

G.R.A.C.E. PLACE FALL NEWSLETTER

Grace Lutheran Church

Nov. 8th - 14th, 2020

Issue 9



Join Kelsey for a short zoom check-in on Sunday from 9:00-9:30am! Meeting password is 09192020

Join Zoom Meeting:

<https://luthersem.zoom.us/j/5771068839?pwd=eFdhaXgxZUtGNG8reCtJaS9VTUZsdz09>

Last week we learned how to listen. I pray that you continue to practice your listening skills.

This week we are jumping into physical health. We have talked about mental so now we're onto physical! This week we are going to listen to our bodies.

Our bodies speak to us, are you listening? Watch a reading of *Listening to my Body* by Gabi Garcia with activities to help kids understand what it means to listen to your bodies!

Each day this week, task your kids to listen to their bodies. At the end of the day, check-in with them.

Listening to My Body Activity Guide

<https://www.gabigarciabooks.com/wp-content/uploads/2020/04/Listening-To-My-Body-Activity-Guide-2020.pdf>

What did your kids learn about their body today? Did they get sweaty when they did math? Did they get a faster heartbeat when they saw their friends? Did they listen to their tummy for when they were hungry?

All our lessons lean on each other. Our screen time newsletter can be a part of your family conversations about

listening to our bodies. How do our bodies feel after too much screen time?

Listening can be difficult when all you want to do is keep going and going and going and going. But it is important to take a moment and listen. Listen to others and to your own body.



LISTEN TO YOUR BODIES

1 Corinthians 6:19-20 (NRSV)

“Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body.”

The above verses are used a lot to talk about our bodies. Let's think of our bodies as temples. What does this mean to you individually? So people think it means no tattoos, drinking, and sometimes even no flashy clothes.

But, it means that we should take care of our bodies, listening to when our bodies need rest and when we need to eat. I think what this passage talks about is being attentive to our bodies so that we can then use our bodies to share God's love and do God's work in this world.

You are taking a test, would you do better if you had 8 hours of sleep or 1 hour? If you

are going to help build a house, would it be better to eat a good meal with all your food groups or just some cake?

This week, as you listen to your body, what ways are you going to use what you've heard? For example, if you listened to your body and it says get more sleep. Once you get more sleep, when you wake up, how are you going to do your best for God, now that your body is happier?

People can have a lot of influence on how we (don't) listen to our bodies from eating to exercising and even what we wear. Sometimes we want to fit in so we don't listen to our bodies, but we listen to others.

Daily Devotions:
d365.com

Do you think listening to other people about how we need to take care of our bodies is a way to honor our bodies, our temple of God?

How do we love our bodies as God's temple instead of for others to admire?

<https://www.proverbs31.org/read/devotions/full-post/2019/09/23/loving-our-bodies-as-gods-masterpieces>