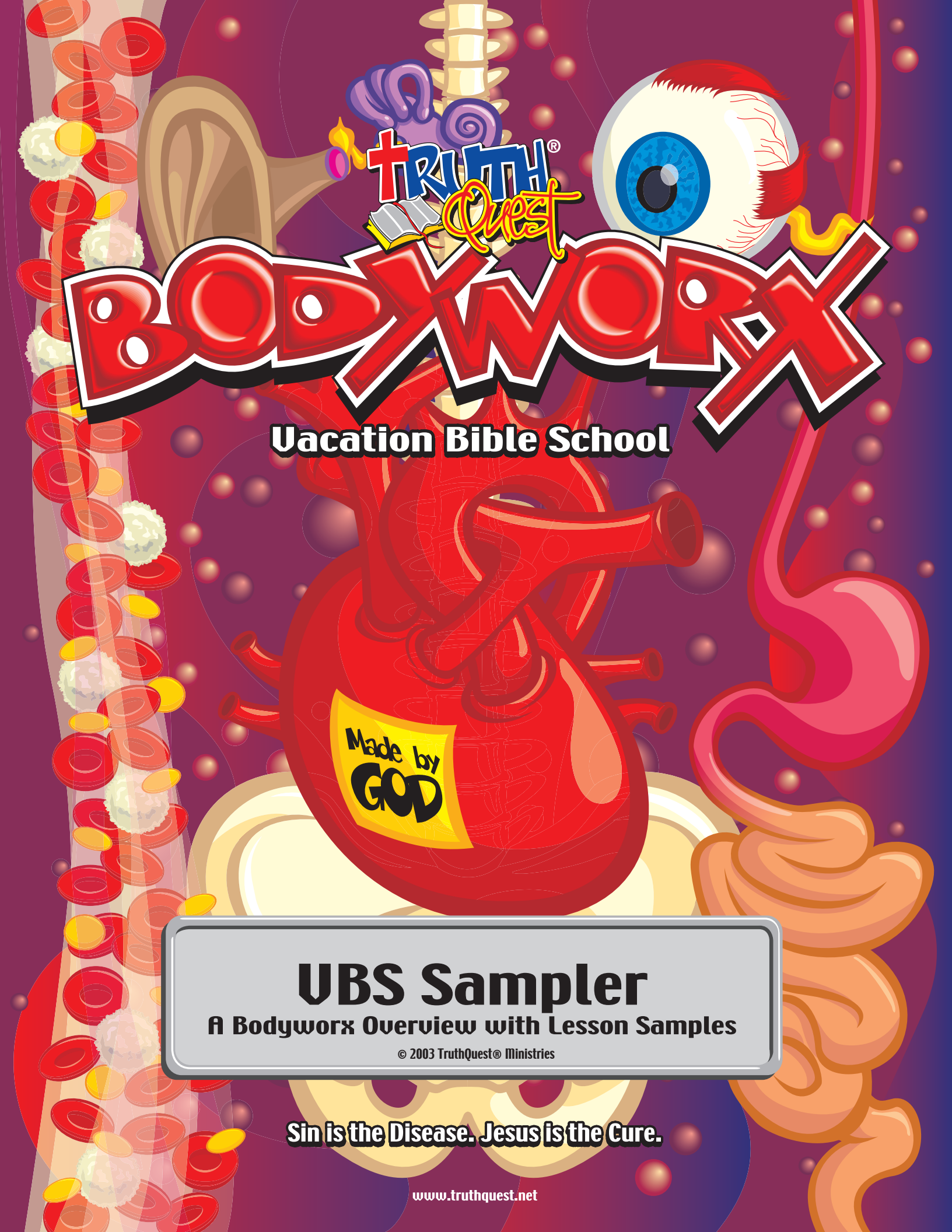

VBS Sampler

A Bodyworx Overview with Lesson Samples

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Sin is the Disease. Jesus is the Cure.

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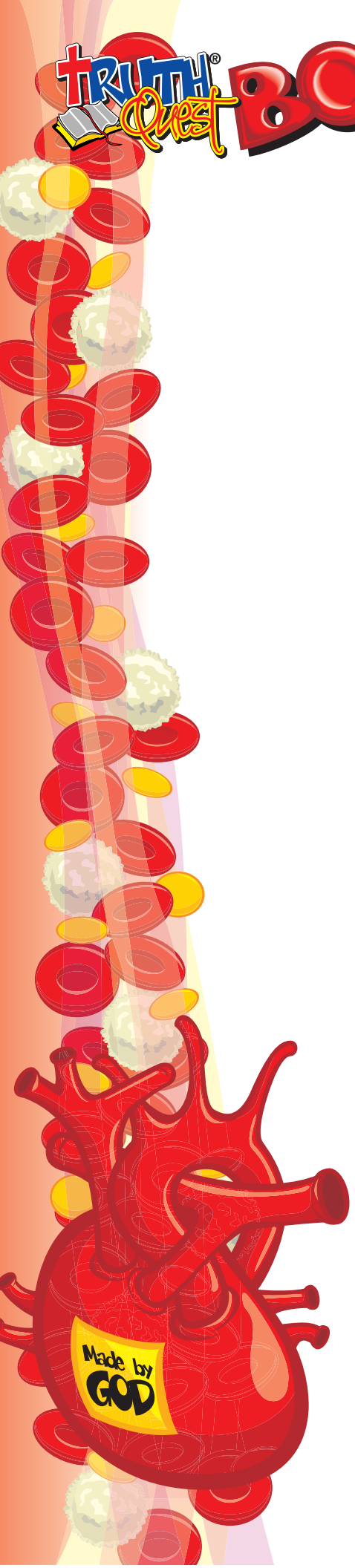

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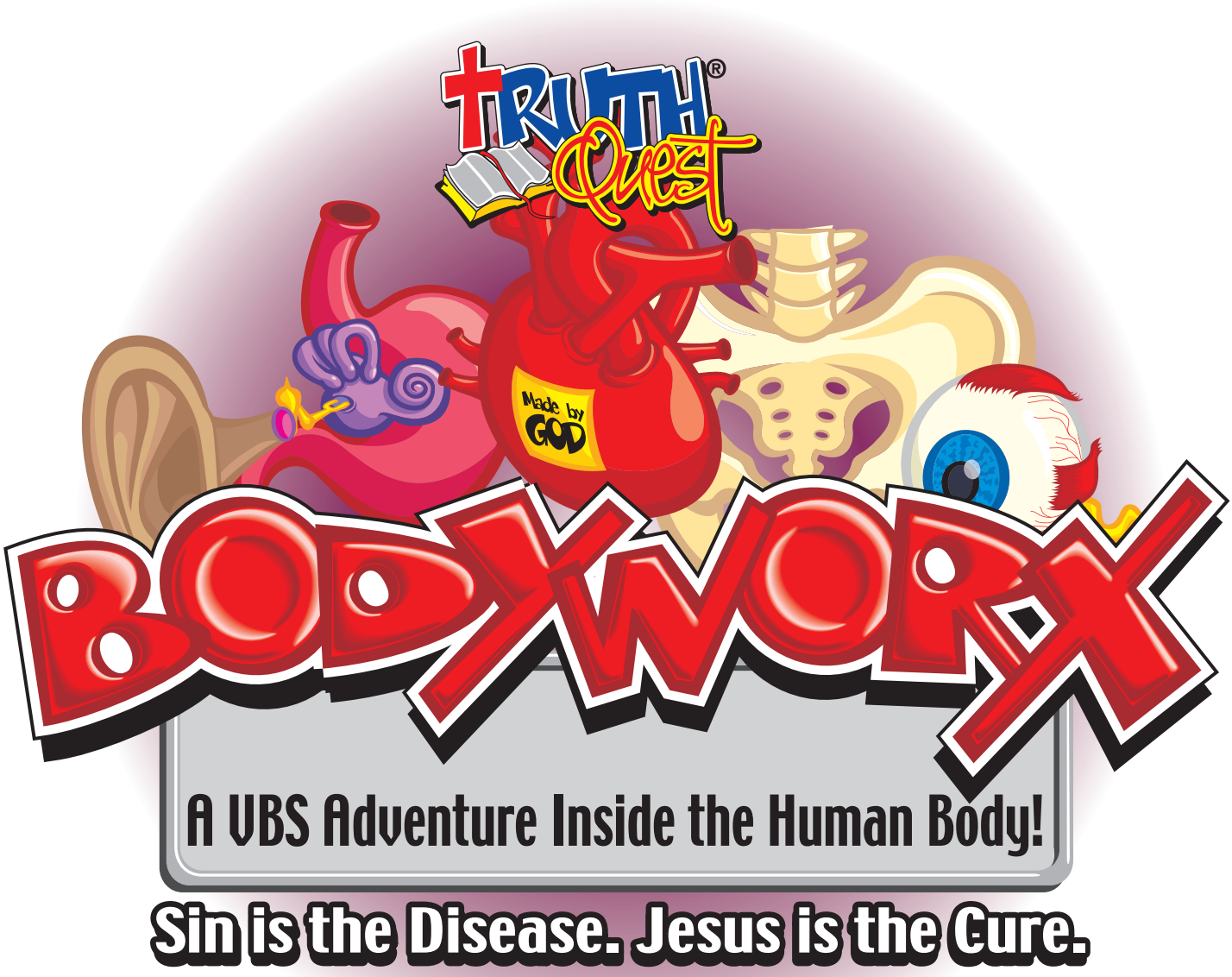

Sin is the Disease. Jesus is the Cure.

VBS Overview

Introduction

Welcome to Bodyworx! TruthQuest's exciting Vacation Bible School Kit includes all of the curriculum and VBS activity materials you'll need for an exciting and successful VBS, all in an easy-to-use format!

