

## Rhythms of Grace Worship • August Year 3

**Theme:** Strong Bodies- Gifts from God

**Scripture:** Ecclesiasticus 30:15,  
1 Corinthians 6:19

**Date:** \_\_\_\_\_

**Location:** \_\_\_\_\_

### **Volunteer Roles:**

**Facilitator** \_\_\_\_\_

**Storyteller** \_\_\_\_\_

**Celebrant** \_\_\_\_\_

**Center Leader** \_\_\_\_\_

**Guide** \_\_\_\_\_

## **Items needed for this Session**

**Gathering:** Parachute play- parachute or king-size bedsheet, items to toss i.e. ping pong balls, sponge balls, etc.

**Storytelling:** Bible, Jesus doll, and Storytelling page

### **Response Activities:**

**Fruit Toss** – assortment of plastic fruit, buckets and pots

**Block Building-** blocks or Legos© or other building materials

**Body Tracing-** Large brown paper or newsprint, markers or crayons art supplies to add features.

**T-shirt decorating-** white t-shirts, fabric paint or markers

**Regathering:** Long stick for Hokey Pokey or for Limbo, music resources on line at:

[www.youtube.com/watch?v=QfPg\\_GzC-HA](http://www.youtube.com/watch?v=QfPg_GzC-HA) (Hokey Pokey) or [www.youtube.com/watch?=iTKj\\_Vd5\\_Bk](http://www.youtube.com/watch?=iTKj_Vd5_Bk) (Limbo), *Jesu, Jesu*, elements for the Eucharistic table (see Eucharist-Book 1)

**Eucharist:** altar table and elements (pita bread/rice crackers, juice, chalice, paten, purificator, corporal, altar cloth), Eucharistic Prayer (see Book 1 p. 100), *Gather our Hearts* song lyrics (see book 1 p. 99) Eucharist-Book 1)

**Dismissal:** *Jesus Loves Me* song lyrics (see Book 1 p. 99 and CD Yr. 2 additional resources)

## Session Plan • Strong Bodies-Gifts from God • August Yr. 3

**Gathering:** Parachute play – using a parachute or king-sized bed sheet, all gather around the edges and holding on, work together to toss items up in air. When the parachute is wafting high, participants can cross to the other side of the circle, underneath.

**Storytelling:** Use the Bible, Jesus doll and Storytelling page.

### **Response Activities:**

**Fruit toss-** Gather an assortment of plastic fruit and try to toss into the buckets and pots across the room. Talk about which fruits the participants like to eat.

**Block building-** Use blocks or other building material to create “temples”. Temples are places in which we worship God. Paul said that our bodies are “temples of the Holy Spirit.”

**Body Tracing-** Using large paper, have participants lie down and trace their bodies on paper. If they object, invite them to trace a large doll. Color and add features as appropriate.

**T-shirt decorating-** Decorate white t-shirts with fabric paint or markers to take home. You might write “Made by God” or something similar on the shirt.

**Regathering:** Have fun doing either the Hokey Pokey or Limbo using music! Singing *Jesu, Jesu*, participants bring Eucharistic elements to the Celebrant, then sit in a circle around the Eucharistic table.

**Eucharist:** Sing: *Gather our Hearts*  
Gather our hearts, oh God  
Gather our thoughts, oh God  
Bring us together around you

**Celebration of the Eucharist**

**Dismissal:** All sing and sign *Jesus Loves Me*  
Celebrant provides the blessing:  
Celebrant: “*Go in Peace to love and serve the Lord*”  
Participant: “*Thanks be to God!*”

## **Storytelling • Strong Bodies-Gifts from God • August Yr. 3**

*Place the Bible and Jesus doll by the Storyteller.*

Our story today is from the Bible, (*show the Bible*) our book that tells the stories of God and God's people, of Jesus (*show Jesus doll*), God's son, and of how much God loves us (*place hands over heart*).

Once upon a time, a long, long time ago, there was a very wise man with a long name: his name was Jesus son of Eleazar son of Sirach of Jerusalem. His nickname was Ben Sira. Ben Sira collected many of his wise sayings and wrote them down in a book. His book is part of our Bible. This book was read in some of the early churches after Jesus had gone to heaven to live with his Father.

Ben Sira had a lot of smart things to say- and one of them was this:

“Health and fitness are better than any gold...and a robust (healthy) body is better than countless riches (all the money in the world.)” (Sirach 30:15)

The writer Paul from the time of the early church agreed. He said “The body is a temple of the Holy Spirit...inside of you...which comes from God.” (I Cor. 6:19 paraphrased.)

Both of these smart men believed that our bodies were important gifts from God and that we should take care of them.

*(If there are smaller children in the room, you can invite them to name different parts of the body by pointing to them either on yourself or on the Jesus doll: nose ears, hair, knees, toes, etc.)*

What are ways that we take care of our bodies? (*elicit answers: exercise, enough sleep, good nutrition, etc.*)

By taking care of our bodies, we are telling God thank you for this gift of strength and health and life.

Let's spend our time today thinking about our bodies and thanking God...

Amen!

*After an appropriate pause, the Storyteller goes to explain the activities of the day.*