

# “BODY BUILDING”

(August Lesson)

For The Episcopal Diocese of Atlanta

By Sally Ulrey

**Key verses:** 1 Corinthians 12:12-26

**Objective: To practice working together as one Body in Christ, and to learn about offering our gifts for the good of the group.**

**The Set up:** Moderate

## **The Plan:**

- **Hook:** Body Building Workout (30 mins)
  - Team Building activities to help illustrate principles of working together as the Body of Christ
- **Book:** Body Parts—1 Corinthians 12:12-26 (10 mins)
  - Learn principles for working together as the Body of Christ
- **Look:** Pick a Part (15 mins)
  - Discuss what part they are like, and how they can use that to build the group and the church
  - Optional (15 more mins): Spiritual Gifts Survey
- **Took:** Next Steps (5 mins)
  - Youth have the opportunity to consider ministries and to sign up/contact someone in the church or youth group to explore doing something new as a ministry
  - Optional (allow extra time): invite leaders of different ministries to come in with info on how youth can get involved

## **The Supplies:**

- Copy of lesson
- Whiteboard/FlipChart & Marker
- Bibles or Copies of Verses
- Copies of Spiritual Gifts Survey and List (optional)
- Copies of Ministry Handbook or Sign-ups/contact info for ministries
- Pens & Notecards
- Large Plastic Bin (Relay Game)
- Bucket (Relay Game)
- Large burlap sack or large garbage bag (Sack Race Game)
- Clothes: hat, jacket, extra-large pants or skirt, gloves, scarf, etc. (Mannequin Game)
- Blindfolds (approx. 5...Mannequin Game)
- Baby Pool (Extreme Freeze Game)
- Frozen Pop Ice (Extreme Freeze Game)
- Lots of Ice (Extreme Freeze Game)
- Stop Watch (Extreme Freeze Game)
- Scissors (Extreme Freeze Game)

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## **Body Building Workout** (Hook, 30 mins)

The point of this section is to give the youth opportunities to work as a team. We'll use their experiences when exploring the Scripture about how all the parts and gifts are needed to make the Body of Christ.

Options: You can do one, several, or all of these activities.

- Teams. Each team needs to be about 6 people. If you have a large group, you can break them up into several teams and have them rotate through the different activities. If you have a small group, you might just want to have one team going through all the activities together.
- Time. Each activity is going to take about 10 mins to do, and then up to 10 mins to debrief (please don't skip on debriefing, especially if the groups get frustrated during the activities...allow time for this), so about 20 mins per activity, and then time to switch/get them settled again. Pick the number of activities depending on the time you have. All groups doing all four activities will take more than an hour. But you've got options: you could have one group do one, while another group does another one (20+ mins). You could have one group doing two activities, and another group doing the other two (40+ mins). You could have two groups doing two (40+ mins). You could have two groups doing the same activity at the same time at different stations (20+ mins).
- Set up. Set up stations around your area for the activities to take place. Give the adults in charge of each activity the instruction sheet and proper supplies. "Extreme Freeze" takes more set-up in advance. The set-up for the others is just a matter of putting out the supplies and the instruction sheets.

When you are finished with your Body Building Games and their debriefs, gather the group together again.

Transition: Now that you've all *mastered* the art of working together as a team, let's see what Scripture has to say about working together as a team.

## **Body Parts** (Book, 10 mins)

In this section, we gain understanding of principles about how the Body of Christ is supposed to work together.

- Read the Scripture.
- While the person is reading, have someone write on the LEFT side of the board/flip chart. They should write down the different parts of the body that are mentioned. This list should include phrases like “ones who need special honor”
- On the RIGHT side, next to each body part, have the youth brainstorm what role those parts would play in the church (example: an ear might be someone who’s good at listening to others and comforting them; a hand might be someone who serves by making breakfast). There’s not really a wrong answer; we’re just using this as analogy.
- You can also add additional Body parts and what ministries in the church they might correspond to

### **1 Corinthians 12:12-26 (NIV)**

<sup>12</sup>Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. <sup>13</sup>For we were all baptized by<sup>[c]</sup> one Spirit so as to form one body—whether Jews or Gentiles, slave or free—and we were all given the one Spirit to drink. <sup>14</sup>Even so the body is not made up of one part but of many.

<sup>15</sup>Now if the foot should say, “Because I am not a hand, I do not belong to the body,” it would not for that reason stop being part of the body. <sup>16</sup>And if the ear should say, “Because I am not an eye, I do not belong to the body,” it would not for that reason stop being part of the body. <sup>17</sup>If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? <sup>18</sup>But in fact God has placed the parts in the body, every one of them, just as he wanted them to be. <sup>19</sup>If they were all one part, where would the body be? <sup>20</sup>As it is, there are many parts, but one body.

