

# Keeping Healthy

**Aim:** To show that not only do we need to make sure that we get balanced diet to keep our bodies healthy but we need to feed ourselves spiritually to ensure spiritual health.

**You will need:** Various types of food including fruit and vegetables and other items that could be confused for fruit and vegetables, such as fruit flavoured sweets and crisps etc. An outline drawing of a fruit per girl.

**Bible Focus:** Luke 6: 43 - 45

## Opening Prayer

Dear God,

Thank you for carefully designing our individual bodies and giving each of us our own style. Help us to have fun and listen today so that we can find out how to keep our bodies, hearts and lives, healthy.

**Illustration:** Sit the girls in a circle and lay the food out in the centre. Ask the girls to work together to divide the food up into 2 piles. In one pile they should put the food that counts as part of their 5 fruit or vegetables a day and on the other pile they should put everything else. Ask the group why they think it is important to eat at least 5 fruit or vegetables everyday.

**Intro:** It is very important to exercise and eat at least 5 fruit and vegetables everyday because it keeps our bodies healthy and means that we will grow to be big and strong. The bible talks about putting good things into our heart so that our lives are healthy and so we say and do good things.

**Read** Luke 6: 45

**Conclude:** If all you ate was chips and chocolate you wouldn't have much energy and your skin and hair wouldn't be very nice. What you put into your body effects what people see on the outside. In the same way, if everyday you play fighting games on your computer and watch people being rude on TV, you are putting fighting and being rude into your heart and so you are more likely say rude things and fight. However, if we eat a balanced diet we will have more energy and we are more likely to have good skin and hair. In the same we if we put good things into our hearts we will show love and kindness to others.

**Activity:** Hand out the outline of the fruit and ask everyone to think about a way that they can fill their hearts with a good thing and then write or draw it in their fruit.

**Prayer:** Father God, Thank you that you give us free will to choose what we fill our hearts and lives with. Sorry that sometimes instead of filling our hearts and lives with good things we fill it with bad things. Please give us friends who encourage us to do good things. Amen