

PECULIAR TREASURES LESSON – 31st JANUARY 2021

OUR HEALTH 2 – HEALTHY BODY

TEXT 1) Philippians 3:13,14 "No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus is calling us.

2) Joshua 14:10-12

CENTRAL TRUTH We need to take care of our bodies.

MEMORY VERSE Proverbs 4:18 "The path of the righteous is like the morning sun, shining ever brighter till the full light of day."

OR

Proverbs 4:18a "The path of the righteous is like the morning sun,"

WORD

We need to take good care of our bodies. Remember, your body is temple of God. There are several aspects of ensuring that our bodies are healthy. We are going to look at four aspects.

Hygiene We need to ensure that we keep our bodies clean by having our baths regularly using soap, sponge and water. This includes keeping your hair clean and neat. From around the time we enter secondary school, there is need to use a deodorant. Wash your hands before eating. Wash your hands after using the toilet. (You can connect this to the COVID-19 protocols.) Another aspect of hygiene is the brushing of teeth. You need to brush your teeth regularly, preferably twice a day. Also, keep your fingernails and toenails short. Don't bite your nails. That is a bad habit. Don't forget to wear clean clothes.

Exercise Exercise is good for the body. Our bodies are meant for movement. We need to exercise regularly to keep our bodies in good shape. It is good to exercise at least three times a week for 30- 45 minutes each time.

There are exercises to improve you stamina, your speed, your flexibility, and your strength. There are exercises for different parts of your body. Some popular exercises are push-ups, sit-ups, jogging, and jumping jacks. Dancing is also a form of exercise. Participating in various sporting activities such as football, basketball, and swimming, is also a good form of exercise.

Leisure This is the time when you are not working (in your case school work, house work). This is time when you are free to do what you want to do. You need to do things which are different from your everyday work. These things are things that will make you happy, make you feel good. When you are happy, it helps your body to protect itself from sickness and disease.

Some of the activities you do as a form of exercise, for example playing football and swimming, can be a form of recreation, something you do for leisure. Other activities that you can do include watching films, reading, playing with toys, playing table games, playing with friends or siblings outside, cycling, camping, and drawing.

Rest Your body needs rest. From time to time you need to take a break from work. That is why break is part of your school time table. At home, no matter how much homework or housework you have to do, you need to find time to rest. Also, you need to get adequate sleep. All these things help your body to remain strong and healthy.

QUESTIONS

1. Mention one reason why we need to take care of our bodies.
2. What are the four major aspects of health we looked at today?
3. Give an example for each of the four major aspects discussed today.
4. Who said 'Give me this mountain.'?

CONFESSION

I am a better person, better than I was yesterday. I thank the Lord for this New Year. I will become a better person. God will help me to put all my strength into becoming the kind of person he wants me to be this year. The fruit of the Spirit is in me. People can see the fruit of the Spirit in my life. I exercise regularly. I observe good hygiene. I have time for relaxation. God gives me sweet sleep. I am strong and healthy. I am blessed. I am a blessing.

ACTIVITIES

Levels 1 and 2 – Simple exercises in the classroom. Looking at pictures of people taking good care of their bodies.

Levels 3 and 4 – Simple exercises outside with demonstration of exercises for flexibility, strength, the arms (or legs) and the abdomen.