

# MY PLACE IN SPACE

## *Stewardship of My Body, Part 1*

- Display today's topic**
- Song service**
- Opening prayer**

### **Reinforcement Time with Show & Tell Volunteers**

[Ask the following questions, "What does God expect you to care for? Has He given you a special job to do?" Accept all answers given, and tie what is said into the following introduction to these programs.]

[Introduce the plan that volunteers will be needed for each program to find or draw or photograph examples of good stewardship related to the program topic. Request

volunteers who will bring something to the next meeting that reminds them or teaches them about stewardship of the body.]

### **Activity No. 1: Introduction.**

**Activity 1: envelopes/pencils for each person**

**Activity 2: Bibles**

**Activity 3: flip chart & markers; Bible**

**Activity 4: envelopes used in Activity 1; Bibles; flip chart**

**Activity 5: traffic light line drawing; see activity for a bag of items or substitute what's relevant to your area**

[Pass out envelopes and pencils. Have everyone address an envelope to themselves with their name and address, but not a P.O.]

For the next few weeks we are going to study "My Place in Space." What do you think of when you think of *your* place in space? [Encourage responses.] We will discover answers to a lot of questions such as: Why am I here? What am I supposed to do while I am here? What does God expect of me? Where am I going next? Do you have other questions you would like us to consider? [Allow time for responses. If appropriate, have someone list the questions people want to discuss during these programs.]

Look at your envelope. The first thing on your envelope is your name. We're going to start out by looking at ourselves: Who am I? Does God expect me to take care of myself?

What does the next line have? [They should have a home address, not a post office box number.] Next, we are going to look at where we live, our homes, our church, and our community. What do we do there, and what does God expect from us there?

What is the next line in the address? [Most will have their city, state, zip/postal code or country.] What would be next if someone were sending this letter to you from far across the universe? [Give hints to have them continue addressing the envelope, adding their continent, hemisphere, the planet earth, the solar system and the Milky Way galaxy.]

Have you ever thought of yourself as

box number. Tell them to starting writing at the top of the envelope to make room for more lines under the usual address.]

having anything to do with such distant places? [Allow responses. Then instruct everyone to tack their envelopes on a bulletin board or someplace where they can be referred to as you progress through the programs. You will need them again in this program and Programs 3 and 6.]

## **Activity No. 2: Bible Stewards Sword Drill.**

[Have pairs of volunteers find the following verses. One partner will read the verses to the whole group, and the other partner will tell in his/her own words what the verse says and how it relates to stewards/stewardship.]

Genesis 24:2-4

Genesis 39:3,4  
Genesis 39:22, 23

Genesis 41:39, 40

1 Chronicles 28:1

Psalm 16:11

Matthew 20:8

Luke 12:42-44

Luke 16:10

1 Corinthians 4:1, 2

1 Peter 4:10

**Activity No. 3:** *Physical gifts God has given people.*

[Tell the story of the talents, found in Matthew 25:14-30. Usually when this story is told the focus is on the talents as behavioral talents or spiritual gifts God has given people. In this program we are going to focus on actual physical gifts--things that we can touch

1. Jonathan has an aquarium with three pet turtles, several fish, and a crayfish. God expects him to take care of them. The responsibility includes feeding them, making sure that their home stays clean and the temperature is just right.
2. Sally lives in an apartment, and God expects her to help take care of it and keep it clean.
3. God has given everyone a body. Our bodies are a part of God's creation.

and use. For example, the silver the stewards were given. Point out in the story that everyone had different gifts, but all were expected to be good stewards of the gifts they



possessed. Ask the participants what kinds of things God has given them in their homes, church, community, and country. Ask how they think God expects them to take care of those gifts.]

[Summarize the answers briefly on a flip chart. Use this list as part of the room decorations as you continue these programs. Examples could be:]

Everything God made was \_\_\_\_\_.  
[In the unlikely event that nobody knows the answer, have someone read Genesis 1:31.]

4. God expects us to take care of our bodies.

**Activity No. 4:** *Our bodies are a gift from God.*

[Refer to the envelopes previously addressed, and talk about the line which has their name on it.]

Your body is a gift from God. It is also something else. [Have a volunteer read 1 Corinthians 6:19.]

We share our bodies with God as a home for His Holy Spirit. How should we take care of our bodies?

[Draw a line down the middle of a flip chart sheet. Draw a ☺ above the first column and a ☹ above the other one. Have participants list seven good things we can do to care for our bodies and seven harmful things on the other side that hurt our bodies. Examples of good things could be: sunshine, air, water, abstinence from harmful substances, trust, adequate sleep, healthy diet. Harmful things could include: sunburn, poor diet, smoking, drugs, overwork, worrying.]

**Activity No. 5:** *The red light, green light, yellow light game.*

[Use the pattern provided (P-1) or make

**Reminder to Show and Tell Volunteers**

another representation of a traffic light. Have several items in a bag, such as food items, a package of cigarettes, a beer can, a tube of suntan lotion. Make these things relevant to your geographic area and things your participants would be familiar with. Have volunteers draw one item at a time out of the bag and decide whether the item deserves a green light, a red light, or a yellow light.]

[A green light item would be something healthy that is safe to use at any time. A red light item would be something they should never, ever use. A yellow light item would be something that might be occasionally used with caution. Yellow light examples could be: desserts, fatty foods, or other things we should use in limited amounts in our diet.]

[Be prepared for differences of opinion and pray that the Lord will give you grace to respond politely to all the ideas expressed.]

**Summary**

[Suggested questions to ask: What did you learn today? Did any of the activities surprise you? What is the big word that means you are caring for everything God has put you in charge of?]

[Listen carefully to responses, because you may hear and need to react to a misunderstanding of what was studied during the program.]



[Call the names of those who volunteered for the next

program and hand them written reminders. See the Sample Program for a suggested reminder.]

❑ **Closing prayer**