

Sunday morning
teaching plan

Date:
19th July
2026

TITLE:	Mind
THEME:	Living Well
AIM:	To discover the difference that looking after our bodies can play in improving our well-being and what the Bible says about our bodies.

BACKGROUND AND CONTEXT

Living well is about much more than simply avoiding illness. It involves caring for our whole selves—our physical health, our mental wellbeing, our relationships, and our spiritual lives. Increasingly, research shows that regular exercise, healthy eating, good sleep, creativity, and meaningful relationships all contribute to improved wellbeing. However, many young people face pressures that can make healthy living difficult. Busy schedules, social media, body image concerns, stress, and comparison with others can all affect how they think about themselves and how they care for their bodies.

The Bible offers a different perspective. Rather than viewing our bodies primarily through the lens of appearance or performance, Scripture teaches that every person is intentionally created by God and has inherent value. In Genesis 1, humanity is uniquely created in God's image and declared "very good" (Genesis 1:26–31). Genesis 2 develops this further by describing God personally forming the first human from the dust and breathing life into him (Genesis 2:7), emphasising God's care, creativity, and relationship with humanity.

The New Testament builds on this foundation. Writing to Christians in Corinth, the apostle Paul reminds them that their bodies are "temples of the Holy Spirit" (1 Corinthians 6:19–20). In its original context, Paul is addressing sexual ethics, but his teaching reveals a wider principle: our bodies matter to God because they belong to him. Christians are therefore encouraged to honour God not only through what they believe but also through how they live and care for themselves.

WARM UP

MAIN TEACHING

Do you know your body quiz?

Ask the group to hold up their hands in front of them and to take a good look at their hands.

Hands are amazing. Your hand contains 27 bones. We can use them to write with, type, use our mobiles, eat, hold things, signal to people like waving or pointing, hold someone else's hand and some people even talk and communicate with others using their hands.

True or false body quiz.

Thumbs up for true and thumbs down for false.

Quiz Questions

1. **Your fingernails grow four times as fast as your toenails (True)** Fingernails typically grow around **3–4 mm per month**, while toenails grow only about **1 mm per month**. Fingernails grow faster because they receive better blood flow and are used more often, which may stimulate growth.
2. **Babies are born with 300 bones – adults have 206 (True)** Babies have many small bones made mostly of cartilage. As they grow, many of these bones fuse together. For example, several bones in the skull join during childhood to form stronger adult bones.
3. **Eyelashes last about 100 days (False, it is 150)** They usually last **around 150 days** before naturally falling out and being replaced. Like the hair on your head, eyelashes grow in a continuous cycle.
4. **Your heart circulates blood through your body about 1,000 times each day (True)** Your heart beats roughly **100,000 times every day** and pumps around **7,500 litres (2,000 gallons)** of blood through approximately **100,000 km of blood vessels**. Blood completes many circuits around your body each day.
5. **You make about 500ml or just under a pint of spit each day (True)** Most people produce **0.5–1.5 litres** of saliva every day.
6. **The smallest bone in your body is in your nose (False, it is your ears)** The smallest bone is the **stapes**, located in your middle ear. It is only about **3 mm long** and helps transmit sound vibrations so you can hear.
7. **Your blood has the same amount of salt in it as the ocean does (True)**
8. **A sneeze blows air out of your nose at 500 miles per hour (False, it is 100mph)** They usually travel at around **100 mph (160 km/h)** or less. Sneezing is your body's way of clearing dust, germs and irritants from your nose.
9. **You are taller in the morning than you are at night (True)** During the day, gravity gently compresses the discs between the bones in your spine, making you up to **2 cm shorter** by bedtime. While you sleep, these discs rehydrate and expand again.
10. **You can produce enough saliva to fill one bathtub a year (False, it is two bathtubs)**
11. **Children have more taste buds than adults (True)** This is one reason why some children find strong flavours, spicy foods or vegetables more intense than adults do
12. **Your lungs are the only organs in your body that float (True)** Healthy lungs contain millions of tiny air sacs called **alveoli**, which fill with air. This makes them buoyant enough to float in water, unlike most other organs.
13. **Food spends up to 12 hours in the stomach being digested (False, it is 6 hours)** Food usually stays in the stomach for **around 2–6 hours**, depending on what you've eaten. Fatty meals tend to stay longer than lighter meals before moving into the small intestine.
14. **Your eyeballs are actually part of your brain (True)** The retina at the back of the eye is actually brain tissue. The optic nerve carries information directly to the brain, which is why scientists often describe the eyes as an extension of the brain.
15. **Bones are 4 times stronger than concrete (True)** Pound for pound, healthy bone is incredibly strong. It is also much lighter than concrete and has the remarkable ability to repair itself if broken.
16. **The largest muscle in your body is the one you sit on! (True)** The **gluteus maximus** is the largest muscle in the body.