First Things First

Before you do anything else, you should go through this brief overview of what Bodyworx is all about. On the next few pages, you'll get a bird's eye view of the entire VBS program. Then, in the next section of the Director's Guidebook, you'll find a detailed week-by-week timeline that will walk you through every step of putting VBS together. But for now, take a look at the VBS Overview and find out what Bodyworx is all about!

Contents of the UBS Overview

UBS FastFacts Chart

Includes basic information about this VBS program, including a brief description of the VBS theme and objective and a complete listing and description of the VBS materials included in this kit

UBS Overview Chart

Provides an overview of every VBS activity that will take place over the five days of VBS

Basic Information about this UBS

More detailed information about the theme, objective and structure of VBS

How This UBS Program Operates Each Day

A description of the VBS activity sessions that will happen each day

Summary of the UBS Departments

A brief summary of what each VBS department will do

BODYWORX VBS FastFacts

Length of Program:	**5 days / 3 hours per day**
For Ages:	**4–11**
Age Group Divisions:	**Six**
Rooms Needed:	**4–7**
Volunteers Needed:	**25 minimum, 40–50 recommended**

Theme:
A Bible adventure traveling inside the human body, learning about God's amazing design for our bodies and learning about the deadly "disease" of sin and its only cure, salvation in Christ Jesus.

Objective:
To teach children how the parts of their own bodies can show them how to build godly character, reminding them of God's majesty and demonstrating their need for a Savior.

Components Included in this VBS Kit	Description and Contents	NIV New International Version Included	KJV King James Version Included
Director's Guidebook	Overview of VBS, tips and directions for planning and organizing VBS, and recruiting and supplies flyers	translation neutral	translation neutral
Drama Kit with Daily Gospel	Skits and gospel presentations for five days and directions and tips for planning and performing drama	Yes	Yes
Teaching Director's Guide	VBS lessons and directions for organizing all VBS teaching activities	translation neutral	translation neutral
Bible Lesson Kit	Specifically designed Bible lessons for six age groups covering five days	Yes	Yes
Object Lesson Kit	Hands-on or interactive object lessons for five days	Yes	Yes
Worksheet Kit	Specifically designed take-home worksheets for six age groups covering five days	Yes	Yes
Parents' Workshop Kit	Workshop-style lessons for parents covering five days	Yes	Yes
Poster Kit	32" X 40" Posters to serve as visual teaching aids and decorations (can be printed on any printer and assembled into large posters like a puzzle)	Yes	Yes
Music Kit	Song lyrics, hand motions, sheet music and downloadable music including six original VBS songs	translation neutral	translation neutral
Crafts Kit	Complete directions, supply lists and templates for five VBS craft projects	translation neutral	translation neutral
Snacks Kit	Complete directions, supply lists and recipes for five VBS snacks	translation neutral	translation neutral
Games Kit	Complete directions, supply lists and diagrams for five VBS games	translation neutral	translation neutral
Age Group Leader Guides	Directions for all VBS Age Group Leaders	translation neutral	translation neutral
Missions Kit	Suggestions for VBS missions projects, fund-raising ideas, and progress tracking poster	translation neutral	translation neutral
Registration & Scoring Kit	Complete directions, name tags, score sheets, information cards and flyers for VBS registration and scorekeeping	translation neutral	translation neutral
Decorations Kit	Ideas, suggestions and clip art to be used for decorating your facility for VBS	translation neutral	translation neutral
Advertising Kit	Directions, suggestions, flyers, posters, banner artwork, a promotional skit, and a radio script for promoting your VBS	translation neutral	translation neutral
Discipleship Booklet: "Growing Up In Christ"	Thirteen lessons and activities, along with extensive Scriptural references designed for a parents and children to go through TOGETHER	Yes	Yes
Gospel Tract: "All About Jesus"	A one-page explanation of the problem of sin and how Jesus' death and resurrection can save us	translation neutral	translation neutral
Gospel Tract: "The Bible in 30 Seconds"	A two-page rhyming summary of the Bible, showing how sin threatens us and how Jesus can save us	translation neutral	translation neutral
Clip Art Library	A large selection of decorating and advertising artwork, signs and large posters in the online materials	translation neutral	translation neutral
T-Shirt Artwork	Artwork for VBS T-Shirts which you can have printed at a t-shirt shop or iron on to your own shirts	translation neutral	translation neutral
Flyers	Recruiting, registration and advertising flyers in the online materials	translation neutral	translation neutral

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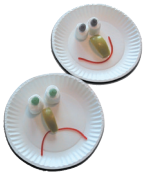
BODYWORX VBS Overview

	Day 1	Day 2	Day 3	Day 4	Day 5
Overall Focus	**THE SKELETON:** Our faith must be built on a firm foundation.	**THE EYES:** We must open our eyes and see things God's way.	**THE DIGESTIVE SYSTEM:** We should digest and meditate on God's Word.	**THE EARS:** We should both listen AND obey.	**THE HEART:** Pump OUT sinfulness and pump IN godliness!
Memory Verse (NIV & KJV)	**1 Peter 2:6** See, I lay a... precious and chosen cornerstone, and the one who trusts in Him will never be ashamed.	**1 Samuel 16:7B** Man looks at the outward appearance, but the Lord looks at the heart.	**Matthew 4:4** Man does not live on bread alone, but on every word that comes from the mouth of God.	**James 1:22** Do not merely listen to the Word and so deceive yourselves. Do what it says.	**Proverbs 4:23** Above all else, guard your heart, for it is the wellspring of life.
Drama Skit	**The Foundation:** The skeleton is our body's foundation, but Christ should be our LIFE'S foundation. **Includes Gospel Presentation**	**Seeing God's Way:** As amazing as our eyes are, we need Jesus to help us to see things GOD'S way. **Includes Gospel Presentation**	**Aren't You Hungry?** Our bodies digest food so we can live, but we ALSO need to feed on God's Word. **Includes Gospel Presentation**	**Now Hear This:** Our ears hear, but we need to listen to and obey what God is telling us. **Includes Gospel Presentation**	**Pumped Up:** The heart is the wellspring of life, and that life comes only from Jesus. **Includes Gospel Presentation**
Bible Lesson	**Matthew 7:24-27** The wise and foolish builders	**1 Samuel chapter 16** Samuel and David: God sees the heart	**Luke 10:38-42** Mary & Martha: Feeding the stomach or the soul	**2 Kings 5:1-14** Naaman: Listening and obeying	**Daniel chapter 1** Daniel: Making the right choice
Object Lesson	**Foundations:** Clay molded around a foundation stands firm. Clay without a foundation caves in.	**Optical Illusions:** Our human eyes can be fooled, but God sees everything perfectly.	**Digesting the Word:** Reading God's Word without meditating on it is like spitting out food without digesting it.	**Listen and Obey:** A game of "Simon Says" with a twist–you can't obey if you aren't listening.	**Keep Pumping:** Kids pretend to be blood cells, putting good things IN the body and REMOVING bad things.
Parents' Workshop	**Building a Firm Foundation:** Teaching children to love God	**Seeing Through God's Eyes:** Teaching children the importance of character	**Digesting God's Word:** Teaching your family to study the Bible	**Ears to Hear:** Teaching children to obey God's Word	**Guard your Heart:** Teaching children discernment
Song	**Faith Bones** Our bodies AND faith need a foundation!	**Open your Eyes** See things God's way!	**Digest it!** Digest God's Word!	**Ears to Hear** Don't just listen–obey!	**Guard your Heart** Pump in "good" as you should
Snack Time	**Bone Crunchers:** Pretzels covered with white chocolate	**Eye Poppers:** Marshmallow eyeballs with fruit & licorice 	**Tummy Fulls:** Apple wedges covered in red fruit roll-ups	**Ear Wax Dip:** Fruit and crackers with caramel dip	**Heart Cookies:** Heart-shaped red sugar cookies
Game	**Faith's Foundation:** A race where kids try to blow down two cup pyramids--a flimsy one and a sturdy one	**I Can See Clearly Now:** A relay race run while partly blind, showing that life is easier when we see things God's way	**Watch What You Eat:** A relay race which requires children to memorize a list of food items on a table	**Listen and Do:** A game which tests children's ability to listen carefully and obey	**Heart Attack:** A relay race where children sort good items from bad items and put each where they belong
Craft Project	**Flim Z. Foolishman:** A flimsy character with no foundation	**Bulging Eyeballs:** Fun, bulging eye masks children can wear	**DigestiVests:** Vests which diagram the digestive system	**Ears to Hear:** Giant ears children can make and wear	**Guard Your Heart Breastplates:** Shields to guard the heart

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Welcome to Bodyworx!

Welcome to TruthQuest's Bodyworx! As the director of your church's VBS program, you have many responsibilities. This VBS kit is designed to make your job as easy as possible for you and your volunteers. But, before you dive in to the logistics of planning your VBS, here's a quick look at the nuts and bolts of Bodyworx.

Basic Information about this UBS

The Theme

Welcome to Bodyworx Laboratories, where amazing research allows children to be miniaturized and transported inside the human body. While there, children can tour such places as the eye, the digestive system, the heart, and more–all from the inside! Throughout this exciting adventure, children will be taught how the body testifies to God's majesty and wisdom as they participate in Bible stories, Scripture memory, object lessons and more.

The Objective

The objective of Bodyworx is to show children that their bodies testify about God, not only demonstrating that the amazing and intricate design for the body could only be from the mind of God, but also using parts of the body to illustrate and remind children how to build godly character.

The Gospel

One of the prime objectives of Bodyworx is to share the gospel of Jesus Christ with children and their families. Through the use of Bible lessons, gospel tracts, and discipleship materials which can all be printed from the Bodyworx online materials, you can share the gospel with all of the children in your VBS program.

