



Just as ... I AM

Goodness of My Body

Help young children/siblings learn how to care for their bodies.

Write thank you cards to those who help you care for your body like doctors, parents, nurses, mentors, and friends. Include life-affirming messages or Bible verses.

Host a Bible study on what it means to be fearfully and wonderfully made.

Read and review what the Small Catechism has to say about bodily gifts in the fourth petition of the Lord's Prayer and the first article of the Apostle's Creed.

Read and share John Kleinig's book *Wonderfully Made: A Protestant Theology of the Body*.

Study how the different members of the Trinity are at work in our bodies through creation, redemption, and sanctification.

Invite a speaker to speak on the gift of sex and sexuality.

Host a church Olympics where people can participate in different physical activities.

Offer to do yard or house work for people who are physically disabled.

"Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, you were bought with a price. So glorify God in your body." - 1 Corinthians 6:19-20