<sup>21</sup>The eye cannot say to the hand, “I don’t need you!” And the head cannot say to the feet, “I don’t need you!” <sup>22</sup>On the contrary, those parts of the body that seem to be weaker are indispensable, <sup>23</sup>and the parts that we think are less honorable we treat with special honor. And the parts that are unpresentable are treated with special modesty, <sup>24</sup>while our presentable parts need no special treatment. But God has put the body together, giving greater honor to the parts that lacked it, <sup>25</sup>so that there should be no division in the body, but that its parts should have equal concern for each other. <sup>26</sup>If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.

### **Mini-Lecture: Principles for Working as the Body of Christ**

1. God has given each of us gifts/talents to be used for the common good of the Body of Christ.
2. We are made different on purpose; we are not all the same part
  - a. “Weaker parts that are indispensable” (little toes? ...people with special needs?)
  - b. “Parts that are less honorable, we treat with special honor” (armpits?, feet?...maybe people who are marginalized, who the world sees as “less,” and so we need to treat them as “more”?)
  - c. “If one suffers, we all suffer” (e.g. stub your toe)
3. We NEED each other, since no one has ALL the parts
4. Bottom line: It’s not about YOU, but OTHERS. It’s not about what rights we have or what we deserve. It’s about being concerned that everyone has what they need to do their job well for the Body of Christ. People are not necessarily treated equally. Some people need different/special treatment based on what part they are. But everyone is treated with love, dignity, and respect.

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## **Pick a Part** (Look, 15 mins)

In this part, youth will explore what part they are, and how they can use their gifts for the good of the Body (youth group and church).

More options: As an additional option, if you have time (an additional 15-20 mins), you can have youth take a Spiritual Gifts Survey, that helps them explore the gifts the Spirit gives to people to help build up the Body of Christ. Spiritual Gifts are different than natural abilities, although they often coincide. If you read the first part of 1 Corinthians 12, it talks about some of these Spiritual Gifts, as does Romans 12. There is a free Spiritual Gifts Survey you can download and print out here:

[https://www.lifeway.com/lwc/files/lwCF\\_PDF\\_Discover\\_Your\\_Spiritual\\_Gifts.pdf](https://www.lifeway.com/lwc/files/lwCF_PDF_Discover_Your_Spiritual_Gifts.pdf)

## **Small Group Discussion**

- Draw pictures to share: What might it look like if someone decided not to use his/her gifts for the good of the Body? What might it look like if a person DID use his/her gift for others, to build the Body
- What are your natural strengths?
- What do you enjoy doing?
- How can you put those things together to Build the Body, to build the church?
- How can you make sure you use your spiritual gifts for others in your church community?

## **Next Steps** (Took, 5-10 mins)

This is the in-the-world challenge. The purpose of the activity is to help get them started in taking the next steps to get involved in new ministries and to use their gifts for the good of the church.

- If you have a ministry handbook for your parish, bring some copies for them to look at.
- You also might brainstorm in advance a few ministries the youth might be interested in/good at and bring the contact info for those ministries or print sign-up sheets for them to write their names on; then you can give the sign ups to those ministry leaders.
- Have them write down any ministries that interest them or would use their gifts
- Option if time permits: bring in some leaders of different ministries to answer questions, like a lector or nursery director or acolyte leader, etc.

## **Close in prayer,**

Dear God, thank you for creating us each uniquely with our individual gifts and talents. Thank you for giving us a role in this community. Help us to use our gifts for the good of this Body of Christ. Guide us and direct us in how to use what you have given us to build up this Body! We love you and we love your people! Amen.

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# **“Body Building” Games**

## **Instructions & Questions**

### **Planning Sheet**

<b>Game</b>	<b>Location</b>	<b>Leader</b>
1. Extreme Freeze		
2. Sack Races		
3. “Body” Relay		
4. Dress the Mannequin		

#### **Objective:**

- The objective of all these activities is “Body Building.” Christ calls Christians the Body, one unified team, made up of different parts with different strengths. These activities are designed to build the Body, the team by:
  - Teaching how to work together to accomplish a task
  - Showing our own strengths and work style
  - Teaching how working together is requires letting go of individual desires for the good of the group
  - Showing how working together can be beneficial since team members may gain strengths in others that they don’t have themselves
  - Showing how diversity of strengths can lead to a more unified team

# Extreme Freeze

## Directions:

In pairs, youth will sit in the baby pool full of ice until they have both finished eating a Pop Ice. The group will be timed from the start, until all pairs have finished and are out of the baby pool, and the group with the lowest time wins.