One effective method for sharing the gospel with the children is the Bodyworx drama skits (found in the Drama Kit on the Bodyworx online materials) during opening and closing assemblies each day. During the five days of VBS, Doc, our main character in the skits, is attempting to cure a mysterious ailment in a patient named Nicky. As VBS progresses, and as the children visit more of Nicky's innards, Doc discovers that Nicky's ailment is not physical but spiritual.

The disease which ails Nicky is the same deadly disease which ails all of us–the curse of sin. Doc will share with the children that there IS a complete cure for sin–but only one cure. That cure, of course, is Jesus Christ. The Bodyworx drama skits allow you to share the gospel on EVERY DAY OF VBS, making Bodyworx a very evangelical program.

NIV and King James Bible References

Any VBS Resource Kit which contains Scripture verses written out is available in the VBS online materials in TWO Bible versions; either the New International Version (NIV) or the King James Version (KJV). When printing resource kits which contain Scripture verses, simply select which version you prefer to use and print it.

Five Days, Three Hours per Day

Although you may alter the time frame in which this VBS program operates in your church, it is designed to run for five days, running for three hours or more each day. The daily three-hour running time allows this VBS to be done either in the daytime or in the evening. Extending the daily running time beyond three hours is possible, although we do not recommend running this program in less than three hours per day, as the children will not be able to participate in all the VBS activities in less than three hours per day.

See the UBS Scheduling Tools provided for you later in this Guidebook to easily establish your daily UBS schedule.

The Six UBS Age Groups

This VBS program provides age-targeted teaching for six different age groups. This enables you to teach each age of kids a lesson which they can understand and which challenges them. Each age group will participate in VBS activities separately on a rotation schedule, and each group will have adult "Age Group Leaders" who will stay with each group, befriending children, attending to their needs, and maintaining order. For easy identification, and for fun, each age group is assigned a specific color and designation to help identify them:

Preschoolers

Color: Orange
Symbol: Greek Letter "Alpha"

Kindergartners

Color: Yellow
Symbol: Greek Letter "Beta"

First Graders

Color: Purple
Symbol: Greek Letter "Gamma"

Second Graders

Color: Red
Symbol: Greek Letter "Delta"

Third Graders

Color: Green
Symbol: Greek Letter "Epsilon"

4th & 5th Graders

Color: Blue

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Symbol: Greek Letter "Zeta"

How This VBS Program Operates Each Day

As shown on VBS Overview chart earlier in this Guidebook, each day of VBS includes numerous activities for the children to participate in. All of these activities can be covered in five days, running three or more hours per day. Later in this Guidebook, you will see how to easily create a daily VBS operating schedule for your church; but first, here's a quick look at how this VBS program is designed to operate each day. As you will see, each day's VBS activities are divided into eight time sessions, which run for roughly 20 minutes each.

Opening Assembly (Session 1)

After children have arrived each day and checked in with their Age Group Leaders, all the children will assemble as one large group in a large room such as a church sanctuary. The opening assembly consists of the following:

Opening Song

The worship leader or drama leader will lead the children in singing the VBS Theme Song to start off on the right foot.

Opening Skit

A fun drama and puppet skit is performed for all the children which introduces the lesson focus for that day of VBS.

VBS Lesson and Activities (Sessions 2–7)

After the opening assembly, the children are divided up into their six respective age groups (described on the next page) and sent to participate in five VBS activity sessions. During any given time session, each VBS age group will be involved in a different activity from the other groups. At the end of each time session, each group will ROTATE to a different activity until all six age groups have participated in all of the activity sessions (meaning that each group will go to the VBS activities in a different order). You will need a room or area for each of these activity sessions, which are as follows:

Bible Lesson & Worksheet Time with Memory Verse

Here, the children learn from a Bible story each day and also have time to work on worksheets which they will take home. This activity lasts for TWO time sessions, meaning that it is TWICE as long as the other sessions. There are also TWO age groups participating in this activity at a time, meaning that you will either need TWO sets of rooms and teachers, or you will need to teach the same lesson to two age groups at once.

Object Lesson (Lab Time)

Here, the children learn a hands-on object lesson which is related to the Bible Lesson, giving children an opportunity to learn the day's lesson from a different perspective.

Game Time

Here, the children get to run off some energy by participating in a fun game which either helps them to apply the day's lesson or just to have fun.

Snack Time

Here, the children get to enjoy a yummy and fun snack which is related to the VBS theme of the day.

Craft Time

Here, the children get to create a simple but fun craft project to remind them of their day at VBS.

Closing Assembly (Session 8)

At the end of each day, the children are all re-convened into one large group for the closing assembly, which takes place in the same room where your opening assembly took place. The closing assembly includes:

Praise & Worship Music

At the start of the closing assembly, the worship leader or drama leader leads all of the children in singing worship songs such as those which have been provided on the VBS downloadable music.

Closing Skit

Next, the second half of the drama skit for the day is performed for the children, reviewing what has been learned and concluding the story for that day of VBS.

Gospel Presentation & Prayer

Each day's VBS skit includes an option to present the gospel to the children during the closing VBS skit, along with a closing prayer.

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The UBS Departments

The Bodyworx VBS kit is divided into what we call "Resource Kits." Each kit is designed for a particular area, or "department" of VBS. This allows the VBS Director to recruit sub-directors for each VBS department, providing them with the appropriate kits and materials for their assigned departments from the Bodyworx online materials. In this way, all of the VBS "Department Directors" will be equipped with all of the VBS materials they need for operating their department of VBS.

Summary of UBS Departments

Now it's time to take a brief look at what the VBS Department Directors will be doing and how each department will work. Being aware of what your volunteers are doing will be very important in order to keep everyone organized and being able to answer questions from your workers.

We recommend that you take a quick look at the VBS kits which pertain to each department for a full understanding of the needs and responsibilities of each department. However, for your reference, we've included an overview of what each department and director will be doing. This overview is as follows:

Drama Department

The Drama Director for VBS will be overseeing the dramatic portions of the VBS program, including the opening and closing skits for each day of VBS. The drama skits feature four fun characters (shown in the next column). Doc teaches the children about the wonder of God's design for our bodies and how our bodies can remind us of Biblical lessons. Most importantly, Doc shares the gospel–the only cure for the world's deadliest disease. Each day's skit sets the stage for the Bible lessons to be taught that day. On each day of VBS, the first part of the drama skits will be performed, and then paused at a crucial point. Then, the children will be sent off to their other VBS activities while thinking about the unresolved issues of the skit. At the end of each day in the closing assemblies, after a time of praise & worship, each day's skit will then be concluded, showing the children how each issue is resolved. The drama skits will be great fun for children to watch, all while teaching important concepts.

Needs of the Drama Department

The Drama Department will need a stage area on which to perform and where all of your VBS children can watch the drama skits. Depending upon the size of your facility, they may also need a sound system and some minor technical equipment. Puppets will be needed to play the parts of Becky and Dr. Deceit, and another actor (male OR female) is needed to play the part of an ailing patient, Nicky Izzasikki. The Drama Kit contains all of the VBS skits and includes many of the props and instructions needed. The Bodyworx online materials also contain teleprompter versions of each skit, along with instructions for setting up a simple teleprompter.

Volunteers Needed

- A man to play the part of Doc (the scientist)
- An actor to play the part of Nicky Izzasikki
- A puppeteer to play the part of Becky
- A puppeteer to play the part of Dr. Deceit
- A technical crew for sound and lights if applicable
- People to help acquire props and prepare sets for your skits

Doc

A scientist who wants to teach the children how science and the study of our bodies can teach us about God, His Word, and His plan for salvation.

Nicky Izzasikki

(not pictured)

A man or woman who has a mysterious illness, which we will later learn is spiritual–not physical. Nicky has come to Doc searching for a cure, which will turn out to be salvation in Christ Jesus.

Becky

An innocent but hyper little girl who is curious about what Doc is teaching.

Dr. Deceit

A bumbling villain who clumsily tries to sabotage Doc's lessons, not wanting anything about God to be taught.

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Teaching Department

The Teaching Department is the backbone of your VBS, providing the most "face-to-face" in-depth teaching of the VBS program. The Teaching Department includes:

Bible Lessons Kit (NIV or KJV)

30 Bible lessons (one for each of the six age groups for each of the five days of the program). Each lesson is connected to the drama skit for that day, and all lessons include some sort of interactive element for more effective teaching.

Object Lessons Kit (NIV or KJV)

Five interactive object lessons to be taught to all of the age groups, each relating to specific parts of the body and specific Biblical principles.

Poster Kit (NIV or KJV)

Including large anatomy & Scripture posters of the featured parts of the body, designed to be used with the Object Lessons.

Worksheet Kit (NIV or KJV)

With age-targeted worksheets relating to each day's VBS lessons to be sent home with the children.

Parents' Lessons Kit (optional, NIV or KJV)

Including five workshop-style lesson outlines designed for parents.

Gospel Tracts & Discipleship Booklet (NIV or KJV)

For use in evangelizing children and helping them to mature.

Teaching Director's Guide

Summarizing all of the above items and including directions for setting up his or her department and how the Bodyworx lesson materials should be used.

Needs of the Teaching Department

You will need one or two rooms in which your Teachers can teach the Bible Lessons to the children. Teaching rooms should be quiet and without big distractions. You will also need a room for Object Lessons to be taught in. If desired, you will also need a classroom for the Parents' Workshops. Certain supplies which are needed for teaching the Bible Lessons are listed in the Lesson Kits, though many of these supplies are included with the Lesson Materials.