Our bodies are amazing. It is so easy at times to compare our bodies to others' and to want to make changes, to question our looks, height, weight and countless other aspects of who we are but it is vital to remember how amazing each of us is and to learn to look after ourselves.

The point: To introduce the theme of body and the link between physical activity, diet, sleep and creativity, and well-being.

Bible study

Imagine being back at school after Christmas. You meet up with some friends and the question comes up, "what did you get for Christmas?"

Your friend answers, "I got the latest smartphone!". They are so excited and talk about all the features, camera functions and high-tech things this phone can do. You know what this new phone cost, and it was more than your Christmas and birthday presents for years!

You ask, "so what have you been using it for?" and their friend replies, "when I remember to charge it, it has an alarm clock and I use it to wake me up in the mornings". You wait for them to explain all the other things they use this amazing phone for, but that is it! Despite all the things this phone can do, it is used as an alarm clock - when it's charged.

Ask:

- What would you think or say?
- Would that phone be used to its full potential?
- Why would that feel like such a waste?

We know that the phone is capable of so much more. It isn't being looked after, and it's being used for far less than it was designed for.

Ask: how they would respond if they were given something that was hand crafted especially for them and designed by the wisest person in the world. This thing was way more precious than a phone, and would last a lifetime. That is what God did for us.

https://www.youtube.com/watch?v=tozEuziqdpg&ab_channel=AsapSCIENCE

Ask:

- Which fact did you find the most interesting?
- Which part of the human body amazes you?
- Does knowing how complex our bodies are change how you think about yourself?

Explain that scientists discover incredible things about the body every year, but thousands of years before modern science, the Bible already described human beings as wonderfully made by God.

Read Genesis 1:26–31

"Then God said, 'Let us make mankind in our image...'"

Ask someone to read the passage aloud.

Questions

- What words describe God's attitude towards people?
- What does it mean to be made "in God's image"?

- What do you notice about God's final verdict on creation?

Highlight that after creating people God says creation is not just "good" but **"very good."**

Unlike everything else in creation, people are described as being made in God's image. Christians believe every person has value, dignity and purpose because they reflect something of their Creator.

Read Genesis 2:7

"Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life..."

Ask:

- What differences do you notice between Genesis 1 and Genesis 2?
- What picture of God does this give you?

Genesis 1 God speaks creation into existence. In Genesis 2 the picture becomes much more personal. God forms humanity like a skilled craftsman shaping clay before breathing life into them. This shows intentionality, care and relationship. We are not accidents.

Most biblical scholars think the repetition is intentional.

Genesis 1 teaches that:

- God is all-powerful.
- Creation is orderly and good.
- Humans have dignity because they bear God's image.

Genesis 2 teaches that:

- God is personal.
- Humans were made for relationship.
- Work has purpose.
- Marriage and community matter.
- People depend on God.

Together they give a much fuller picture than either chapter alone.

Looking in the Mirror

Ask: Have you ever wished you looked different?

Maybe taller...
shorter...
stronger...
different hair...
clearer skin...
better at sport...

Almost everyone compares themselves to others at some point. Social media constantly encourages comparison, but the Bible starts somewhere completely different. Instead of asking,

"Am I good enough?" God begins with, "You are my creation." Looking after ourselves is therefore not about chasing perfection. It is about valuing what God has already made.

