

WHAT... 24 / 7 ?

1 Corinthians 10:31

How can you use your body to honour God?

You surely know that
your body is a
temple where the
Holy Spirit lives.
The Spirit is in you
and is a gift from God.
You are no longer your
own.

God paid a great price
for you.

So use your body
to honour God.

1 Corinthians 6:19-20

*How can you look after your body and keep
it clean (holy) for the Holy Spirit?*

*How can you keep yourself clean (holy) on
the inside?*

What price did God pay for you?



Heavenly Father,

I commit my body to you today.

Show me how to keep my body holy and pure,
so your Holy Spirit can continue to live in me.

PAGE 14 WHAT... 24 / 7 ?

AIM To bring an awareness that the Holy Spirit is with us 24/7 (24 hours a day, 7 days a week). In other words every minute of every day He is communicating with our spirit, leading, guiding, teaching us and helping us be more like Jesus.

INTRODUCTION OR POWERPOINT PRESENTATION: PowerPoint Disc – [Page 14](#)

- I want you to think about the people who spend time being with you?
- The people in your family probably spend a lot of time with you when you are home. But sometimes they can be busy doing other things.
- Your friends and your teachers spend a lot of time with you when you are at school. But they have to share their time with other people too.
- There are times when you are alone, because no one can spend ALL of their time with you EVERY day. One of the amazing things about the Holy Spirit is that He is with you and in you 24 / 7. In other words every second of every hour, 24 hours a day, 7 days a week, He is with you and in you.
- So when you go to school, he is there with you. When you play sport after school, he is there with you. When you spend time with your family, he is with you. When you go to sleep at night, he stays with you. When you wake up in the morning, he is still there waiting for you to say “Good Morning”.
- He is never too busy to be with you 24 / 7.
- The Bible tells us that our bodies are like a temple to the Holy Spirit, because that is where he lives. So it is important for us to keep our bodies clean and holy.
- We are going to be thinking about whether we use our bodies in a way that honours God and his Spirit or dishonours him.
- We are also going to be thinking about how we can look after our bodies and keep them clean and holy for the Holy Spirit.

DISCUSSION – 1 CORINTHIANS 6:19-20 OR **POWERPOINT PRESENTATION:** PowerPoint Disc [Page 14A](#)

If you don't want to use the PowerPoint Presentation to facilitate this discussion time, use the points below:

Verse 19 - You surely know that your body is a temple where the Holy Spirit lives.

- How would you describe a temple (i.e. a place of worship to God)?
 - It is a holy place, a peaceful place, a place where people meet with God.
 - Make it clear – God considers their bodies to be a HOLY PLACE where He wants to come and live.
- What do you think and how do you feel about God's Spirit living within you?
 - Accept their answers and encourage them to see this as an awesome privilege.

Verse 19 - The Spirit is in you and is a gift from God.

Remind teens that they have already learnt that the Holy Spirit is a gift.

Ask them the following questions to revise this teaching:

- How can we know something is a gift and in particular the Holy Spirit?
 - You don't buy a gift and you don't buy the Holy Spirit.
 - You don't have to do anything to earn a gift or the Holy Spirit.
 - God GIVES the Holy Spirit to us.
- Why do you think God gives us His Holy Spirit?
 - He loves us.
 - He knows we need the Holy Spirit's help to live our life in a way that is pleasing to him.

Verse 20 - You are no longer your own. God paid a great price for you.

- What price did God pay for us?
 - The death of His Son Jesus.
- Does anyone know why Jesus had to die? (ALLOW TEENS TO TELL YOU WHAT THEY KNOW)
 - It is our sin that separates us from God. The punishment for sin is death, but because God loves us and wants us to be a part of His Kingdom, He made a way so that we don't have to receive that punishment.
 - Before Jesus came as a man, to receive God's forgiveness the people had to sacrifice an animal to die in place of the people, every time they repented of their sin. The animal took the punishment of death instead of the people.
 - God sent Jesus as a man to become a perfect sacrifice (He never sinned), so that no more sacrifices had to be made ever again.
 - So by Jesus dying, He took our punishment so we wouldn't have to die. This means our sins are wiped away and we are no longer separated from our Heavenly Father.
 - After being dead for three days, God brought Jesus back to life and then He went to Heaven ALIVE.
 - He did this to show us that even though our physical bodies may die, we, like Jesus will be raised to live in God's eternal Kingdom.
 - So you could say that Jesus paid the price for your life, with His death.