Volunteers Needed

- **Bible Lesson Teachers**
  5 Minimum, 10-20 Teachers Recommended (see the section below, "Bible Teacher Assignment Options"). These people are recruited by the Teaching Director.
- **Teacher Assistants**
  Recruited by the Teaching Director, if desired, teacher assistants work under the teachers and help in any way they can with the lesson. (This is an optional staff member.) This is a great job for your teenagers who desire to help with VBS.
- **Object Lesson Teachers**
  2 Minimum, 5-10 Teachers Recommended. Recruited by the Teaching Director, Object Lesson teachers will teach the object lessons provided in the Object Lessons kit.
- **Parent's Track Teacher**
  1-5 Teachers Recommended. Recruited by the Teaching Director, if desired. These teachers should be familiar with and comfortable with teaching adults, such as Pastors or adult Sunday school teachers.

Bible Teacher Assignment Options

The daily VBS schedule we recommend (which is described later in this guidebook) includes three time slots per day for Bible Lessons. During each of these three daily time slots, TWO age groups are simultaneously being taught their Bible Lessons (by different teachers in different rooms). With this in mind, we recommend the following three options:

Two Teachers per Day (10 total for VBS)

Since the VBS Schedule we recommend calls for two VBS Age Groups to hear their Bible Lessons simultaneously during each of the three daily Bible Lesson time slots, you'll need at least two Bible Lesson Teachers per day. Each Teacher would teach only THREE of the six VBS age groups, and they would only teach on one day of VBS. For example, on the first day of VBS, one teacher would teach preschoolers, kindergartners, and first graders, and the other teacher would teach the second, third, fourth and fifth graders. Then on the next day of VBS, the same thing would happen with two NEW teachers. This allows your teachers to prepare for only one day's lesson (for three age groups), thus lightening their load.

Two Teaching Teams per Day (20 total for VBS)

A similar option to the one above is to give each teacher a "teammate." These could be family members or friends, but the idea is to have teaching "teams" instead of individual teachers.

One Teaching Team per Day Teaching a Combined Lesson (10 total for VBS)

Finally, you could choose to have two VBS Age Groups taught the same lesson at a time. In other words, you could choose to group the preschool and kindergarten groups TOGETHER for a combined Bible Lesson time and teach the Kindergarten lesson to BOTH groups. Similarly, you could group the 1st and 2nd graders together, and you could group the 3rd graders with the 4th & 5th graders together. This would result in only three Bible Lesson teaching times per day, reducing the number of classrooms and teachers you'd need. You could simply assign a "teaching team" to teach all the age groups for each day of VBS.

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Age Group Leaders

Age Group Leaders are the adult helpers who will be with the kids throughout the VBS program, taking them from area to area, administering discipline, and most importantly, befriending the kids. At the start of each day's VBS session, Age Group Leaders will need to "check-in" the children for the age groups they're assigned to. Check-in involves greeting children, issuing them name tags, listening to them reciting memory verses, and keeping score for them on the score sheets. Tour Guides will also administer discipline when needed.

Needs of Age Group Leaders

We suggest equipping each Age Group Leader with a name tag and a clipboard on which they can keep notes or score sheets.

Age Group Leader T-Shirt Artwork is Provided

The "Helpful Aids" section of the online materials includes t-shirt artwork for the leaders of each age group which you can print and iron on to white t-shirts. This will help children to quickly identify the leaders of their groups.

Volunteers Needed

We suggest one adult for every ten children.

Crafts Department

The Crafts Department will handle the Craft Time sessions of each day of your VBS program. Special craft projects are included in the Crafts Kit, including supplies lists, templates, diagrams, directions and photos of finished crafts. All of the craft projects relate in some way to the theme of the lessons of VBS, and all of the projects are simple and easy. The five Bodyworx craft projects are shown on page five of this Guidebook.

Needs of the Crafts Department

You will need an area in which to host Craft Time for each day of VBS. We suggest a non-carpeted area if one is available. Otherwise, we suggest protecting floors with painting tarps and protecting craft tables with newspapers. Supplies needed for craft projects are listed in the Crafts Kit and on the "Supplies Needed" flyer from this kit.

Volunteers Needed

- Craft Teachers who can demonstrate crafts and assist children
- Preparation workers who can prepare the supplies needed for each craft project, as well as preparing (mess-proofing) the area in your facility where the crafts will be taught.
- Clean-up personnel to assist in cleaning up after craft time

Snacks Department

The Snacks Department will be responsible for preparing and handling the daily Snack Time of your VBS program. The Snacks Kit includes recipes for five simple but fun VBS snacks, as well as suggestions for preparation, cleanliness, and more. The five Bodyworx snacks are found on page five of this Guidebook.

Needs of the Snacks Department

You will need an area in which to serve the snacks to the children. In some cases, children are asked to assemble their snacks before eating them, meaning that you will need to have tables for the children to be served at. We also suggest a non-carpeted area for Snack Time. A list of the items needed for Snack Time is included in the Snacks Kit.

Volunteers Needed

- Preparation volunteers who will make necessary preparations
- Snack supervisors who will serve the children
- Clean-up volunteers

Games Department

The Games Department will prepare and administer each day's VBS games. The games are a good way for children to release extra energy and to let loose for a while at VBS. All of the VBS games are loosely related to the theme and the VBS lessons, and the Games Kit includes detailed directions, diagrams and props for use with the VBS games. The Bodyworx games are briefly described on page five of this Guidebook.

Needs of the Games Department

We suggest an outdoor grassy area or an indoor area with soft flooring or carpeting. A first aid kit is always a good idea, and we suggest making water available for thirsty kids. Other supplies needed for games are listed or provided in the Games Kit.

Volunteers Needed

We suggest having a few adult helpers to play with the children, to keep order, and to keep the games safe.

Music Department

The Music Department will handle the Praise & Worship segment of your VBS program, learning, teaching and performing the songs for VBS. Your Music Director may perform the VBS songs from the Bodyworx downloadable music as well as other children's songs favored by the children in your church.

Needs of the Music Department

Your music leaders will need the Bodyworx downloadable music and Music Kit to work from. They may also need some sound equipment so that they can lead the children in worship.

Volunteers Needed

We suggest having a few teens or children assist the worship leader in leading the VBS children in Praise & Worship.

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Missions Department

This department will oversee the VBS Missions project, promoting the project each day at VBS and getting the VBS children involved in the process. This department will determine what the missions project will be and how high to set the fund raising goal.

Needs of the Missions Department

You will need an area where you can display the fund-raising progress for your missions project so that your VBS children can see it. Artwork for a "tracking board" is provided in the Missions Kit. One person should be adequate for this department.

Advertising Department

The Advertising Department is responsible for advertising and promoting your VBS program before VBS begins. Using flyers, posters and artwork provided in the Advertising Kit and in the Bodyworx online materials, the department will create interest and excitement both within your church and around your community for your VBS program.

Needs of the Advertising Department

Your Advertising Director will need access to the Bodyworx online materials so that all of the flyers, posters and artwork needed can be printed and used. Otherwise, it is up to your church to determine an advertising budget.

Registration & Scoring Dept.

The Registration and Scoring Department will oversee the registration process for your VBS, making sure that you have all of the important information needed for each child in your VBS program. This department will also be keeping score as the children accumulate points for their participation in VBS, and determining what kinds of awards or prizes to give to the kids. This department will promote early registration within your church and "day-of-event" registration during the five days of your VBS program. The Registration Department will make name tags for each child in your VBS program and ensure that Tour Guides have important information for each child. Additionally, this department will tally up scores for all children throughout VBS as directed in the Registration & Scoring Kit.

Needs of the Registration & Scoring Dept.

You will need a table where registration will take place. Your volunteers will need to use this table throughout VBS, both for registration and for scoring. Name Tags, Child Information Cards, and Score Sheets are all provided in the Registration Kit. You will also need a calculator and a supply of 3" X 4" Avery Top-Loading Clip-Style Name Tags. We also recommend providing a supply of Avery 5164 or 5264 adhesive shipping labels, as these will be helpful to your Registration volunteers.

Volunteers Needed

We suggest recruiting 3-4 people to assist with the registration and scoring process.

Decorations Department

This department will be transforming your facility to look like the inside of a body. Simple solutions such as balloons and red butcher paper can look like blood cells and interior walls of body parts, and lighting effects and sound effects can enhance your decorating. Some of the decorating ideas included with the Decorations Kit include:

Bodyworx Laboratories

A science lab filled with strange scientific-looking contraptions

Shrink-O-Matics

Devices which “shrink” children and transport them into different parts of the body

The Bone Room

An area made to look like a giant skeleton

The Eyeball

The inside of a giant eyeball

The Stomach

The inside of a giant stomach

The Ear

The inside of a giant ear

The Heart

The inside of a giant heart

Arteries and Veins

Hallways which look like blood vessels

Needs of the Decorations Department

The Decorations Department will need a number of supplies for decorating your facility, many of which are included in the Decorations Kit and in the Bodyworx online materials. The Decorations Director will need access to the online materials so that he or she can freely locate and print whatever is needed from the clip art library. You will also need to set a VBS decorating budget.

Volunteers Needed

- Carpenters to build any special props you might want for your VBS
- Artists to paint scenes or signs
- Thrift store or garage sale shoppers to acquire decorating items
- Craft hobbyists to assist in producing props and scenes

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There You Have It!

In a nutshell, that's a brief summary of the Bodyworx VBS program. If you have any questions about this VBS kit, please feel free to contact us as shown below.

We'd also like to tell you about our weekly Children's Church curriculum, designed for ages 4-11. Our Children's Church program is very much like this VBS program, including drama skits, Bible/object lessons, take-home worksheets, family study sheets, gospel and discipleship materials, a database for managing the ministry, clip art, and much more. Our Children's Church program shares most of the characters from Bodyworx and also includes many other fun characters. Bring the fun and effective Bible teaching of VBS to your church EVERY WEEK through the TruthQuest® Children's Church Program! Visit our web site and check it out!

