

NEW TESTAMENT 2019

Come Follow Me

with

Living Scriptures
STREAMING

My Body is a Temple

1 Corinthians 1-7

Objectives:

- Talk about how our bodies are like temples
- Emphasize the importance of being clean spiritually & physically

Reinforces Principles of:

- Purity
- Cleanliness

This Lesson contains 4 activities:

Choose the activities that fit your family's schedule.

Use on Mondays to introduce the topic, or the following Sunday to review.

Reverence Time: Song, prayer, scripture and video clip

Lesson Time: Lesson summary and points to ponder

Activity Time: Object lesson or activity

Treat Time: Prayer, theme related recipe



Reverence Time

Approximate Time: 5 minutes

Sing Together: “The Lord Gave Me a Temple”, Children’s Songbook page 153
If you wish to print sheet music or have an online music file to accompany you visit:
<https://www.churchofjesuschrist.org/music/library/childrens-songbook-the-lord-gave-me-a-temple>

Prayer:

Scripture Time: 1 Corinthians 6:19-20

19 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s.

Video Clip: Watch a clip from the Living Scriptures Streaming Library, *The Bible Project*). You can find the clip at <https://www.livingscriptures.com/fhe-lesson-my-body-is-a-temple>



Lesson Time

Approximate Time: 10-15 minutes

Lesson

Summary: Paul was a missionary in Corinth, where he established the church and taught the people about Jesus. He later learned that there were problems in Corinth, and people weren't keeping the commandments like they should. He wrote a letter to them, encouraging them to make better choices.

One thing Paul taught is that our bodies are temples, and we should keep them holy and pure.

It is an old saying that "Cleanliness is next to Godliness." It is important to be clean, both physically and spiritually.

We can show that we are thankful for our bodies by keeping them clean. We take baths, avoid permanent marks like tattoos and multiple piercings, and wear clean, modest clothing. Staying clean helps our bodies to be healthy. We keep our minds clean by being careful of the things we read, watch, and listen to. We keep our language clean by using kind, polite words.

We should try to be spiritually clean by keeping the commandments. If we make a mistake and sin, we can repent, and through the atonement of Jesus Christ, we can be "washed" clean again.

Quote: "Your body is your personal temple, created to house your eternal spirit. Your care of that temple is important." *Russell M. Nelson*

Points to Ponder:

How are our bodies like temples? (Discuss ideas.)

What does it mean to be clean? (Discuss ideas. Emphasize that there is both a physical and a spiritual cleanliness.)

Why is it important to be clean in our language? (Discuss ideas.)

Why is it important to be clean in thought? (Discuss ideas.)

What does it mean to be clean in body? (Discuss ideas.)



Activity Time

What you need: A copy of the “A Little Bit of Dirt” activity, doughnuts (recipe included with this lesson) and 1 tsp. of dirt.

Preparation

1. Make “Doughnut” recipe or purchase sugar doughnuts or doughnut holes from a bakery.
2. Place one doughnut or doughnut hole per family member on a plate. Have one extra doughnut or doughnut hole on a separate plate.

Activity:

1. Explain: When we made these doughnuts our hands were clean. We used clean bowls and utensils, fresh ingredients and were careful not to let them fall on the floor. They are clean, freshly made and really good.



2. Sprinkle just a little bit of dirt on the extra doughnut. Go around the room with both plates and offer a doughnut to each family member. Point to the one with dirt and ask: Why don't you want this one? It's still a really good doughnut. It just has a little bit of dirt on it. It is still good, isn't it?
3. Ask: Why didn't anyone want the doughnut with the little bit of dirt on it? (Discuss ideas. Have your family repeat: “A little bit of dirt makes the whole doughnut dirty.”)
4. Ask: Do we want to be clean and wholesome or just a little bit dirty? (Discuss ideas.)
5. How can remembering the saying; “A little bit of dirt makes the whole doughnut dirty” help you make the choice to be clean? Use these examples to help your children choose by saying “clean” or “a little bit of dirt makes the whole doughnut dirty”
 - a. Christie watched an “R” rated movie because her friends said it's really good, except for one bad scene.
 - b. Michael didn't let his friend copy even one little tiny answer off his test.
 - c. Derek wore clothes to church that were just a little bit dirty and smelly.
 - d. Thomas said only one little swear word when he smashed his thumb in the door.
6. We should strive to always be clean, but remember that when we make mistakes we can be washed clean by the atonement of Jesus Christ when we repent.



Treat Time

Approximate Time: 45 minutes

Prep Time: 50 minutes

Cook Time: 15 minutes

“Donut” be Unclean

Dough:

1 c. mashed potatoes (or substitute instant potatoes)

1 1/4 cup warm milk (70 to 80 degrees F)

2 eggs, well beaten

3/4 cup shortening

1/2 cup sugar

1 teaspoon salt

4 3/4 cups flour

2 1/4 teaspoons active dry yeast

Topping:

3/4 cup sugar

1/4 cup melted butter or margarine



Mix all ingredients (except topping) together and knead for 3 minutes to form a soft dough. Roll out on lightly floured surface to 1/2 inch thickness. Cut out with a 1-1/2 inch doughnut cutter. Place on greased baking sheets. Cover with a slightly damp cloth or plastic wrap that has been coated with cooking spray. Let rise for about 25 minutes (until almost doubled). Bake at 350 degrees F for 15-20 minutes until lightly browned. For a more traditional doughnut; heat 1 quart oil in a large deep skillet to 375 degrees F. and fry until golden, turning over once. Drain on paper towels.

Treat Time: Brush warm doughnuts with butter and let children roll in sugar. Omit melted butter if you used the frying method. Optional: Use your doughnuts for the **Activity Time** part of this lesson.

Closing Prayer and blessing on the food.