

## The Body of Christ

Teacher Pep Talk: So, the church grew. The Great Commission was a BIG job, and God had provided the power to do this big job by sending the Holy Spirit at Pentecost. Now the Believers would never be alone. They had received the Spirit of Power from on high, just as Jesus had promised, and now they were ready to get started on this big job! As they moved around, they told others about Jesus. Soon, the first missionaries were sent out by the churches to other places.

You will need: Various items depending on the Activities chosen

Major Points: Our Bodies are Wonderfully Made  
The Church is the Body of Christ  
Jesus Christ is the Head of the Church  
Each Believer is Part of the Body of Christ (the Church)  
We are Each Different

Scripture Ref: Romans 13:2-8; 1 Corinthians 12:12-27; Ephesians 5:23, and Psalm 139:13-15

Memory Verse: Ephesians 5:23 – *Christ is the head of the church, his body, of which he is the Savior.*  
Psalm 139:14 – *I praise you because I am fearfully and wonderfully made;*

Lesson: **Our Bodies are Wonderfully Made**

- Who can touch their nose? (That's great!) Now who can show me their eyes? Point to your hair... (Ears, mouth, arms, feet.)
- Very Good! These are all parts of us.
- They are all parts of our bodies.
- Each part of our body is important.
- Each part helps the other parts. (*For example: Your eyes help your body see where you are going, and your feet help you to get there. Your tummy tells you when you are hungry, and your hands help feed your mouth, so that you can be full again!*)
- I'm glad we have so many parts of us that all work together so well, aren't you? Our bodies are wonderfully made by God!
- The Bible says "*For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.*"
- God made us very, very special.

### **The Church is the Body of Christ**

- Just like we have a body, God says in the Bible that the church is also like a body
- God calls the church the “Body of Christ.”
- Now let’s stop a minute and think about what that means.
  - First of all what does God mean by the “church?”
  - The “church” is all the people who have ever believed in Jesus, or who ever will, through all time.
  - So, the church includes all the people who believe in Jesus here in this room, and in our church building here, and in other churches around our city, state, country, or even in the whole world.
  - But for right now, let’s just think about our church here, because we can see it and we know what it’s like.
- The church is called the “Body of Christ” here on the earth.
- Now, we know that Jesus is in Heaven with His Father (God)
- And of course, His body is there with Him (*Ha! That’s funny! Where else would it be? It’s not in the grave, Jesus rose from the grave... and He took His resurrected body with Him! ☺*)
- BUT... the church is still here on earth, and God calls the church the “Body of Christ” here on the earth

### **Jesus Christ is the Head of the Church**

- Now, if you have a body, you have to have a head.
- God says in the Bible that **Jesus** is the Head of the Church.
- Since the church is called the Body of Christ and since Jesus is the Head of the Church, then Jesus is also the Head of the Body of Christ. (That makes sense, doesn’t it?)
- *[NOTE: You may get questions about the Pastor or the Pope, etc. If so, say something like “In our churches we have people who are in authority (people who are in charge) and those people have special titles like the Pastor, etc. But even if they are in charge, they are still under someone else. They are still under the Lordship of Jesus, who is the Head of the Church.]*
- So, Jesus is Head of the church (or the Body of Christ.)

### **Each Believer is Part of the Body of Christ (the Church)**

- So the church is the Body of Christ, and Jesus is the Head of it.
- Each of us who believes in Jesus is part of the church, and so we are also part of the Body of Christ!
- Our bodies have many parts that help us do things and to help others...
- The “Body of Christ” also has many parts that help the church do things and to help others... just like Jesus would want us to!

### **We are Each Different**

- Our bodies are wonderfully made!
- Our bodies have many different parts that work together.
- Just like that, the church is made up of lots of parts too!
- Each of us is part of the church and also the Body of Christ
- What if all of us were the same? (That would be boring!)
- It would also be a problem. What if the body didn't have different parts? What if our body was just one big eyeball? (Ewww.... Gross!)
- Uh, oh... that wouldn't work! If our body was just one big eyeball then we could see really well, but we couldn't get anywhere because we didn't have any feet!
- No, our bodies have to have different parts so that they can work together to get things done!
- We each have our different gifts that God has given us
- God wants us to work together to do all the things that He has given for the Body of Christ to do here on the earth
- We have to work together and **care for each other** in order to get everything done that God wants us to do
- Isn't it wonderful that God has made us all so different and special so that we can work together?
- Let's pray and thank God for making us to be part of the Body of Christ.

