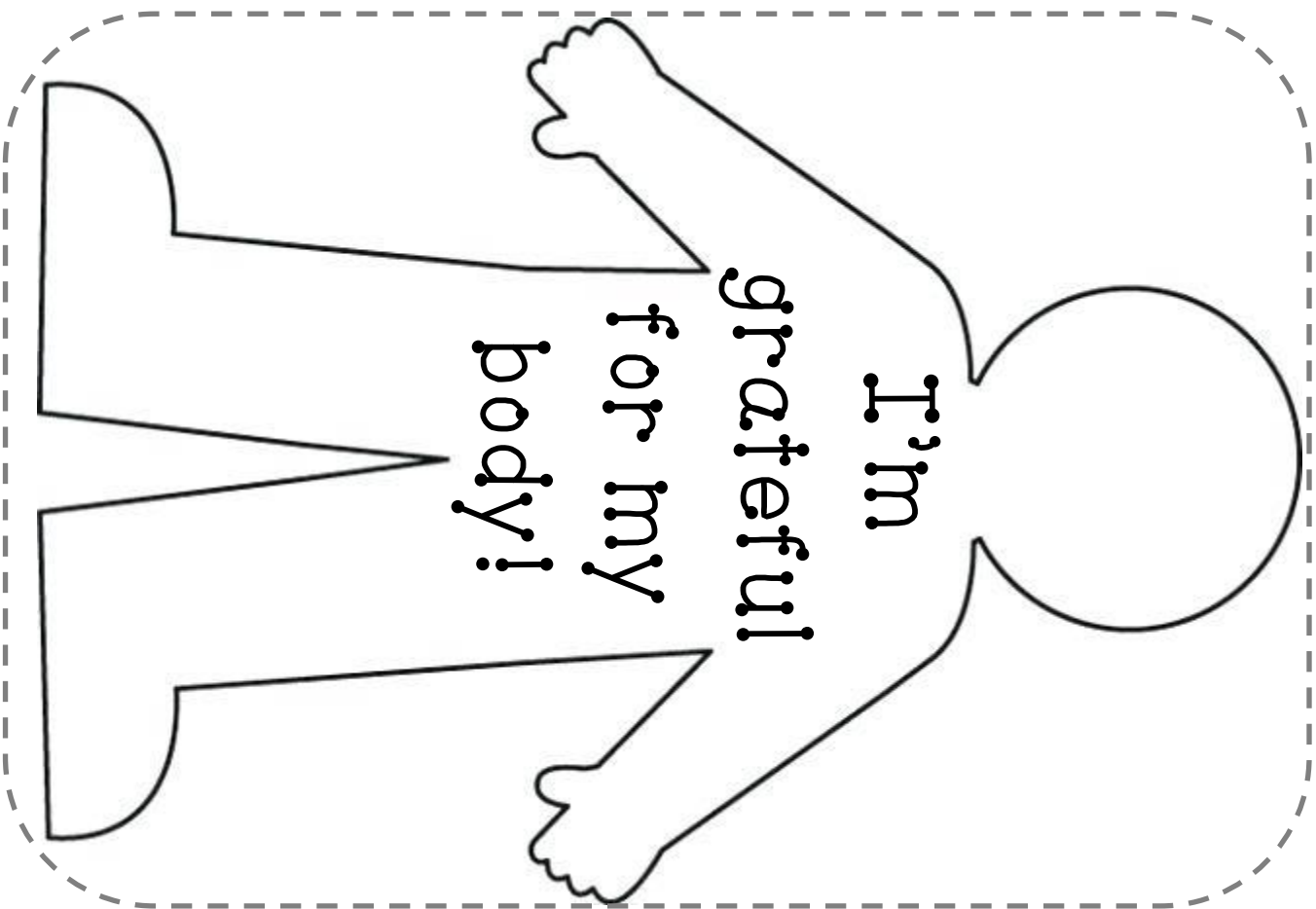


Being Kind

\*Only say kind things about  
your body and other  
people's bodies.

\*Compliment people's  
actions, not just what they  
look like.

