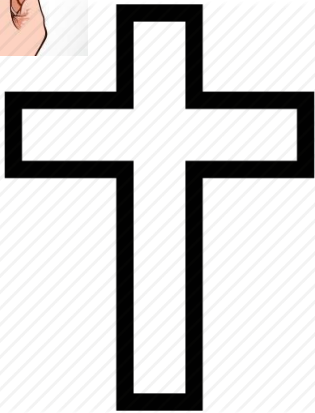


Learning Competency:

Don't you know that your body is the temple of the Holy Spirit, who lives in you and who was given to you by God? You do not belong to yourselves but to God; He bought you for a price. So use your bodies for God's glory.

1 Corinthians 6:19-20



+ACTIVITY 1:

What does the cross stands for you?

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Trace the following words in the puzzle.

my body is a temple

V	G	N	S	D	U	A	P	N	P	W	H	E	E	Y	E	R	V	V	F	N	H	T	H
P	S	G	L	G	A	G	K	G	Q	S	E	C	W	O	R	B	O	N	W	M	R	O	I
M	L	A	Q	C	T	P	K	B	E	E	W	I	G	Q	V	H	E	S	Y	L	R	Q	S
N	E	Q	V	E	L	V	P	I	T	H	E	S	E	G	M	O	R	C	R	F	Z	E	T
M	U	N	U	Q	Y	Q	F	E	U	D	M	U	F	H	P	G	J	R	K	Q	A	H	H
K	Q	I	P	O	Q	G	R	Z	A	E	V	M	Y	O	S	C	F	U	N	W	G	I	X
Z	A	B	P	R	Y	E	E	C	H	R	W	B	G	H	W	L	J	V	H	U	S	M	P
R	A	T	R	F	B	I	A	T	A	C	A	Q	Y	Y	G	B	C	I	O	C	Y	M	D
X	A	J	T	K	T	F	W	E	N	A	Q	N	G	Y	Z	D	W	H	O	U	N	Y	Z
Z	D	Z	I	I	B	J	N	H	I	S	U	Y	C	N	C	Q	T	I	A	O	I	V	Q
J	X	S	B	A	T	K	R	N	R	Z	Z	P	X	E	G	G	N	D	I	J	N	P	X
I	Z	H	G	W	N	U	G	K	L	V	X	X	O	Y	H	R	B	T	E	S	H	D	Q
V	Y	P	R	U	S	B	D	K	W	A	Z	T	T	W	A	G	C	Q	V	T	R	V	Y
F	G	G	W	Z	H	T	O	E	L	A	N	P	S	A	C	A	Z	U	A	E	W	I	B
D	S	N	W	D	R	V	A	Q	O	W	G	G	K	R	P	X	F	K	S	J	P	R	W
Z	I	C	I	D	L	U	K	N	C	C	K	S	U	G	R	A	B	S	N	E	I	T	S
H	K	J	L	M	M	B	M	X	D	M	F	Z	S	A	P	O	F	T	S	B	I	U	C
E	E	J	Q	J	O	O	Q	E	O	A	I	Y	T	Q	G	R	I	F	E	Y	W	E	T
X	H	V	R	B	D	O	D	X	N	C	R	Y	C	Q	E	E	N	V	T	R	L	Z	D
N	W	J	P	E	W	M	R	S	E	L	K	D	Q	D	J	I	U	I	A	Q	J	O	B
A	G	E	S	J	R	D	L	G	I	T	V	Z	S	F	V	F	E	D	L	H	A	R	L
K	P	T	H	R	L	N	K	C	E	W	D	P	H	K	L	G	X	V	M	B	E	I	T
P	Y	F	R	C	Y	S	J	B	B	M	Q	R	Q	Y	L	K	N	D	B	N	R	B	F
E	V	H	K	V	L	G	Q	G	U	S	H	S	F	R	E	K	E	H	W	M	D	J	Y

- action  
dress  
grooming  
Modesty
- appearance  
sacred  
attitude  
standards
- music  
thought  
virtue
- behavior  
language  
wisdom

A physical body is given to each of us by our loving Heavenly Father. He created it as a tabernacle for our spirit to assist each of us in our quest to fulfill the full measure of our creation. Our bodies allow each of us to experience the great plan of salvation that He has designed for all His children.