TruthQuest® Ministries

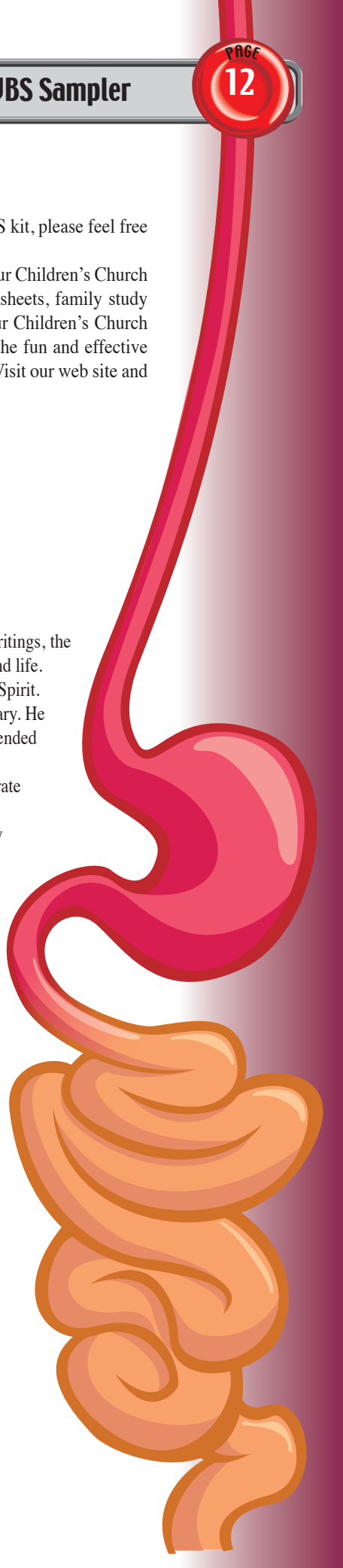
website: www.truthquest.org

email: ask@truthquest.org

TruthQuest® Doctrinal Statement

We Believe:

1. The Scriptures, both Old and New Testaments, to be the inspired Word of God, without error in the original writings, the complete revelation of His will for the salvation of men and the Divine and final authority for Christian faith and life.
2. In one God, Creator of all things, infinitely perfect and eternally existing in three persons: Father, Son and Holy Spirit.
3. That Jesus Christ is fully God and fully man, having been conceived of the Holy Spirit and born of the Virgin Mary. He died on the cross, a sacrifice for our sins according to the Scriptures. Further, He arose bodily from the dead, ascended into heaven, where, at the right hand of the Majesty on High, He is now our High Priest and Advocate.
4. That the ministry of the Holy Spirit is to glorify the Lord Jesus Christ and, during this age, to convict men, regenerate the believing sinner, and indwell, guide, instruct and empower the believer for godly living and service.
5. That man was created in the image of God but fell into sin and is, therefore, lost, and only through regeneration by the Holy Spirit can salvation and spiritual life be obtained.
6. That the shed blood of Jesus Christ and His resurrection provide the only grounds for justification and salvation for all who believe, and only such as receive Jesus Christ are born of the Holy Spirit and, thus become children of God.
7. That water baptism and the Lord's Supper are ordinances to be observed by the Church during the present age. They are, however, not to be regarded as means of salvation.
8. That the true Church is composed of all such persons who through saving faith in Jesus Christ have been regenerated by the Holy Spirit and are united together in the Body of Christ of which He is the Head.
9. That only those who are, thus, members of the true Church (above) shall be eligible for membership in the local church.
10. That Jesus Christ is the Lord and Head of the Church and that every local church has the right, under Christ, to decide and govern its own affairs.
11. In the personal premillennial and imminent coming of our Lord Jesus Christ and that this "Blessed Hope" has a vital bearing on the personal life and service of the believer.
12. In the bodily resurrection of the dead; of the believer to everlasting blessedness and joy with the Lord; of the unbeliever to judgment and everlasting conscious punishment.



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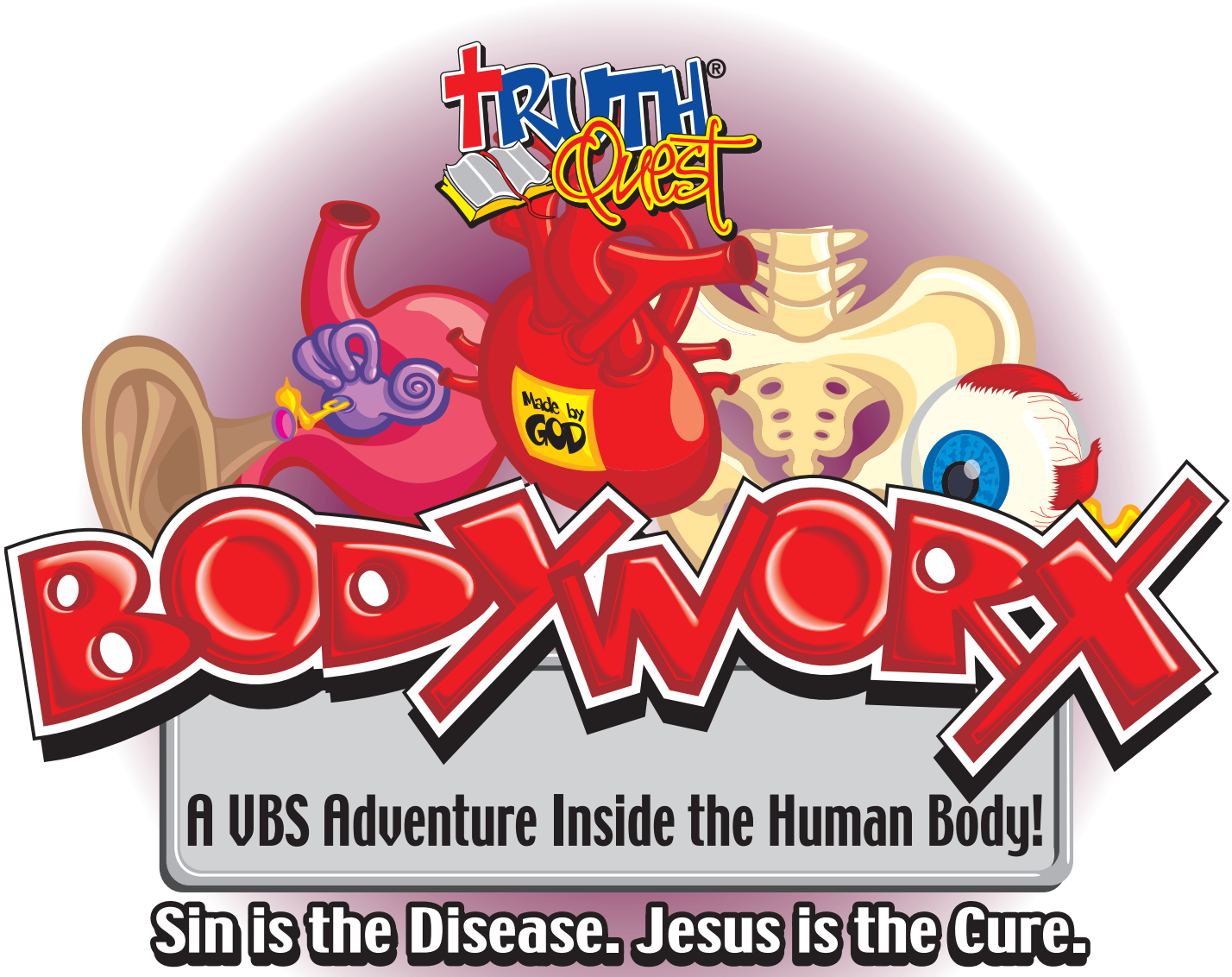


VBS Samples

Contents of this Section

In this section you will find samples of VBS materials from DAY 1 of the Bodyworx VBS program.

Drama Skit

Designed to be performed for all of the VBS children at once, the skits are performed in two parts; the first part of the skit is performed during each day's opening assembly, introducing the day's topic, and the second half of the .wraps things up during the closing assembly.

Bible Lesson

The Day 1 Bible Lesson (NIV version) for the First Grade Group. (Modified lessons are provided in our kit for preschool, kindergarten, 2nd, 3rd, and 4th-5th grade groups as well).

Take-Home Worksheet

The Day 1 Take-Home Worksheet (NIV version) for the First Grade Group. (Modified lessons are provided in our kit for preschool, kindergarten, 2nd, 3rd, and 4th-5th grade groups as well).

Object Lesson

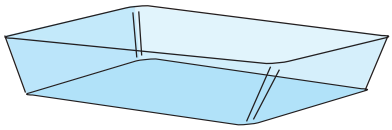
In addition to daily Bible Lessons, Bodyworx features a SECONDARY teaching time called "Object Lesson Time." Object lessons are the same for all six age groups. This section features a sample Object Lesson (KJV version) from Day 1 of VBS.

Parent's Lesson

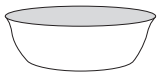
Bodyworx is designed to be a family VBS. This means that, at your option, you may include workshops for parents to attend. These include extensive notes, but an OUTLINE of the Day 1 Parent's Lesson is included in this section.

