



Every  Body  
**FAMILY  
DEVOTIONAL**

# AT WAR WITH MY BODY-WEEK 1

For every human, the journey to making peace with the body God has chosen for them is a key to life, health and peace. Everyone struggles with things about their body sometimes its outer appearances and sometimes its things that don't work like they should inside. We have to come to a place of peace...because that peace brings true FREEDOM!



**Read 1 Corinthians 5:1-10 as a family before you talk with your kids then engage in the discussions below for each age group.**



## **Pre-School**

- What do you like about yourself?
- What are you good at?
- What is something about yourself you don't like?



## **Elementary**

- When you hear that God made you in HIS likeness and that you are remarkable, how does that change the way you view yourself?
- How does that change the way you view others knowing they are also remarkable?



## **Students**

- How do you feel about the idea of being an embodied spirit?
- Is there an aspect of your body that you're not at peace with?

## **PARENTS**

**Pray that your children will see themselves as children of God and ask God to help your children to come to peace with their bodies.**

# FLESH & DESIRE – WEEK 2

Understanding and appropriately responding to the natural desires we have is healthy and helps us to find fulfillment for our ultimate and deepest desires. Often giving into the disordered desires of our flesh (body) leads us to slavery. Only when we deny those disordered desires, will we experience true freedom!



**Read Galatians 5:13, 16-17 as a family before you talk with your kids then engage in the discussions below for each age group.**



## **Pre-School**

- Tell me about your favorite toy. Your favorite meal.
- What do you like to do for fun?
- Sometimes something or someone can make you worried and make your body feel bad. What do you do to make you feel better?



## **Elementary**

- Have you ever been told you aren't good enough?  
How did that make you feel?
- Have you ever told someone else they weren't good enough?  
Why?



## **Students**

- Where do you see disordered desires in the world?  
In your own life?
- What are steps you can take to deny disordered desires to live in true freedom?

## **PARENTS**

**Ask your kids to share 3 things that they REALLY want in life. Ask your kids if these desires are disordered desires or Godly desires.**

*(Examples: Corvette, Popularity, and a BIG house—these are disordered desires. Loving family, food and peace are Godly desires.)*

# IMAGE, IDENTITY & DESTINY- WEEK 3

What makes us matter is not superficial image and our temporary body. The thing that matters the most is living our new identity and ultimate destiny in Christ in our bodies.



**Read 1 John 2: 15-17 as a family before you talk with your kids then engage in the discussions below for each age group.**



## **Pre-School**

- Have you ever made something you're proud of?
- When was there a time someone wasn't listening to you?  
How did that make you feel?



## **Elementary**

- Have you ever had a time when you felt invisible or overlooked or not heard?
- How does it feel to know that God sees you no matter what situation you find yourself in?



## **Students**

- How do you feel about the idea of being an embodied spirit?
- Is there an aspect of your body that you're not at peace with?

## **PARENTS**

**Pray that your children will see themselves as children of God and ask God to help your children to come to peace with their bodies.**

# SEXUALITY, SELF AND FREEDOM- WEEK 4

The world has enslaved us and isolated us from real human connectivity and the way God intended us to live.



**Read Ephesians 5:1-5; Hebrews 13:4 as a family before you talk with your kids then engage in the discussions below for each age group.**



## **Pre-School**

- Does it matter what other people think of you?
- Who made you and loves you most of all?
- How can you take care of the body God gave you?



## **Elementary**

- If we learned to accept our bodies as how GOD made us, how would we treat ourselves and others differently?
- Would we be nicer to ourselves? Would we be nicer to others?
- Would you be happier?
- Would there be less confusion in our world?



## **Students**

- What does the world teach you about sexuality?
- How does God's view of healthy sexuality contrast with the world's view?

## **PARENTS**

**Pray for your child's future spouse.  
Pray that they will be respectful and obedient.  
Pray that they will wait until marriage.**

# NEW BODY & BODY IMAGE- WEEK 5

When we share in the resurrection, we will be made new. Including a new body, mind, heart and spirit.



**Read 2 Corinthians 4:16-18 as a family before you talk with your kids then engage in the discussions below for each age group.**



## **Pre-School**

- How can you show love for Jesus?
- How can you help your friends or family this week?



## **Elementary**

- What lies have you been believing about yourself?
- What are something you stopped doing or never tried to do because you believed the lies you told yourself?



## **Students**

- How do we take care of the body we've been given?
- How might your view of your body change if you saw it as something that you stewarded vs. owned?
- What part of having a new, resurrected body are you most looking forward to?

## **PARENTS**

**Grab a mirror and pass it around and have each person say this with passion!  
"I am wonderfully made!"**

## RESOURCES FOR FAMILIES TO CHECK OUT

***Launch Into the Teen Years*** is a dynamic video-based program created by Focus on the Family to get you and your preteen talking about how to make great decisions and soar with confidence through these crucial years.

***The Focus on the Family Guide to Talking with Your Kids About Sex***  
by J. Thomas Fitch 2015

***Smart Girl's Guide to God, Guys, and the Galaxy***  
by Susie Shellenberger & Kristin Weber 2015

***Guy's Guide to God, Girls, and the Phone in Your Pocket***  
by Jonathan MckEee 2015

***Guiding Families of LGBT+ Loved Ones  
(For Every Pastor and Parent and All Who Care)*** by Bill Henson

***Messy Grace*** by Kaltenbach, 2015

***Grace/Truth*** by Preston Sprinkle – Right Now Media  
(<https://app.rightnowmedia.org/en/content/details/316445>)

### THE GOD'S DESIGN FOR SEX SERIES (RELEASED IN 2019)

***The Story of Me*** by Stan Jones (3-5 year olds)

***Before I Was Born*** by Stan Jones (5-8 year olds)

***What's the Big Deal: Why God Cares About Sex***  
Stan and Brenna Jones (8-12 year olds)

***Facing the Facts: The Truth About Sex and You***  
Brenna Jones (2-16 year olds)

***The Birds, the Bees & the Bible: How To Practically Parent Sexuality***  
by Zalea Dold

### THE LEARNING ABOUT SEX SERIES FROM CONCORDIA PUBLISHING HOUSE

***How You Are Changing: For Boys 9-11*** by Jane Graver

***How You Are Changing: For Girls 9-11*** by Jane Graver

***Sex and the New You: For Boys Ages 12-14*** by Rich Bilmer

***Sex and the New You: For Girls Ages 12-14*** by Rich Bilmer

### 3-5 YEAR OLD

***God Made All of Me: A Book to Help Children Protect Their Bodies  
(God Made Me)*** by Justin S. Holcomb

## **FAMILY GUIDE**

This family discussion guide is designed to create conversations about what we are learning at church and in our own spiritual growth. Use this guide around the dinner table, on the go, or even after you attend church.

This is a tool to help you incorporate spiritual practices into your lives and help you grow spiritually as a family.

