I Will Take Care Of My Body!

From Dojo Jr. Lesson 4

LEADERSHIP TRAIT - HEALTH
Great leaders understand the importance of taking care of their bodies.

LEADERSHIP LESSON
Your children will learn that they should take care of their bodies.

LEADERSHIP STORY
Daniel eats healthy foods. *(Daniel 1)*

MEMORY VERSE
Help your children memorize this verse.
"So you must honor God with your body." 1 Corinthians 6:20b (NLT)

Materials Needed:
- A Bible
- The Leadership Video - I Will Take Care Of My Body
  (File name: Elevate_HEALTH_DojoJr_L4_IWillTakeCareOfMyBody.mp4)

First:
Read the Leadership Story to your children. The Leadership Story for this lesson is about Daniel and is found in Daniel 1:6-16.

Next:
Let your children watch The Leadership Video, *I Will Take Care Of My Body.*

Then:
Ask your children the Child Leadership Questions, and lead your family through the Optional Family Activity.

For more Leadership Videos, go to ElevateAtHome.com.
ElevateAtHome.com
© 2011 Fellowship Church

I Will Take Care Of My Body!

CONTINUED

From Dojo Jr. Lesson 4

Child Leadership Questions:

1. Daniel and his friends went into training for the king. Was the food the king served healthy for Daniel and his friends?
   (No.)

2. What did Daniel want to eat instead?
   (Vegetables and water.)

3. After Daniel took care of his body by eating healthy foods and drinking water, how did he compare to the other men who ate the king's food?
   (He was healthier and younger.)

4. Imagine you have two choices for a snack. You can either have your favorite fruit or your favorite super-sugary cookies. Which one should you choose to take care of your body?
   (Fruit.)

5. Imagine that you can either choose to play outside or play inside sitting at a computer. Which one should you choose to take care of your body?
   (Playing outside.)

OPTIONAL FAMILY ACTIVITY: GIVE IT UP

One of the ways we can take care of our bodies is by eating healthy foods. This is important because God made us and gave us our bodies to take care of. Pick one thing to eliminate from your family's diet this week. You could give up candy, dessert, or soda. Work together as a family to stay away from that food item all week! Find some healthy alternatives you could enjoy together as a family instead. Maybe instead of eating dessert, your family could go on an after-dinner walk together. Whatever you choose to do together, remember to emphasize the importance of taking care of the bodies God gave us!

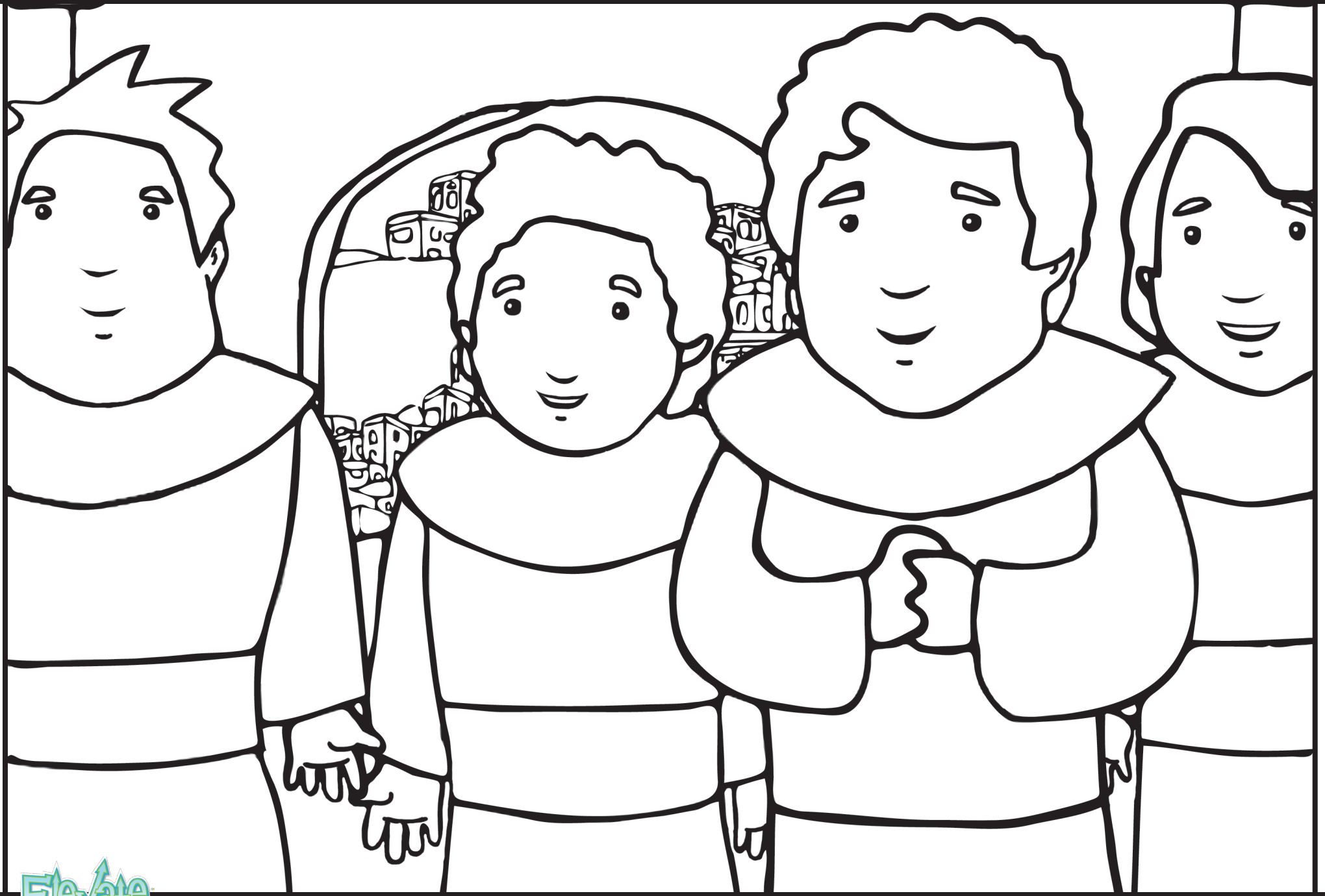
For more Leadership Videos, go to ElevateAtHome.com.