Day 1 Bible Lesson: Object Lesson Diagram

First, you will need the following supplies:

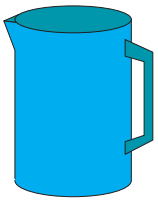


1. A transparent glass or pyrex casserole dish

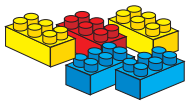


2. A cereal or salad bowl (must not float!)

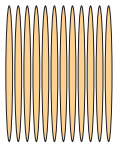
3. Some granulated sugar



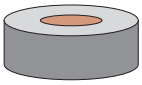
4. A pitcher of water



5. Some LEGO® building blocks (or similar)



6. Toothpicks (about 12)

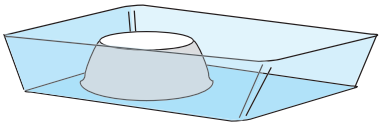


7. Duct tape

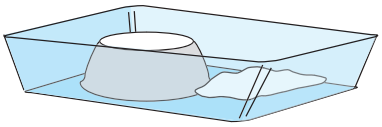
OBJECT LESSON DIRECTIONS:

The Wise and Foolish Builders

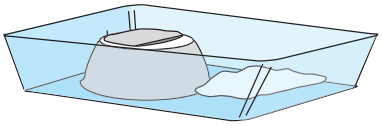
This object lesson will illustrate the Biblical story of the wise and foolish builders, showing how things will fall apart unless they are built upon a solid foundation. The aim is to teach children that the only solid foundation we can build our lives on is Christ. Follow the directions below when prompted to do so in the Bodyworx Day 1 Bible Lesson.



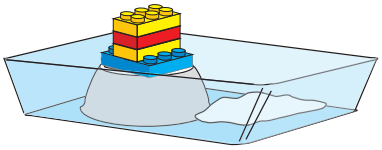
STEP 1:
Direct the kids' attention to the casserole dish and lay your bowl UPSIDE-DOWN inside the casserole dish. This represents a FIRM



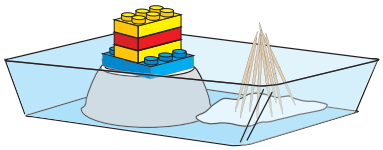
STEP 2:
Pour a mound of sugar in the dish beside the upside-down bowl. This represents a FAULTY foundation.



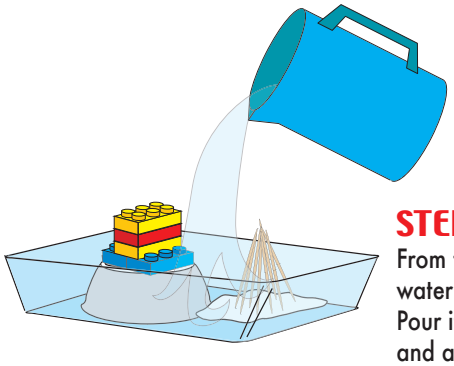
STEP 3:
Place a "donut" of duct tape on the bowl to hold the house you're going to build in place.



STEP 4:
With the Lego® blocks, build a simple but sturdy structure on the bowl, ensuring that it is stuck to the tape.



STEP 5:
Using the toothpicks, build a tepee-like structure on the mound of sugar. This structure should stand up–but only until the next step!



STEP 6:
From the pitcher, gently pour water into the casserole dish. Pour it on the Lego® house and also on the toothpick house. The Lego® house will stand, but the toothpick house will fall, because the water will dissolve the sugar it's built on.

Reset the Lesson

When finished, you may need to reset the object lesson for the next group you'll be teaching. To do this, remove the Lego® house and take it apart. Remove and rinse the bowl, and remove the toothpicks. Pour the sugar water down the drain, and get some fresh water and sugar

Memory Verse

1 Peter 2:6
For in Scripture it says: "See, I lay a stone in Zion, a chosen and precious cornerstone, and the one who trusts in Him will never be put to shame."

Bible Lesson

Lesson Instructions:

See the Day 1 Lesson Materials and Preparation Page (and also the Day 1 Object Lesson Diagram) to prepare for this lesson.
Once the children have arrived, begin the Bible lesson by asking them if they know what a firm foundation is. Then, tell them that they will have a better understanding of what a firm foundation is after they have listened to the Bible story. During the story, instruct the children to listen for the word "ROCK." Whenever they hear the word "rock," they should all chant, "Jesus is the Rock!" The word "rock" is rendered in bold type throughout the story. Next, begin reading the story below, following the bold instructions included in the story to perform the object lesson. You may want a helper to do this, or you may choose to do the object lesson while you read the story to the children.

The Wise and Foolish Builders

A Lesson from Matthew 7:24-27

Once upon a time, there were two men who each wanted to build a house. One man was a very wise man. The other one wasn't so wise. The wise man spent the first day looking for a good place to build his house. He knew that this place would have to be safe against all the storms that came up from the sea. Sometimes fierce hurricanes would come and the winds would get stronger and stronger until it could tear a house right out of the ground. The wise man wanted a rock that was strong, that would hold his house up even if a hurricane should hit it.
Perform STEP 1 of the Object Lesson Diagram. Tell the children that the bowl represents a solid rock to use as a foundation to build a house on.

It took several days, but finally the wise man found the perfect spot on top of a very large rock. So he began to build his house. The foolish man, on the other hand, didn't care where he built his house. He picked the first flat spot he found.

Perform STEP 2 of the Object Lesson Diagram. Tell the children that the sugar represents soft sand that the foolish man wanted to build his house on. Ask the children which of the two foundations would be better to build a house on.
The foolish man's house was going to be built on the beach, on top of tiny grains of sand, that were often washed away during a storm. The foolish man didn't care, though. The sand was easy to work with and he could build his house quickly if he built it on the sand. So, he too, began to build his house.

Each day, the wise man left the rock and looked for things to build his house with that would make it strong.
Perform STEP 3 of the Object Lesson Diagram and explain that the wise man's house needs to be anchored to his foundation.

He used stones and bricks and all kinds of things to make his house safe from the storms. He worked very hard and it took him a while to build it, but eventually, he finished it.
Perform STEP 4 of the Object Lesson Diagram. Tell the children that the wise man wanted to build a good, strong house on his good, strong foundation.

The foolish man didn't work so hard. He gathered sticks and twigs, hay and straw to make his house. He was more concerned about finishing the house quickly so he could have time to play. His house was finished after only a few days.
Perform STEP 5 of the Object Lesson Diagram. Tell the kids that the foolish man just threw his house together with whatever he could find.

A few days later, both men woke up to a strange howl. The wise man got out of bed to see what was the matter. Just as he suspected, a terrible storm was brewing. The wind was getting stronger and the wise man knew that this was going to be a terrible storm. But was he worried? No, the wise man knew his house would be strong enough to stand up against the waves. His house was built on a rock. The waves couldn't wash the rock out to sea. So the wise man went back to his bed and fell fast asleep, knowing he was safe from the storm.

The foolish man heard the strange howl and got up to see what was the matter. He looked out his window and saw that the wind was picking up very fast, and the waves were coming closer and closer to his house.
Perform STEP 6 of the Object Lesson Diagram. Tell the kids that this is the storm that came on the houses. Watch what the storm does to the houses!

"Oh no! What am I going to do? My house is being torn apart by the wind, and the waves are washing away the sand underneath my house," said the foolish man.

He ran outside and tried to stop the sand from being washed away by the storm. But the wind kept getting stronger and stronger, tearing off the straw roof of the foolish man's house. The waves grew bigger and bigger until they reached the foolish man's house, and all the sand was swept away from underneath the house. The house collapsed and was washed into the sea. The foolish man just stood there as he watched everything he owned disappear into the sea. He realized then how foolish he had been.

continued on next page

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But it was too late, he had lost everything.
Once the foolish man's house falls down, stop pouring the water into the container. Tell the children to stop saying the phrase. Then finish the story.

Jesus told this story in Matthew chapter seven. He told this story to remind people to listen to Him and follow His commands. You see, Jesus is the rock that we must build our lives on. He is our firm foundation that cannot be shaken when bad things come our way. Those who choose not to live their lives for Jesus are like the foolish builder, who ended up losing everything. But those who put their faith in Jesus are like the wise man, who was safe and sound. So, be like the wise man and build your life on the rock, who is Jesus Christ.

Study Questions:

Q. Would a FIRM foundation fall apart on us when bad things happen in our lives? A. No.
Q. Would a FAULTY foundation fall apart like the house on the sand? A. Yes.
Q. In this story, did the wise man build on a FIRM foundation or a FAULTY foundation?
A. A firm foundation
Q. Did the foolish man build on a FIRM foundation or a FAULTY foundation?
A. A faulty foundation.
Q. In the story, one house was built on the rock. What happened to that house when the storms came? A. It survived.
Q. What is the "Rock" referring to in our Bible story? A. Jesus!
Q. Why is Jesus the firm foundation?
A. Because He is the one we should be building our lives on.
Q. What happened to the house that was built on the sand?
A. It fell with a great crash!
Q. Why did the house built on the sand fall?
A. It wasn't built on a firm foundation.
Q. In the Bible story, sand was a FAULTY FOUNDATION to build on, because it wasn't solid. What are some "faulty foundations" that people try to build their lives on?
A. Money, jobs, how you look, popularity, false beliefs such as "Jesus isn't God," that all roads lead to heaven, relative truth, etc.
Q. Why are these things faulty?
A. Because they can fail you. Money is easily lost or stolen. Jobs don't last forever. Your looks can change into something you don't like. What's popular today is not tomorrow. Faulty beliefs are based on lies. All these things can fail you.

God gave us a firm foundation in our bodies by creating the skeletal system. Without our bones holding us up, we would all be big blobs of skin and muscle, unable to move. God has also given us another firm foundation when He gave us Jesus. Without Him, our lives fall apart, and we cannot go to heaven without Jesus.