Prayer: Dear God,  
Thank you for making each of us special.  
Thank you for making us part of the Body of Christ.  
Please help us to care for each other.  
Please help us to work together.  
Thank you for loving us.  
We love you back.  
Amen.

Suggested Activities: Choose 2-3 activities that seem to work well with your group.

**Gifts and Talents** – *The children will learn that they have different abilities and gifts*

**Before Class:** Think about your own gifts and talents. What are they? (*You are already a teacher!* ☺ *That is a really big thing!!*) You may also have some other talent or skills. Make a list of 2 or 3 things that you do well, or that are gifts from God. Bring examples of things you have done with your gifts and talents. Be sure to include "Teaching" as one of your gifts! To show it, you might bring pictures of other classes, or something you have made for class, etc. If you sing or play an instrument, show the children that.

**During Class:** Ask the children to sit with you as you speak to them. Tell them that God has made each one of us special. He has given us different gifts and talents. A talent is something that you are naturally good at. A gift is something God gives you through

His Holy Spirit, when you believe in Jesus. We can use these things to help do what God wants us to do. God has planned good things (in advance) for us to do (or to help with). Each of us needs to do what God has for us. While we are little, we are growing and learning about Jesus. That is very important! That is a big job! While we are little we can also care for each other and help each other! Just like in a body, the different parts work together to do things and help the other parts. We are all different. Each of us has our special things we are good at. *[Do your demonstration now, of what you are good at. Don't worry, the kids will be amazed!]*

Ask the children: What are you good at?

- Listening
- Helping
- Organizing
- Running
- Jumping
- Playing
- Encouraging
- Telling others about Jesus

That's great! I'm so glad you are so good at so many different things. We can't all be good at all things. We need each other. We must work together to get the things done that God has for us to do.

Additional information for older children:

God has a plan for our lives. The Bible says "We are God's handiwork, created in Christ Jesus to do the good works that He has prepared in advance for us to do." (Ephesians 2:10)

**A little advice:** As we go through our lives we must look for the good things that Jesus has for us to do. God does them through us. It is very exciting! Many people go through their lives feeling sad or even disappointed; not knowing what they are supposed to be doing. If you ever wonder what you should be doing with your life, start by doing your best at what is right in front of you. Pray and ask God to lead you into the things He has for you to do. Walk in the light that you have. Learn about Jesus. Read the Bible. Pray. Draw close to God and trust Him. He never fails.

**Smelling Some Spices** – *The children will smell different types of cooking spices.*

**NOTE: A similar activity is suggested for Lesson #4.**

Before Class: Obtain different kinds of cooking spices. Examples: Cinnamon, Oregano, Cumin, Nutmeg, and Thyme. Consider also: Bay Leaves, Rosemary, Vanilla, etc. Check out your spice cabinet for some good smelling ideas! Bring samples to class.

During Class: Show the children the various spices and explain that they all smell differently. Allow the children to smell each one while you tell them the names of the spices. Explain to the children that it is God who has made each of the spices different. Each one has its own special aroma. Isn't God good to give us so many wonderful smelling spices to choose from and to make our food taste so delicious!

**Taste and See** – *The children will taste different cooking spices and ingredients.*

**NOTE: Check ahead of time with family members for Food Allergies of any kind!**

Before Class: Bring different types of “taste-able” spices and other ingredients to class. Ideas include: sugar, cinnamon, nutmeg, salt, cocoa, chocolate, peppermint, caramel. Consider bringing paper plates to class, and drawing on them (with permanent marker) to divide the plates into 4-6 parts.

During Class: Show the various cooking ingredients to you class. Allow the children to taste them. Consider putting a little of the different tasting ingredients on various parts of the paper plates. Let the children taste each one. Can they guess the names? Remind the children that it is God who made the different kinds of spices and ingredients. Isn't God good, to make so many different things that make our food taste so delicious? We can praise God for making all these things different!

