

Winter Greetings - Grace Newsletter

Physical Health

LISTEN TO YOUR BODY

Welcome back! Happy New Year! Grace kids programming will continue online via newsletters, zoom check-ins, and monthly supply pickups for the next 3 months. Join us on a chilling faith formation adventure!

This Sunday, Jan 31st, you are invited to join Kelsey for a zoom check-in from 9:00-9:30am.

Join Zoom Meeting

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

Meeting ID: 577 106 8839
Passcode: 09192020

We've talked about how we listen to our bodies and what it is saying. Are we hungry, tired, cranky?

Next in our topic of physical health we are going to talk about the physical, get your body moving!

Why is moving your body important? How is moving your body related to God? All good questions that we will hopefully answer in this newsletter.

"I like to move it, move it.." Great ways to get moving and have fun are by dancing to songs! You can dance to songs like Father Abraham and Toe knee chest-nut. Find these videos on the Grace Lutheran Youth Facebook Page!

Maybe you've found cool dances on Youtube or TikTok or are a part of a dance class!

You can also move your body with tons of fun through video games such as virtual reality, Wii, and Switch games!

Or you can move with fun through sports such as kick-ball, soccer, basketball, swimming, softball, and/or baseball! You should also check out spikeball! A fun game for your family!

Other ways to move your body are to go camping, hiking, and biking with your family.

This week try to move your body every day, even if it just for 30 minutes! What are you

Why We Move Our Bodies

When we listen to our bodies after we move, we can tell a few things:

- 1) We may feel happier! When we get up and move, our moods can be upped because our bodies are getting some love and attention!
- 2) We may be able to focus more on things like homework or while we are in school. Moving our bodies can help our brains be more attentive!

1 Corinthians 6:19-20

“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.”



Faith Formation

How do you treat your body? Do you take care of it, listen to it, and love your body? God gave us these amazing bodies to do God’s amazing work. Staying healthy is not only good for you but also a way to say thank you to God for God’s gifts of your fingers, toes, and even laugh!

How can we glorify God with our body? There’s an amazing song by Casting Crowns, “If We Are the Body.” *“If we are the body, why aren’t his arms moving, why aren’t his hands healing. Why is his love not showing?”* Our bodies are a way to spread God’s Word, love, and grace. We as God’s children are God’s body and we also have a body from God.

Keeping our bodies healthy and moving will help us move for God! We can dance for God, run for God, and build for God! Paying attention to our bodies, listening to what our bodies are saying, and take care of our bodies is a way to say Thank you God!

How are you going to glorify God this week and take care of your body? Maybe take a daily walk with your family. Or help a neighbor with their lawn or garden and tell them about church. Or you could play some games with your neighbors/friends and invite them to church. Use your body to share God to the world. Be the body of Christ!

Continue To Listen to Your Body, Find Where You Need God

Your body tells you things like when you are hungry and when you need sleep. It can also tell you when you need some time with God and remind yourself of God’s love. When you are feeling empty or like something is missing, read a Bible story. When you are feeling like you need to be heard, pray. When you feel like you need some direction, listen to where God is leading. When you listen to your body, you can find where you need God.