



My Prayer

Thank You, Jesus, for creating me and for showing me what I need to be healthy. I'm going to keep my body temple a place where You will want to live. I love You, Jesus. Amen.



Library

- "God said, 'Let there be light!'" (Genesis 1:3).
- "God made the air to divide the water in two" (Genesis 1:7).
- "God said, 'Let the water under the sky be gathered together so the dry land will appear.' . . . Then God said, 'Let the earth produce plants' " (Genesis 1:9, 11).
- "God made the two large lights" (Genesis 1:16).
- "God said, 'Let the water be filled with living things. And let birds fly in the air above the earth' " (Genesis 1:20).
- "Then God said, 'Let the earth be filled with animals.' . . . [And then He also] created human beings in his image" (Genesis 1:24, 27).
- "On the seventh day [God] rested from all his work" (Genesis 2:2).



My Friend Ellen Wrote

"God designs that the body shall be a temple for his Spirit. How solemn then is the responsibility resting on every soul. If we defile our bodies, we are doing harm not only to ourselves, but to many others" (Review and Herald, Nov. 6, 1900).

The word *defile* means "to make ourselves sick by our own unhealthy choices."

*Penny for
Your thoughts*

What are some of your favorite things to eat? Are they healthy for your body or harmful?

Bible Adventures for Young Readers

LESSON 22



I Can Read Text

"You should know that your body is a temple for the Holy Spirit. The Holy Spirit is in you. . . . So honor God with your body." —1 Corinthians 6:19, 20

My Story

"There, that should do it," Dad announced with a tired smile. "Our garage is now cleaned. Looks pretty good if I say so myself."

"We did a good job," I said proudly. "But, there's a problem." I pointed at the pile of junk and trash out on the driveway. "What are we going to do with all that? We've got boxes of old, broken tools, empty oil cans, a sled with only one runner, and a rusted basketball hoop. Then there are those smelly garbage bags filled with dirty rags and other trash. We can't leave all that stuff here."

Dad thought for a moment, then nodded. "I know. Let's put everything in the van and drive to the church where we can dump it all in the sanctuary. It should fit nicely between the pulpit and the organ."

"The church!" I gasped. "We can't do that!"

"Why?" Dad wanted to know.

"Because the church is . . . is . . . God's house," I said. "It's His temple!"

Dad smiled. "You mean, like your body is His temple?"

I stopped, my mouth hanging open. Then I smiled. "Oh, I get it," I said. "You're talking about all that junk food I eat. My body is God's temple, and I shouldn't be putting such unhealthy garbage into it, right?"

Dad nodded. "People who love Jesus should be different from those who don't," he said. "We should sound different, act different, even eat different. God wants to live in our hearts, just as He wants to live in our church."

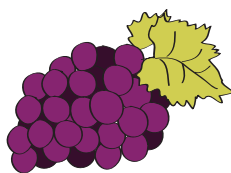
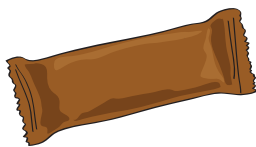
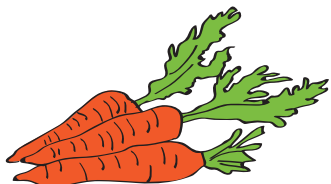
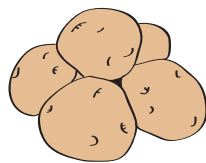
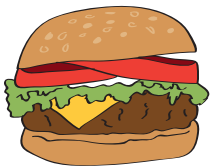
I glanced over at the trash and tried to imagine how terrible it would look piled beside the pulpit. Then I imagined my body filled with sugary and greasy junk food.

Grabbing a big, plastic bag I grinned. "Let's take all of this to the garbage dump where it belongs." I said. "I'm not putting any trash in God's temple."

And that's exactly what we did.

Taking Out the Trash

Draw a circle around the things below that you know are good for you. Put a big X through the things you know aren't good for you. Remember, you are God's temple. What do you think God wants you to put in His temple?



My Bible Adventure

When God created this world, He included everything we need to be healthy. Let's read about the seven days of Creation to see what He made to keep us healthy and strong.

Look in the **LIBRARY** for these Bible texts, and then write the answer to the questions.

On the first day, God made _____ (**Genesis 1:3**).

On the second day, God made _____ to divide the _____ (**Genesis 1:7**).

On the third day, God made dry _____ and _____ (**Genesis 1:9, 11**).

On the fourth day, God made two large _____ (**Genesis 1:16**). We know that the one for the day is called the _____ and the one for the night is called the _____.

On the fifth day, God made _____ and put them in the water, and _____ and put them in the air (**Genesis 1:20**).

On the sixth day, God made _____ to fill the earth and _____ to take care of the earth (**Genesis 1:24, 27**).

On the seventh day, God _____ (**Genesis 2:2**).

Isn't God wonderful? He made DAY and NIGHT so we can work and sleep. He made AIR to breathe and WATER to drink. If we don't have air and water, we'd die.

He made the SUN that helps bring natural healing to our bodies. He made PLANTS for us to eat so we can grow big and strong. He made FISH and BIRDS and ANIMALS so we would always have friends around us.

And He made EACH OF US so we can help others and share God's love with people who are sick or sad.

Finally, He showed us how to REST on the seventh day so we won't get too tired and sad from our busy lives. **What a wonderful God!**