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Body Image

Main idea

God made us, and even though we are different from each other, God says that each of us is very good.

Questions answered

by this program

- Why am I different?
- Am I OK?
- Does God love others better than me?

Bible Base

Psalm 139

For the leader

Older primary school children are becoming increasingly aware of their physical self and very few of them are happy with their bodies. But the Bible makes it clear that we, as humans, are created in the image of God and God likes what he made. (Genesis 1:31). God's image in us has been spoilt by sin, but God still thinks we are worth dying for. And God ought to know. Take every opportunity to offer acceptance and affirmation of every child in your group.

. . . . . .

Open the pack

DRAW THE PERFECT BODY

Why? To open the topic of body image in a non-threatening way.

Needed: *A4 paper sheets, pencils*

Divide the children into groups of four, each with a sheet of paper. Instruct groups to fold the paper in half, and half again, to crease the paper into four horizontal strips. Unfold the paper. The first child in each group draws the perfect head on the top quarter of their page, but doesn't let the other members of the group see. This quarter is then folded behind and passed onto the next child who draws the perfect body of a man from the neck to the waist. This is quarter is folded under and passed on. Next child draws the perfect body of a person from the waist to the knee – including shorts for a boy and a skirt for a girl. The last child draws the perfect legs in the last quarter. Unfold the pages to see the 'perfect' bodies!!

SONG: GOD RECKONS WE'RE OK

Needed: *Gospelling to the Beat 2 CD, CD player*

Play the song and let the children sing along.

Dig in

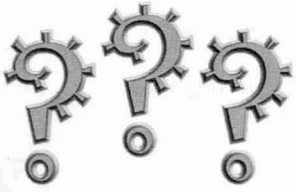
US AND GOD

Why? To discover that God knows all about us and is committed to us.

Needed: *Bibles or Psalm 139 on acetate and overhead projector.*

Display Psalm 139 using the Overhead projector or let the children find it in the Bibles. In small groups explore the psalm to answers these questions:

- What are some things that make the writer feel good about himself?
- Which verses does your group like best and why?



GOD AND US

Why? To discover that God knows all about us.

Needed: *Your Bible*

Comment: I wonder how much God knows about us. Listen as I read this part of the Bible to find out.

Read Psalm 139:14b-22.

Chew on it

EVERYTHING GOOD?

Why? To acknowledge that there are some things that are not good about us and we need to face them and ask God to help us overcome them.

> ***Pose the questions:***
> *Might there be some things about us that God doesn't like?*
> *What sort of things?*
> (Bad things we've done, bad attitudes, unloving thoughts etc)

Comment: It's right that we should feel bad about ourselves when we do bad things. God loves us but he hates the bad things we sometimes do. He wants to take away all the bad in our life and help us be the people he created us to be.

VIDEO CLIP: BEAUTY AND THE BEAST

Why? To convey the idea that sometimes we have the wrong idea about ourselves.
We think we're ugly but being 'beautiful' involves more than the way we look.

Comment: Sometimes when we look in the mirror, we think we see a beast. Sometimes other people make us feel as if we are a beast. When God looks at us, he sees his beautiful creation that he treasures.

Close the pack

Every person is created by God and loved more than we can imagine.
God is committed to helping us have the best life possible with him.

SINGING

Play the song again. Choose some children, one at a time, and say to them,

'(Andrew), God made you and when he looks at you he sees what he has made and he thinks you're wonderful.'