Now read the memory verse with the children, then ask the following questions:
Q. What does the Bible say? Can a firm foundation be built apart from Jesus?
A. No, only Jesus can give us a firm foundation to build our lives on. Everything else will fail us.
Q. What will happen to those who choose to be like the foolish man and choose to not let Jesus be their firm foundation?
A. Eventually, the foundation they build their lives on will fall apart and when they die, they will not go to heaven.
Q. What will happen to those who build their lives on Jesus?
A. Even though things may be difficult in their lives, they will have Jesus to turn to, no matter what. And, when these people die, they will go to heaven and be with Jesus forever.
Q. How many of you have already asked Jesus to be in control of your life?
A. If you have, then you have Jesus as your firm foundation in your lives. If you haven't, then you need to consider if you are making the right choice. Remember the foolish man. He lost everything. Those who refuse to place their trust in Jesus will eventually lose everything too. If you would like a chance to ask Jesus into your life, let me or one of the tour guides know so that we can help you ask Jesus into your life.

Conclusion

Nothing we build will survive unless we build it on a firm foundation. Without a firm foundation, buildings fall down. Our lives ALSO need to be built on a firm foundation, and that foundation is JESUS. Unless we build our lives on Him, we too will come crashing down!

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BODYWORX Vacation Bible School

Day 1 Worksheet

GAMMA-TEAM Γ 1st GRADERS

NIV www.truthquest.net

Memory Verse

1 Peter 2:6

For in Scripture it says: "See, I lay a stone in Zion, a chosen and precious cornerstone, and the one who trusts in Him will never be put to shame."

Study Questions

PARENTS! Please go through these questions with your child!

Today we learned about the skeleton–the FOUNDATION our bodies are built on! What is a foundation?

Have your parents read Matthew 7:24-27 to you to answer the next questions. What did the wise man build his house on?

What did Jesus say the wise man and rock were like in the story?

What did the foolish man build his house on?

What did Jesus say the foolish man and the sand were like in the story?

Who or what should be our foundation in our lives? (see your memory verse!)

CUT HERE CUT HERE

★Bring Back

Bring the bottom part of this worksheet back to Bodyworx next time for points!

★Write Your Memory Verse Here

If you can recite your memory verse to your VBS Tour Guide, it's worth points!

Did you spend time reading the Bible? ☐ No ☐ Yes (Have Mom or Dad sign below)

★Parent's Signature

Parents, please sign here if your child spent time reading God's Word today. Points are given for this!

Your Name

Write your name in this box to get your points!

BODYWORX Vacation Bible School

Day 1 Worksheet

GAMMA-TEAM Γ 1st GRADERS

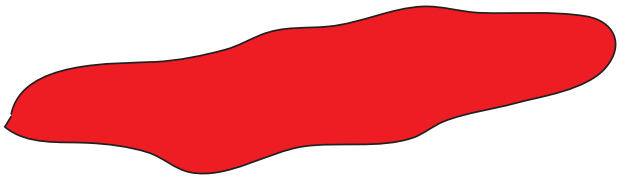
www.truthquest.net

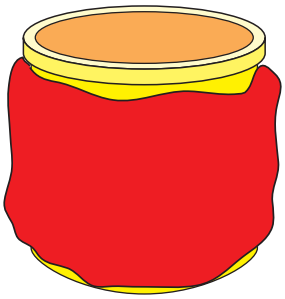
Day 1 Object Lesson Diagram

For Use with the Bodyworx Day 1 Lab Time Object Lesson

You Need:
You will need a container (about 5 oz.) of modeling clay such as "Play-Dough." You will also need a can or glass to wrap the clay around. If you're using Play-Dough," the container it came in will suffice.

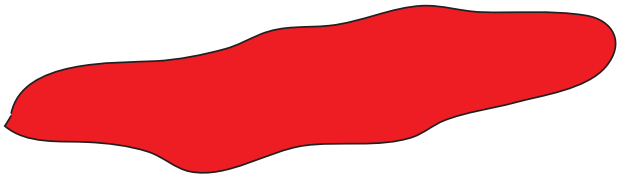
Step 1:
Flatten the clay out into a strip measuring about 3" wide and 7" long. You can use the can as a "steamroller" to help with this.

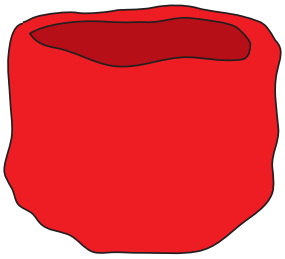




Step 2:
Wrap the clay around the can. As directed by the Quest Time Lesson, press down on the can to demonstrate that the can protects the clay from being squished, much like a skeleton.

Step 3:
Remove the clay from the can and flatten it out as you did before.





Step 4:
Mold the clay into a similar shape as before, but WITHOUT the can this time. As directed by the Quest Time Lesson, press down on the clay and show the kids that without a foundation, your structure is easily destroyed.

Memory Verse

PRESCHOOL & KINDERGARTEN GROUPS:

1 Peter 2:6 (abbreviated) Wherefore also it is contained in scripture: ... "and he that believeth on Him shall not be confounded."

ALL OTHER GROUPS:

1 Peter 2:6
Wherefore also it is contained in scripture: "Behold, I lay in Sion a Chief Corner Stone, elect, precious: and he that believeth on Him shall not be confounded."

Object Lesson

Lesson Preparation

ACQUIRE THE SUPPLIES AND MAKE THE PREPARATIONS CALLED FOR ON THE DAY 1 MATERIALS AND PREPARATIONS PAGE AND THE OBJECT LESSON DIAGRAM PAGE.

Lesson Directions

To begin today's lesson, go over the memory verse with the children. Tell them that a cornerstone is usually the first stone used to form the foundation of a building. In this verse, the cornerstone is referring to Jesus.

Next, take out the play-dough (or other type of clay) needed for this lesson and show it to the children as you stretch it and squeeze it with your hands. Explain to the children that most of the tissue in our bodies is soft, kind of like the clay.

Q. What do you think would happen if I tried to build a tall building with nothing but clay? A. It would fall apart.
Q. Why? A. Because there is nothing to hold it up.
Q. Would this clay be a good cornerstone to build a building on? Why?
A. No, because it is not firm. It can't hold things up.
Q. Could our bodies stand up if we were all mushy like this clay? A. No.

Explain to the children that our skeletons hold us up so that we can stand upright. Without our skeletons, we would fall apart.

Now, as shown in steps 1 and 2 of the lesson diagram, flatten out the clay and wrap it around a can. As you are doing this, explain that God molded the soft tissues of our body like muscle and skin to go over our bones so they can stand up. After wrapping the clay around the can, set the can down on a table and ask these questions:

Q. What do you think will happen if I press down on this clay now?
A. (Allow for various answers.)

Now, press down on the clay, which is wrapped around a can. It will not collapse. Then, ask these questions:

Q. What happened? Did the clay get squashed? A. No.
Q. Why not? A. Because the can kept it from getting squashed.

Now, explain that the clay didn't get squashed because it was wrapped around a strong can. The can was kind of like a skeleton–it protected the clay from getting squashed. Explain that a FOUNDATION is kind of like a skeleton. It's something strong that we can build other things on. A foundation helps to keep things from falling apart, kind of like our skeletons do.

Next, take the clay off the can and mold it into a shape WITHOUT the can as shown in steps 3 and 4 of the lesson diagram. Ask these questions:

Q. What will happen if I press down on the clay? A. It will get squashed!
Q. Why? A. Because there's no strong foundation to hold it up.

Now, press down firmly on the clay structure, squishing and flattening it. You can make this fun and dramatic. Then, ask these questions:

Q. See what happens to the clay without a strong foundation?
A. It got squashed!
Q. What do you suppose would happen to our bodies if they didn't have the foundation of our skeletons? A. They would fall apart!

Now, explain to the children that our faith is the same way. Just as our bodies need a firm foundation to hold them together, our lives ALSO need a firm foundation. But, the foundation our lives need is JESUS!

Now, as you did before, flatten the clay and wrap it around the can. Explain to the children that Jesus is our Rock. If we build our lives on Him, He will hold us together and our lives won't fall apart. Press down on the can again to show the children that we can stand strong with Jesus as our foundation.

Next, take the clay off the can and mold it into a shape WITHOUT the can as you did before. Explain to the children that without Jesus as our foundation, our lives can't stand up right. Squish the clay as you do this.

Q. Who should we build our lives on? A. Jesus! He is our Rock!

Review the memory verse again. Discuss some ways in which Jesus can hold us up as our firm foundation and why the faulty foundations of the world can't stand up.

If time allows, teach the children about the skeleton using the "Skeleton" poster from the Bodyworx Poster Kit. (or from the Bodyworx online materials in the "Helpful Aids" section.)

Just as our bodies need a skeleton as a foundation, our lives need Jesus as a foundation. Without Jesus to build our lives on, our lives would fall apart, just like our bodies would fall apart without a skeleton. If we don't build our lives on Jesus, we won't have the lives that God wants for us.