## Supplies:

Baby Pool

Frozen Pop Ice popsicles

Ice

Scissors

Stop Watch

## Debriefing Questions:

- What did you notice about the group/yourself as you all did this activity?
- If you had to wait on someone before you could get out of the baby pool, how did it feel?
- If you were the one someone else was waiting on, how did it feel?
- Did anyone have to go twice? How did it feel? How does the group feel about someone else going twice in your place?
- How was your communication as a group?
- What did you learn about someone else's strengths during this activity?
- What did you learn about your own strengths during this activity? How did you use those strengths to benefit the group?

Note to leader: Later, you will tie this in to “suffering when the others suffer and rejoicing when others rejoice”

# Sack Races

## Directions:

The relay starts at one end of the pavilion and goes to the other end. It's a three-legged race in pairs, with the two inside legs in the sack. The goal is to take the least number of steps as a team, getting 6 total people to go down and back. Moving both inside legs together counts as one step, and moving both outside legs counts as one step (not two). The whole rest of the team can help the two that have their legs in the sack, but count only the steps of the two in the sack. Record the number of times someone falls down (if any) for each team, along with the number of their steps.

## Supplies:

Large burlap sack or large garbage bag  
Pen (for leader to record steps)

## Debriefing Questions:

- What did you notice about this activity?
- What did you do well?
- How was your communication?
- What did you learn about the different strengths of the members in your group?

Note to leader: They may figure out that the other members can carry the two in the sack. Don't tell them they can do this, but as long as they follow the rules that two people have their inside legs in the sack, and that everyone has a turn going down and back. Later, you'll connect this to needing the all the other member of the Body to do the task better.

# “Body” Relay

## Directions:

Each team must fill the bin by running down to the spigot, filling their bucket, and bringing it back until they have reached the fill line in the bin. They have to do this as a “Body,” though. Each “Body” consists of 4 people, linked and working together:

“Legs”

“Head” who rides piggyback on the “Leg’s” back

“Right Arm” who links arms with the “Legs” at all times

“Left Arm” who links arms with the “Legs” at all times

- Only the “Arms” can carry the bucket.
- Try to rotate roles if you have to go more than once.
- Time how long it takes for the team to get to the fill line.

## Supplies:

Bin with fill line

Bucket

Water source/spigot/hose/faucet

## Debriefing Questions:

- What did it feel like to be the Head? Frustrating? Easy?
- What did it feel like to be the Legs? Hard? Important?
- What did it feel like to be the Arms?
- Did you get frustrated?
- How did the group respond to your frustration?
- How was the group’s communication?
- What successes did you have during this activity?
- What did you learn about each other’s strengths?

Note to leader: Later, you will connect this to the idea that not everyone has all the parts of the Body, so we need each other.



# Dress the Mannequin

## Directions:

One person is the mannequin. Working together as a Body, they must find, pick up, and put the clothes on the mannequin. If they don't get all the articles of clothing, you can just record how many they got in the allotted time period. Everyone is blindfolded, except the "Eyes." Here are the parts of the body:

- Eyes (not blindfolded, can't talk except to whisper in the "Mouth's" ear)
- Mouth (blindfolded, only one who can talk)
- Legs and Arms (at least two blindfolded people, linked together, must follow the Mouth's instructions)
- Mannequin (blindfolded, person on whom they are putting the clothes)

The Eyes see where the clothes are and whisper instructions to the blindfolded Mouth. The Mouth tells the Legs and Arms where to go. Once they locate an article of clothing, the Arms picks it up, and they move to the Mannequin, where they put that article of clothing on the Mannequin.

## Supplies:

Blindfolds

Clothes: Jacket, Hat, Extra-large pants or skirt, scarf, sunglasses, shoes, etc. At least 4 different articles of clothing.

## Debriefing Questions:

- What did it feel like to be the Eyes...to see but not be able to talk directly? Frustrating? Easy?
- What did it feel like to be the Mouth?
- What did it feel like to be the Arms and Legs?
- Did you get frustrated?
- How did the group respond to your frustration?
- How was the group's communication?
- What successes did you have during this activity?
- What did you learn about each other's strengths?

Note to leader: Later, you will connect this to the fact that not everyone has all the parts of the Body, so we need each other.