Read 1 Corinthians 6:19–20

"Do you not know that your bodies are temples of the Holy Spirit... Therefore, honour God with your bodies."

Ask the group:

- What is a temple?
- Why do people usually take care of important buildings?
- Why do you think Paul compares our bodies to a temple?

Explain:

In the Old Testament God's presence was centred in the Temple in Jerusalem. It was treated with enormous respect because it represented God's presence among his people. After Jesus' death and resurrection, God no longer lives in one building. Through the Holy Spirit, Christians believe God lives with his people wherever they are. That means our bodies matter because they belong to God not because they look perfect.

Before Jesus sent us the Holy Spirit, the Spirit of God lived in a temple in Jerusalem. There were a lot of rules and only certain people, at certain times of year, could enter the place where the Holy Spirit lived. When Jesus died on the cross, he paid the price for all the bad things we do. At that point the curtain in The Temple which separated people from the place where the Holy Spirit lived, tore in two and enabled us to encounter the Spirit and have him live in us.

By calling our bodies temples of the Holy Spirit, the Bible is saying that if we ask him to, we can invite the Holy Spirit to live in us. In doing so, the Holy Spirit can lead and guide us in how we live.

When we think about our bodies being temples of the Holy Spirit, we need to think about how we treat that temple. If we know that a box contains something valuable, we make sure to handle it with care, and it's the same with our bodies. By looking after our bodies, we are looking after something handmade by God himself, that contains the Holy Spirit.

Now invite the group to think back to the video with the amazing body facts, and think about how God handmade people. Now ask whether they might care for their body in a different way in light of this.

The point: To explore the idea that God made our bodies with care, that they can be temples of the Holy Spirit, and they are worth looking after.

What Does Honouring God with Our Bodies Look Like?

Split into pairs or small groups.

Ask them to discuss how could we honour God by the way we...

- sleep?
- eat?
- exercise?
- speak about ourselves?
- use social media?
- rest?
- care for our mental health?

- avoid comparing ourselves with others?

Bring ideas back together. Emphasise that honouring God isn't about earning God's love. It is a response to already being loved.

A Healthy Balance

Looking after our bodies is important but it is not about:

- trying to look perfect
- obsessing over weight
- comparing ourselves with others
- believing our value comes from appearance

Instead, caring for our bodies helps us love God and serve other people well. Healthy habits give us energy to enjoy life, care for others and fulfil the purposes God has for us.

Teaching point: Christians believe our bodies are gifts from God—wonderfully made, deeply valued and worth caring for. Looking after our physical and mental wellbeing isn't about chasing perfection; it's about honouring the God who created us and enabling us to live well.

Expert Film

Watch the Experts Film where we will listen to what they say about why looking after our bodies can help with our happiness.

10:10 Experts - Body

The point: To listen to what experts have to say about why looking after our bodies can help with our happiness.

Question Cards

Place the Question Cards face down on a table. Anyone can choose any card and pose the question to the group or answer it themselves.

Questions

1. What is your favourite creative thing to do and how does it make you feel?
2. In what ways could you become more creative?
3. Why do you think some people find it hard to go to bed or get to sleep early?
4. What are the best ways to switch off and relax before bed?
5. Describe your last dream.
6. Do you think that school should start later or that we should go to bed earlier?
7. Is it right to be told what we should and should not eat? Why?
8. What is a simple way you can improve your nutrition?
9. Do you experience food cravings? What triggers them and what could you do instead?
10. What thoughts or images come into mind when you hear the words healthy lifestyle? Are they helpful or unhelpful?
11. Why is it sometimes difficult to motivate ourselves to do exercise?
12. What is your top tip for getting yourself motivated to be more active?
13. Can being active ever be unhealthy?

14. Can you touch your nose with your tongue? Or is there anything else unusual, clever or special you can do with your body?
15. How do you de-stress after a bad or long day?
16. Whose lifestyle inspires you, and why?

The point: To explore and discuss thoughts and insights around the theme of body.

TAKEAWAY

EXTRA INFORMATION

Question cards