Clearheaded or Beheaded?
LESSON 4
What was most interesting in the Bible story?
What activity was most enjoyable?
What new things did you learn?
Activity A

Blue Water

• How can we keep our bodies clean both on the outside and on the inside?
• What happens to our bodies when we allow harmful substances to enter them?
Activity B

Disorientation

• How do your decisions regarding the things you put in your body and the people you follow impact your relationship with God?
• Why is it important to keep your body and mind clean?
• How can you bring glory to God in your body temple?
“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” (Romans 12:1).
We worship God when we offer Him our bodies and minds.
PRAYER AND PRAISE

How Was Your Week?

Good things?
Challenges?
Special events?
PRAYER AND PRAISE

Songs

“Behold What Manner of Love” (He Is Our Song, no. 42)
“Seek Ye First” (He Is Our Song, no. 83)
“Turn Your Eyes Upon Jesus” (He Is Our Song, no. 45)
Gangster for God

Andrew Carter, 51

www.adventistmission.org
Prayer Time

Praise God for His provisions.
Pray over the prayer requests.
Thank God for answering the prayers according to His will, for He knows what is best for us.
“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” (Romans 12:1).
God loves us and wants to communicate with us.

• How do unhealthy substances (alcohol, drugs, nicotine, caffeine) affect our communication with God?
INTRODUCTION TO THE STORY

The Story

You may listen to a podcast recording of the story:
www.juniorpowerpoints.org
We worship God when we offer Him our bodies and minds.
EXPERIENCE THE STORY

Choices

Read Matthew 13:3-13
- What are some foods and drinks that keep us healthy?
- What are some foods and drinks that have harmful effects on our bodies and minds?
- Why is it important that we keep our bodies pure and clean from any toxic substance?
- How does our relationship with God benefit if we abstain completely from using drugs and toxic substances?
EXPLORE THE BIBLE

Caring for Our Bodies

• What does the Bible say about harmful substances?
  Read Judges 13:3-5; Isaiah 5:22, 23; Ephesians 5:18; 1 Corinthians 10:31-33.

• What should be our criteria for whatever we do?
  Read Philippians 4:8, 9; 1 Corinthians 10:31.
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”  
(Romans 12:1).
Encouragement and Advice

APPLY THE LESSON

• What verses would you share to encourage someone who is tempted to use harmful substances or unhealthy food or drink? (Suggestions: Romans 12:1; Proverbs 3:6).

• How can these verses help?

• Other than advice, what could you do to help this person?
We worship God when we offer Him our bodies and minds.
Pass It On

How could you help others your age avoid harmful substances, bad eating and drinking habits, or anything unhealthy that would be harmful to them?
Coming Up Next Week

“Finding Friends”

• Jesus calls His first disciples.
• Study your Sabbath School lesson each day
• Complete the daily activities
• Memorize the Power Text
Dear Jesus,
Thank You for all the good things You give us to eat and drink. Help us to take care of our bodies and minds by avoiding everything that would be harmful to us. Thank You!
Amen.