ElevateAtHome.com
© 2011 Fellowship Church



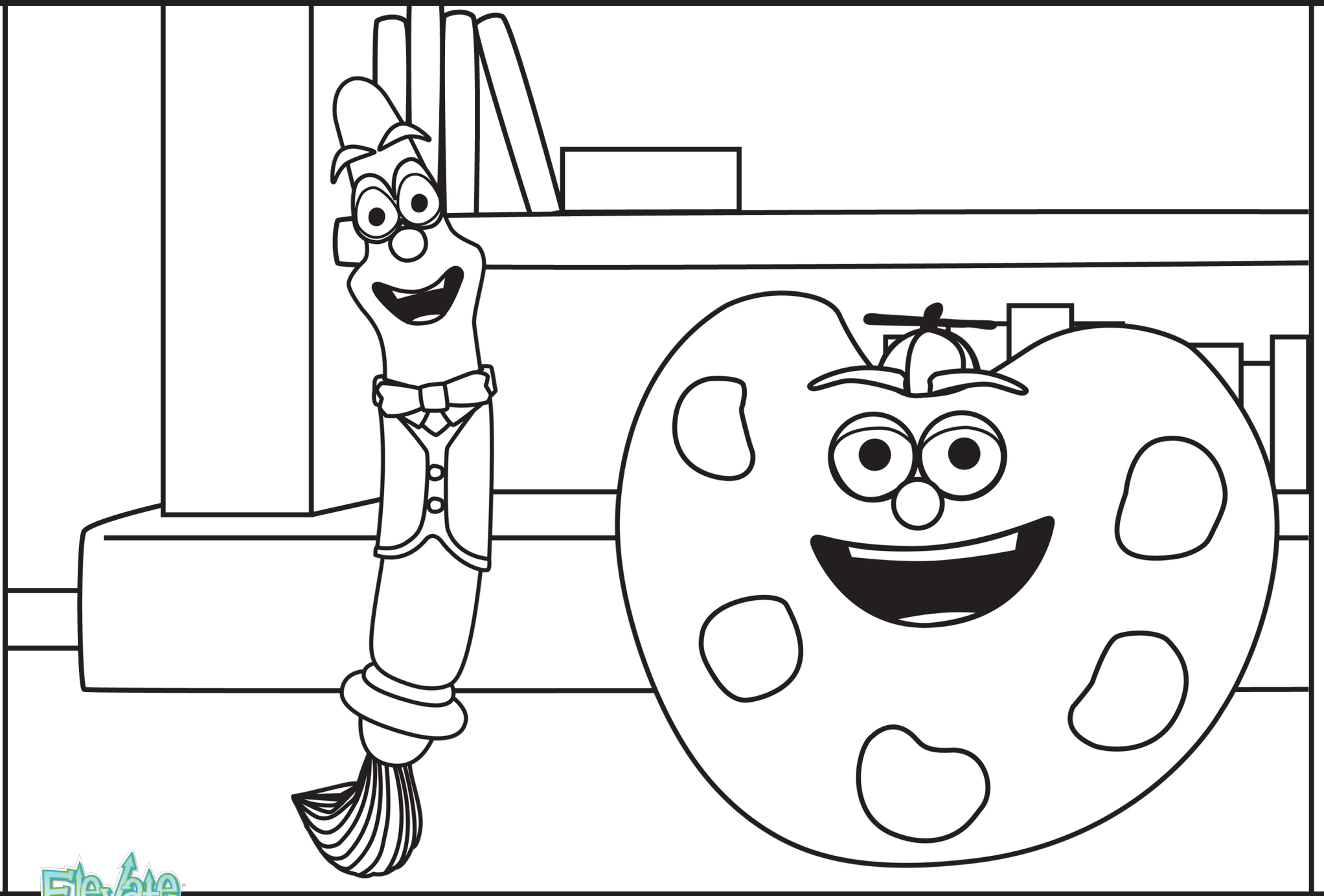
Daniel eats healthy foods. (Daniel 1)

© 2011 Fellowship Church



Daniel eats healthy foods. (Daniel 1)

© 2011 Fellowship Church



Elevate at Home
CREATIVE CURRICULUM FOR CHURCH AND HOME

ElevateAtHome.com
© 2011 Fellowship Church