Conclusion

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The Skeleton

Cranium
The skull, actually made up of several joined bones

Mandible
The Jaw bone

Clavicle
The collar bone

Scapula
Shoulder blades

Rib Cage
To protect the heart, lungs, and more

Sternum
Where most of the ribs connect in the chest

Humerus
The upper arm

Vertebrae
These make up your backbone and protect your spinal cord

Radius
The largest of two bones in your forearm

Ulna
The smaller 2nd bone in your forearm

Carpals
The wrist

Metacarpels
Bones in the hand, but these are not fingers

Phalanges
The finger bones

Pelvis
The hips, which your legs and your backbone connect to

Femur
The thigh bone-the largest bone in the body

Patella
The knee cap

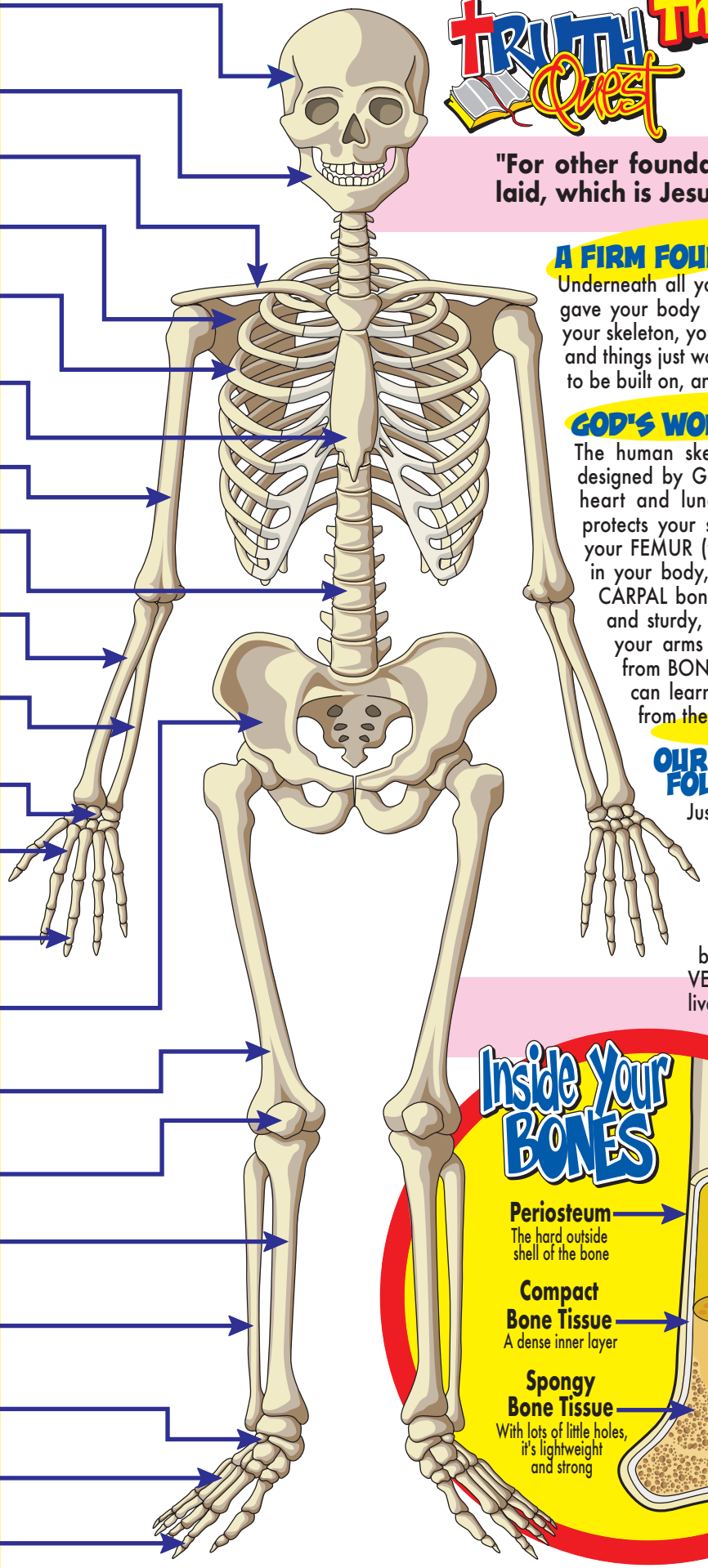
Tibia
The largest of two bones in your lower leg

Fibula
The smaller of two bones in your lower leg

Tarsals
The ankle bones

Metatarsals
The main foot bones, but not toes

Phalanges
The toe bones



"For other foundation can no man lay than that is laid, which is Jesus Christ."

A FIRM FOUNDATION

Underneath all your skin and muscles and everything else, God gave your body a strong frame to hold it all together. Without your skeleton, your body would not be able to stand up or move, and things just wouldn't work. Our bodies need a firm foundation to be built on, and that's our skeleton!

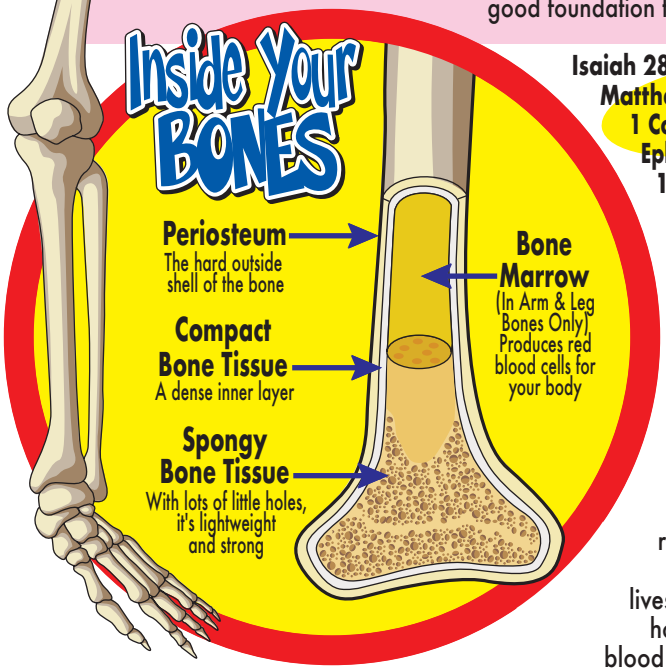
GOD'S WONDROUS DESIGN

The human skeleton has 206 bones in it! Each bone was designed by God to do a certain job. Your ribs protect your heart and lungs, while your backbone holds you up and protects your spinal cord. Some bones need to be big, like your FEMUR (your thigh bones), which are the largest bones in your body, and some bones need to be smaller, like the CARPAL bones in your wrists. God made each bone strong and sturdy, but also lightweight. In fact, the long bones in your arms and legs even produce blood for your body from BONE MARROW inside of those special bones! You can learn more about the names of some of the bones from the skeleton pictured here.

OUR FAITH NEEDS A FIRM FOUNDATION TOO!

Just as our bodies won't work without a skeleton, our lives won't work without a firm foundation to build on either. If we don't have Jesus in our hearts, our lives will fall apart just like a body without a skeleton! God's Word is a firm foundation, like a strong framework that we can build our lives on and grow with. God's Word is VERY IMPORTANT for building our faith and our lives on. The Bible has lots to say about having a good foundation to build on, including:

Isaiah 28:16
Matthew 7:24-27
1 Corinthians 3:10-11
Ephesians 2:19-20
1 Timothy 3:15
2 Timothy 2:19



LIFE COMES FROM OUR FOUNDATION

The arm and leg bones in our skeletons have BONE MARROW, which makes blood for our bodies to keep us alive. That can remind us of Jesus, who gives us our WHOLE lives. Our skeletons, which hold us together, give us blood for life. But Jesus, who holds our lives together, gives

Day 1 Parent Lesson:
Foundations: Teaching Children to Love God
Outline & Intro

Introduction

The outline below is provided as a basic teaching structure for your class. It is important to study the content on the following pages so that you have an adequate understanding of the subject. The outline is intended to help you to establish a natural progression for the lesson. Feel free to expand on this format as you see fit.

Today in Bodyworx, we are learning about the importance of a good foundation. Our bodies cannot function without the foundation of the skeleton upon which it is built. In the same way, our lives cannot function properly without having been built upon the foundation of Jesus Christ.

Lesson Outline

I. Setting the Example

A. The Example of Your Life
1. Scriptural Directives
2. Thought Provoker

B. Setting Priorities
1. Consistent Church Attendance
a. Hebrews 10:25
2. Daily Devotions and Prayer Time
3. Scriptural References about Priorities and Prayer
4. Thought Provoker

C. Setting the Example in Speech
1. Eliminate Gossip and Vulgar Language
2. Avoid Angry or Overly-Negative Words
3. Scriptures Relating to Speech
4. Thought Provoker

D. Demonstrating Integrity
1. Work Ethic
a. Laziness and Procrastination.
b. Workaholics
2. Honesty

E. Our Lives Must Reflect Godliness
1. Thought Provoker

II. Guiding Your Children to Love the Lord

A. Godly and Biblical Discipline
1. Firm, Loving and Consistent
2. Corporal Punishment
a. A Last Resort
b. Done Carefully
c. Never Done in Anger
d. Ensure that the Child Understands the Need for Punishment
e. Used Within Family Only
3. God's Example
4. Scriptural References to Discipline

B. Teaching Through God's Creation
1. Examples from Nature
2. Examples from the Human Body
3. Examples from Daily Life
4. Think of Each Moment as an Opportunity to Teach Children to Love God
5. Scripture References

C. Object Lessons
1. Weeds are Like Sin
2. We are Like Magnets
3. Dish Soap Repels Pepper as Christ Repels Sin
4. White Shirt, Dirty Shirt
5. An Egg for the Trinity
6. Be Creative

D. Play Time
1. A Personal Relationship
2. God Cares About what We Care About
3. Tangible Love
4. Heavenly Father

E. Share Examples of God's Love from Scripture
1. Share the Gospel!
2. Suggested Scriptures About God's Love

F. Develop A Daily Devotional Habit
1. Start a Family Prayer Journal
2. Make Devotions Fun!
a. Mealtime Ideas
b. Scripture Memory Ideas
c. Daily Scripture Reading
d. Bible Game Ideas

G. Godly Activities Outside of the Home
1. Mid-Week Church Programs

H. Miscellaneous Ideas
1. Christian Entertainment
2. Sing with your Children
3. Saying "I love you."
4. Allow Children to Ask Questions

III. Conclusion

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