**Object Bag** – The children will try and identify common objects by touch alone.

**NOTE: Do not choose sharp, pointed, or dangerous objects. And... No glass!**

Before Class: Obtain a dark sack, pillowcase, or a large, soft purse. Choose some common objects for the children to identify by touch alone. Make sure the objects do not make noise. (No keys!) Consider using: a hairbrush, a spoon, a tennis ball, a block, a bracelet, a ring, and a toy car or doll.

During Class: Place one or more of the objects in to the sack secretly. (Don't let the children see the various objects.) Taking turns, allow one or two of the children to feel the object in the sack; using one hand only. Allow them to guess what it might be. Remind them that they aren't using their sense of sight to see the object, and that they aren't using their senses of hearing, or taste, or smell, to identify the object. They are only using their sense of touch to figure out what it is. That makes it harder. When you take the object out of the bag, then everyone can SEE what it is. God is so good to give so many way of identifying things in the world around us; especially our sense of touch!

**The Whisper Game** – *The children will hear a whispered message and pass it along.*

Before Class: Think up some phrases or words that your class might easily recognize and be able to pass along from one to another. Make a list of these for your reference. Examples: “Jesus Loves You.” “God is BIG!” “Sunday School” “Time for snacks!”

During Class: Ask the children to sit in a circle with you. (Limit the number of children in the circle to 5-8. Take turns if necessary, or get additional adult or teen helpers to do other small groups.) Explain that you are going to play the Whisper Game. “I will say a few words to my neighbor, who will pass the words along to the next person. We will only whisper in this game. We have to be very quiet so that people can hear.” Start the first set of words around the circle. If the children lose the words somewhere in the middle of the circle, ask the last child to repeat the whisper again. If the words are still lost, ask the child to say the words they heard out loud. Now you say what the original phrase was out loud. Enjoy the moment together when words are mixed up, or lost.

Don't allow teasing among the children. Remind the children how good God is because He gave us our sense of hearing!

**Dance with the Music** – *The children will wiggle to music; and stop when it stops.*

**Before Class:** Bring a source of music to class. (Christian music is a nice choice.)

**During Class:** Clear an area for “dancing.” Start the music. Everyone dances or wiggles. Stop the music. Everyone stops and stands still. Decide who is the stillest. Now that person starts and stops the music, and chooses the next one who is stillest. Play again.

**Head and Shoulders** – *The children will sing “Head and Shoulders, Knees and Toes.”*

**Before Class:** Learn the words which are sung to the traditional tune of, “*There is a Tavern in the Town.*” Practice the movements.

**During Class:** Sing the song, moving both hands to touch each body part as it is named. Speed up on the second or third time through. (This is really tiring! 😊)

Head and Shoulders, Knees and Toes, Knees and Toes.  
Head and Shoulders, Knees and Toes, Knees and Toes.  
And Eyes and Ears and Mouth and Nose.  
Head and Shoulders, Knees and Toes, Knees and Toes.

Alternative Movement Games to play: Twister, Simon Says, Hopscotch

**The Five Senses** – *The children will learn about the Five Senses.*

**Before Class:** On a large sheet of paper, draw a “stick person” with a big face and big hands. Be sure to show the Ears, Eyes, Nose, and Mouth on the face. Bring 5 pieces of yarn and 5 index cards (3x5 cards) on which are written the words “Hearing” “Smell” “Sight” “Taste” and “Touch”. Attach one end of a piece of yarn to each of the cards. Bring Sticky Tack to put all of these things on the wall, if possible; plus some extra Sticky Tack to put in a little ball on the free end of the pieces of yarn.

**During Class:** Put the picture of the person’s face and hands on the wall, next to the cards with the pieces of yarn attached. Allow the children to move the loose ends of the yarn across to the body part that goes along with that particular sense. They can use the Sticky Tack to stick that end of the yarn on to the picture for a while. Allow the children to check their own work with an answer key, or by making sure that when the yarn is up correctly the strings do not cross.

Eyes – Sight  
Ears – Hearing  
Nose – Smell  
Mouth – Taste  
Hand – Touch