- Have you ever been tempted to do something with your body that wasn't right? Maybe you were tempted to do drugs, or smoke. Perhaps your boyfriend or girlfriend is pressuring you sexually. What do you do when you're tempted to do something that isn't right with your body?
- This Bible verse offers us some good suggestions. It tells us to not view our bodies as our own. Rather we should look at our bodies as something special. In this verse it shows us that our bodies are the temple of the Holy Spirit. We aren't just living for ourselves, but we should be living with the knowledge that the Holy Spirit lives in us.
- We all know that our bodies will soon expire, but while we are still serving the Lord and He isn't taking us home with Him away from earth just yet, we should at least take care of ourselves.
- Here are some ways to take care of the temple of the Holy Spirit:

**LET'S DIG IN!****Ways to take care of your (and God's) temple:****1. Physical rest**

- Give your body time to rest and recover. Although studies will say that our bodies need such and such amount of time to rest, what matters is we give our bodies ample and good quality rest periods. We should not oversleep, and neither should we lack sleep. We should give our body just enough rest, proportional to what we do with it.
- You should know when to stop working because your body has some limits. Lifting weights that are too heavy, working for far too many hours, and doing things beyond your physical capacity might cause over fatigue. Do make sure to take care of your body so that you can do more for God.

**2. Get exercise**

- Yes, exercise is crucial. Avoid a sedentary lifestyle, because not only do you gain weight and a larger waistline, but you also expose yourself to dangerous health conditions such as heart disease, obesity and a weak immune system. Build those muscles – you'll be able to do more for the Lord when you reach out to help others, too.

### 3. Proper nutrition

- No, this doesn't mean spending your hard-earned money on all those health supplements. Rather, it's about choosing the right food to eat. Did you know that God actually wanted us to eat vegetables (see Genesis 1:29-30)? This isn't about doctrine. It's about choosing to eat what's good for you.

### 4. Don't use it for sin

- Because our bodies belong to God, we should not use it in committing sin. Romans 6:13 says, "Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God."

### 5. Worship God

- Rest in the Lord's presence. This is beyond physical and emotional rest – it's about us spending time with God, who heals all diseases. Enjoy His presence daily. Rest in His love, and trust in His goodness to take care of you. Claim His promises and believe His Word. Remember, by Jesus' stripes, we are healed (see Isaiah 53:5)



## WORDS TO PONDER

- **Romans 12:1-2 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. <sup>2</sup> Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.**
- **A fully and total surrendered YOU!"**
- **Not even a single thing in your life will remain hidden.**
- **Let Go and Let God!**

NAME: \_\_\_\_\_

SECTION: \_\_\_\_\_

SUBJECT: \_\_\_\_\_

WEEK NO.: \_\_\_\_\_



Assessment

- I. True or False: Write **TRUE** if the statement is correct and **FALSE** if it is not. Write your answer on the space provided.
- \_\_\_\_\_ Not even a single thing in your life will remain hidden.
  - \_\_\_\_\_ Do not let any part of your body become an instrument of evil to serve sin.
  - \_\_\_\_\_ Give yourselves completely to God, for you were dead, but now you have new life.
  - \_\_\_\_\_ Give your body time to rest and recover.
  - \_\_\_\_\_ A physical body is given to each of us by our loving Heavenly Father.
- II. **Enumeration:** Give what is being asked. Write your answer at the back portion of this page. (5 pts. each)

- In your own way/s how can you take care of your body while glorifying God through it?
- Write a short prayer about thanking God of your body.



PERFORMANCE TASK

- III. Choose at least 2 students. Share your understanding about our topic. Record his/her thoughts about on what you’ve shared by writing it on a (1) one whole sheet of paper.
- Please be guided the following:
- your name and section
  - name of your choosen students
  - his/her thoughts.



Encircle the word/s which of our core values you can possibly apply our topic?

- COMMITMENT
- ACCOUNTABILITY
- RESILIENCE
- EXCELLENCE
- STEWARDSHIP



Reference/s:

\*The Bible

\*E Bible

\* <https://studentdevos.com/daily-bible-verse-and-devotion-1-corinthians-619/>

\* <http://charleecassel.com/six-ways-to-honor-god-with-our-bodies/>

\* [https://www.google.com/search?rlz=1C1RLNS\\_enPH990PH990&hl=en&sxsrf=APwXEdfNtrV3Sts9vi5Pap4XZLV3lyluMw:1682234822115&q=1+corinthians+6:19+explanation&sa=X&ved=2ahUKEwjzYClvb\\_-AhWD\\_GEKHXILBdgQ1QJ6BAg3EAE&biw=1440&bih=849&dpr=1.5](https://www.google.com/search?rlz=1C1RLNS_enPH990PH990&hl=en&sxsrf=APwXEdfNtrV3Sts9vi5Pap4XZLV3lyluMw:1682234822115&q=1+corinthians+6:19+explanation&sa=X&ved=2ahUKEwjzYClvb_-AhWD_GEKHXILBdgQ1QJ6BAg3EAE&biw=1440&bih=849&dpr=1.5)