

## Respecting Our Bodies

**Scripture:** 1 Corinthians 3:16 - “Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?”

**Opening Song:** [Head, Shoulders, Knees and Toes - Children’s Songbook #275](#)

**Lesson:** Begin by discussing some of the things our bodies can do. (Some ideas include: Run, jump, play, communicate with others, hug someone who’s sad, listen to others, grow new babies, and heal themselves). Bodies are pretty amazing; they are a gift to us from our Heavenly Father.

Bodies are so important that did you know that we fought a war to get them? It was the War in Heaven, when we decided whether we would follow Heavenly Father’s plan or Satan’s plan. The punishment for those who decided to follow Satan’s plan is that they would never get to have bodies like we have.

Because our bodies are so important we need to respect them and take good care of them. What are some ways we can respect and take care of our bodies? (Sleep, eat good food, exercise, wash, no tattoos, keep word of wisdom, dress modestly)

We also need to respect other people’s bodies. We should never do anything that would hurt someone or make them feel uncomfortable. We should make sure to give people their own space and not move in on their space without their permission. A good way to check if you’re in someone else’s space is to check with your arms. Stretch your arms way out wide and make a circle, no one else should be where your arms can touch them.

We also need to be careful about the way we touch other people and the way we let other people touch you. There are some parts of our bodies that are private and we shouldn’t show them to other people or let anyone touch them except for a doctor. If anyone ever tries to touch you in one of these places, or touches you in any way that makes you feel uncomfortable, tell your parents or a grown up that you trust right away. Even if they tell you that it is a secret, those are bad secrets and you do not ever have to keep them. If they say they will hurt you or do something bad if you tell, tell us anyways. We will protect you and make sure that you are kept safe. You have a right to feel comfortable in your own body.

It is such a special blessing to have a body. Did you know that even Heavenly Father and Jesus have bodies? (Doctrine & Covenants 130:22) Our bodies are made in the image of our Heavenly Father - Genesis 1:27 teaches us “So God created man in his own image, in the image of God created he him; male and female created he them.” After we die our bodies will be separated from our spirits, but then when we are resurrected our bodies and spirits will be reunited and joined together forever. Our bodies are wonderful amazing gifts that we’ve been given which is why we want to take care of them.

**Bear testimony:** about the sanctity of bodies & how we should respect our bodies & other people’s bodies

**Closing Song:** [The Lord Gave Me a Temple - Children’s Songbook #153](#)

**Activity & Treat:** Make, decorate and eat gingerbread or sugar cookie people. If you want to focus on eating healthy you could use cookie cutters to cut out people out of wheat bread and decorate using colored cream cheese or peanut butter and jam or other healthy spreads and veggies or fruit for eyes, mouths, buttons etc.