

# 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

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## Reverence Time

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### Song:

The Lord Gave Me a Temple, Children's Songbook page 153

<https://www.churchofjesuschrist.org/music/library/childrens-songbook-the-lord-gave-me-a-temple>

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### Scripture:

1 Corinthians 6:19-20

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

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### Video:

Watch this week's clip from the Living Scriptures Streaming Library. Find the clip at <https://www.livingscriptures.com/fhe-lesson-body>

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## Lesson Time

## *My Body is a Temple*

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### 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 that we belong to God. He "purchased" us through the sacrifice of our Savior Jesus Christ. We can strive to keep our bodies and minds 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 trying to keep them clean and 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.

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#### Quote:

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

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#### Questions:

How are our bodies like temples?

What does it mean to be clean, both physically and spiritually?

What does Paul mean when he says we "are bought with a price?"

**Description:** Doughnuts are delicious, but what if they're sprinkled with dirt instead of sugar? Would you want to eat them then? Use this object lesson to demonstrate the importance of cleanliness.

**What you need:**

- 1. Make the "Donut Be Unclean" 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.

**Preparation:**

1. Print out the artwork and text.
2. Cut out the artwork.

**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?
4. Ask: Is it better to take in or do things that are clean and wholesome, or just a little bit dirty?
5. What can you do to help you make the choice to do, watch, listen to, and say things that are clean?
6. Share the following examples. What can we do to avoid things that are a little bit dirty? What could we choose instead?
  - a. Christie watched an "R" rated movie because her friends said it's really good, except for one bad scene.
  - b. Michael let his friend copy just 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.
7. Bear Testimony: 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.

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## Treat Time

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*"Donut" Be Unclean*

**Prep Time:** 50 minutes

**Cook Time:** 15 minutes

**Ingredients:**

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



**Instructions:** 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