

He's Got the Whole World in His Hands
A Lesson in Respecting Ourselves as Gifts from God
Grades 1-3 Lesson

Goal: Students will learn that taking care of ourselves is part of the call to holiness. God has created us body and soul to praise him through both. Activities will reinforce the themes of promoting personal health, understanding emotions, and recognizing God's personal eternal plan for each person.

Lesson: Begin by explaining that God created each person individually, because he loves each person so much he cannot live without any of us. God created people different from the rest of creation—we have both bodies and souls. We cannot see our souls, but we know they are there because they are the part of us that talks with God. Through our bodies we can honor God also. Because God created our bodies, he wants us to use them well to serve him. That means eating healthy, getting plenty of exercise, making sure we have a good night's sleep, taking medicine we need, and choosing to be happy rather than angry.

Discussion: Does God care what we eat? Why or why not?
Is it important to God that we keep ourselves as healthy as we can?
What about people with special needs? Do they have to try to stay healthy too?

Watch: [“One in 7 Billion”](#) video positively portraying every human life as special. 1.25 minute.

Discussion: God created each and every person with a specific plan in mind for every one of our lives. He created us all different, with unique gifts and unique shortcomings. No one person is perfect, but everyone has some things they are good at and some things they find difficult.

God does not expect us to be perfect or to look or act like anyone other than ourselves—the person he created us to be. But we do have a responsibility to love ourselves and treat our bodies with respect all the time.

Our lives are a gift from God. Have you ever made or bought a gift for someone that you thought was really special? Maybe something that took you a long time to make or that you had to do chores to earn money to buy?

Do you remember what it felt like to give your gift away, hoping the person you gave it to would love it and know how much you wanted them to have it?

Now imagine you are God and you created a person— you!—as a gift to the world. God can't wait to share you with the world because he thinks you are so amazing. But, if we don't receive our lives as a gift from him, it makes him sad and disappointed that we didn't like his gift.

What can we do to show God that we appreciate his amazing gift of life?

Activity: If you have a favorite lesson or activity that stresses the importance of healthy lifestyle, lead students in a discussion on living healthy.

Use [Fun activities that promote health, good nutrition, and exercise](#).

Page 11: and lead the children in a move together exercise- have them jump around, hop, stomp, clap, and wiggle at home,

Page 21- the heart dance: have the student dance and laugh at home

Page 22- the hokey pokey: play the hokey pokey song and have students do the hokey pokey at home.

Turn a Bad Day Into a Good Day: “Turn on Some Music” activity.

Challenge students to try to remain immune to the mood-busting power of fun music. Turn on some favorite music or try Pandora or I Heart Radio for a playlist. Then let the kids dance and share how the music made them feel.

Prayer:

Heavenly Father,

You created each and every person who is alive today and who has ever lived.

Every one of us is created because you love us.

Help us to appreciate your gift of life.

Help us to always respect our bodies and our lives as gifts from you.

Let our eyes see the beauty of the world you created.

Let our minds understand the great mysteries of creation.

Let our hearts feel the love you have for each of us.

And, let our bodies share your love with all those we meet.

AMEN.

Additional resources:

[He's Got the Whole World In His Hands](#), 2 minute music video

[God is Good All the Time](#) song and music video for children. 4 minutes.

[Fun activities that promote health, good nutrition, and exercise](#). Activity pages to photocopy and games/activities with complete instructions. Begin at page 11.

[Whole Kids Foundation](#) nutrition activities and resources for home and classroom.