



FIT FOR GOD

PART OF THE FITNESS & HEALTH THEMED PROGRAMME



➔ GETTING INTO THE ACTIVITY

Are we looking after our God given bodies or are we filling them with junk that reduces our ability to do God's work?

Ask the children what they had for lunch. Now open up your lunchbox. Inside should be lots of junk food packaging (e.g. crisps, chocolate, fizzy drinks). Ask the group what they think to your lunch. Some may think it's good and some bad. Let them discuss it. Explain to your group that your lunch made you feel sick and it didn't give you much energy for the afternoon. Why might that be? Hopefully they'll say that the food is bad for you and you should be eating healthier. Can the group suggest a better lunch?

Now explain to the group that God wants us to look after our bodies too. If we put rubbish into us, then we'll get rubbish out. God wants us to be fighting fit and ready to show the world how much God loves us all. If we're full of junk then we won't have the energy or health to reach our full potential and please God.

'Your bodies are temples of the Holy Spirit, who is in you'. 1 Corinthians 6:19

☑️ WHAT YOU'LL NEED

- Lunch Box
- Junk Food Packaging

! KEEPING EVERYONE SAFE

Children don't need to touch the packaging and no food should be offered to the group. Maintain social distancing as required.