Verse 20 - So use your body to honour God.

- What does the word "honour" mean? (ACCEPT RESPONSES)
- It means to respect him, admire him, and give praise to Him.
- As God's representatives on earth, it is important that the way we live upholds God's holy reputation.
- If we do or say things that are not holy, this can cause people to think badly about God.
- Imagine you bought an expensive gift (e.g. Play Station II, digital camera etc) for someone (brother/sister/friend) and you found out they were treating it roughly or even breaking it on purpose. How would you feel?
- Think about the price that Jesus paid for your eternal life (His death).
- Think about the fact that your body is a temple, a holy place where God's Spirit is living.
- How do you think God would want you to treat your body?
 - He wants you to look after your body. He doesn't want you to do things that are going to mistreat your body or damage it.
 - He wants your body to be a holy place.

HOW CAN WE USE OUR BODIES TO HONOUR GOD – 1 Corinthians 10:31

Read 1 Corinthians 10:31 & Discuss as follows; OR continue with PowerPoint Presentation – Page 14A.

- What do you think this mean? (ACCEPT RESPONSES)
- This means in anything and everything we do, we can and should honour God, that is to respect him, admire him, give praise to Him; and keep God's holy reputation from being ruined.

- We can and should honour God in anything and everything we do. This means doing everything to the best of our ability as if we were doing it for Jesus; eating/drinking in a healthy way; keeping our bodies clean on the inside and the outside; and treating other people respectfully and with kindness; and being careful not to go to places that Jesus would not go to.
- So where ever we are - at home, school, on the sports field, or hanging out with friends, we need to be aware that we take the Holy Spirit (the Spirit of God, the Spirit of Jesus) with us to all these places. A good way to keep a check on ourselves is to ask ourselves. . . Is this a place Jesus would like to be? Is this something Jesus would do or say?
- Suggest different scenarios and ask teens if they think being in that situation would bring honour to God. For example:
 - Watching a movie that has nudity. Going to a party to celebrate a friend's birthday.
 - Going to a party and getting drunk. Spending time with your family.
- After discussion, teens can write an answer in their workbooks. Encourage specifics, for example, speak respectfully to parents & teachers, be a caring friend, do your homework, do chores without grumbling etc.

HOW CAN YOU LOOK AFTER YOUR BODY...

How can you look after your body and keep it clean (holy) for the Holy Spirit, both inside and out? Discuss each of the points below and encourage teens to share ideas and strategies for keeping themselves holy.

- Outside
 - Good personal hygiene
 - Eat healthy foods
 - Get plenty of exercise and sleep
 - Keep away from alcohol, drugs and sexual activity.
- Inside
 - Repent often (whenever you become aware you have sinned)
 - Forgive other people who have hurt you or your feelings
 - Read the Bible
 - Talk to God often

PRAYER FOCUS

Many teens may have committed their hearts to God, but they have probably never thought about committing their body to Him.

- Make a simple altar (e.g. a small table with a candle/Bible etc).
- Give each person a "body" shape ([Template No. 14](#) – Resource Disc). Invite each one to write their name on the body shape and bring it to the altar as a symbolic act of committing their body to God. Encourage them to silently say their own individual prayer of commitment, or they can read the prayer on the body shape.
- Lead a group prayer on behalf of everyone committing our bodies to God as a holy place for His Spirit to live and asking for help to stay clean inside and outside so that we can honour God in everything we think, say and do.

MEMORY VERSE ACTIVITY – 1 CORINTHIANS 6:19

Use the body shaped puzzle that has 1 Corinthians 6:19 printed on it. ([Template No. 15](#) – Resource Disc)