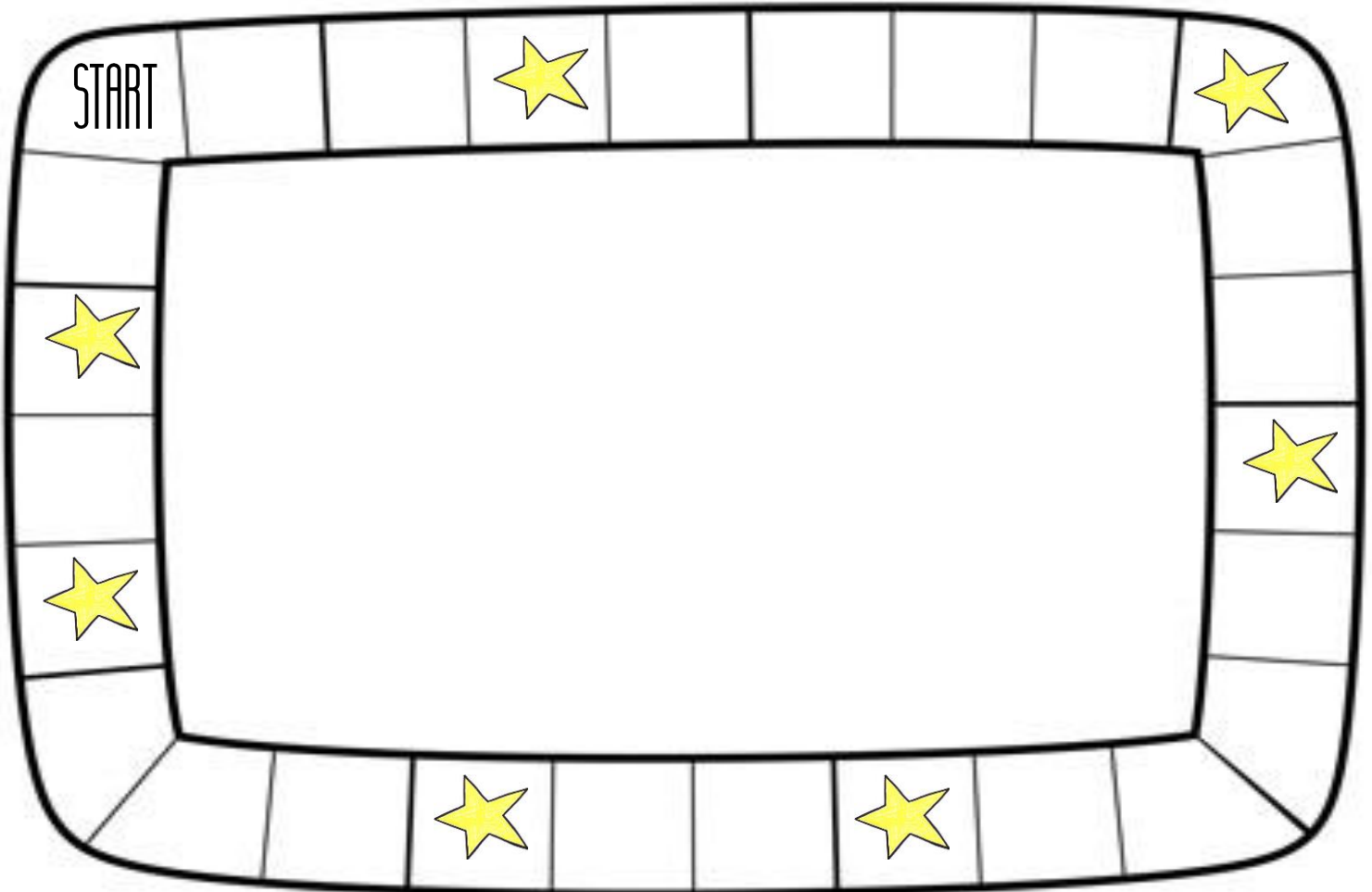
\*Be grateful for all of the  
things your body can do.



I'm  
grateful  
for my  
body!



# THE LIFE OF JESUS CHRIST REVIEW GAME



[www.timvandevall.com](http://www.timvandevall.com)  
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Instructions: *(based on game idea from Anna Sibbett)*

1. Cut out the pictures of Jesus's life.
2. Roll a die and move forward that number of spaces.
3. If you land on a star, pick one of the pictures of Jesus. Briefly explain the story of that picture and what you learned from it.
4. Continue around the board as many times as needed until all of the pictures have been discussed.
5. Whoever is closest to the "START" space (in either direction) when the last picture is explained is the winner.

Pictures from Jesus's Life:

