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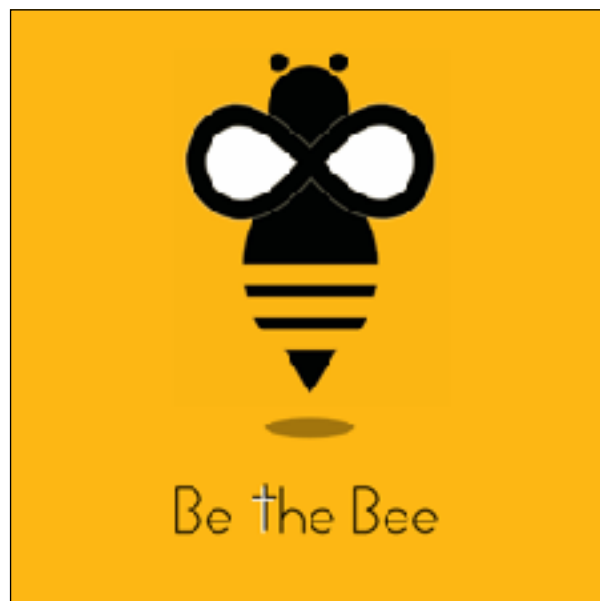
# BE THE BEE

# SESSION #23

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Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



# BE THE BEE #23

## What about Our Bodies?

### **Goal:**

Learn that the body is as important as the soul.

### **Objective:**

Identify one way you can view your bodies  
as a temple in your daily life.

### **Estimated Duration:**

60 minutes

# LEARNING SESSION

## **Be the Bee #23**

### **What about Our Bodies?**

### OPENING PRAYER

*In the name of the Father, the Son, and the Holy Spirit. Lord, help us to “be the bee” and “have a positive way of thinking, seeing only the good side of things.” Show us “where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil.” Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.*

## ICEBREAKER

*6 minutes*

Shoes and scars: tell us where your shoes have been or where your scar is from.

## VIDEO

*5 minutes*

Be the Bee #23 | What about Our Bodies?

<https://youtu.be/FDWZzCADQfs>

## DEBRIEF

*10 minutes*

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

## TEACHING

*7 minutes*

Ask students the following questions and help facilitate a discussion:

- ❖ What happens to our bodies?
- ❖ Are our bodies important?
- ❖ What makes our bodies important?

## REFLECTION

*10 minutes*

Ask students the following question and help facilitate a discussion:

- ❖ What is beauty? What makes a person beautiful?

# READING AND APPLICATION

*7 minutes*

Read the following story to students:

*The Human Body*

<http://www.johnsanidopoulos.com/2014/03/the-human-body-ascesis-and-exercise.html>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you?
- ❖ What did you learn about the body?
- ❖ What happens to our bodies when we die?
- ❖ Do you think of your body as a temple?

# SCRIPTURE READING AND APPLICATION

*10 minutes*

Read the following verses to students:

*"For you have taken my silver and my gold, and have carried my rich treasures into your temples." - Joel 3:5*

*"Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own." - 1 Corinthians 6:19*

Ask students the following questions and help facilitate a discussion:

- ❖ What makes our bodies a temple?
- ❖ What treasures has God given us to keep in our temples?
- ❖ Knowing this, how should we use our bodies?

**Teaching: (reflect on this rather than read it directly to participants)**

*Each of us, being created by God, have a body and a soul. What can be forgotten is the fact that both soul and body are important. With this knowledge, we must be mindful of how we treat our bodies. Our bodies are a dwelling place of the Holy Spirit through baptism. They are a sacred container of Christ's Body and Blood. We must love and take care of our bodies because they are the only ones we are given. We also should be physically and emotionally kind to our bodies, treating them with respect. We should exercise, eat good foods, and think positively about the way in which we were created. We are each unique and imperfect. Only God is perfect. We may have scars and bumps from living life, but we are called to embrace them just as Christ embraced the marks of the nails on His Body. These imperfections show our struggle and walk towards salvation.*



## CONCLUSION

*5 minutes*

Go around the room and ask each student to answer the following question:

- ❖ What is one way to view your body as a temple in your daily life through what you learned in the session?

## CLOSING PRAYER

*In the name of the Father, the Son, and the Holy Spirit. Lord, allow us to see ourselves as a temple, which You have created for each of us. Accompany us on our journeys, and help us remember to treat our bodies with respect and love. You have created us, knowing the exact number of hairs on our head, and love us exactly as we are. Help us to remember this.*

*Amen.*