

A Clean Body and a Clean Mind

Lesson

Welcome the children, and tell them you are glad to see that they are all present and healthy. Tell them that lately you have been concerned a little about germs and you are trying to keep any from making you sick. In fact, you brought something with you to help.

Fish around in the backpack and pull out the hand sanitizer. Ask them if they know what it is used for. *Kills germs on your hands*

Why is that important? *We encounter hundreds of different germs and viruses every day. Hand sanitizer helps kill them.*

Today's missionary helps people in India learn how to be clean and healthy in mind and body. Her name is Bonita*, and she is a registered nurse. She teaches the Christian believers in India about health care and tells them Bible stories. Sometimes she and her team act out the health care lessons and the Bible stories because the people understand the lessons better that way.

They are improving the health and wellness of the people in the villages. This allows the believers to be helpful in their communities. Sometimes believers are persecuted in their villages because of their belief in Jesus. But when they help the villagers who don't believe, they create a sense of goodwill in the village. They are much less likely to suffer persecution.

Bonita teaches the people to wash their hands correctly and teaches the importance of eating healthy food and drinking only clean water. She tells the people, "Don't drink the water the buffalo is in!"

She teaches them how to prevent diseases such as tuberculosis and malaria. Sometimes she and her team act out a skit about how malaria spreads through mosquito bites. They choose a person to be the mosquito and that person buzzes around the room "biting" (tagging) random people. This helps the villagers understand how mosquitoes carry malaria from sick people to healthy people.

They also teach them Bible stories so they can tell other villagers about Jesus. This helps the villagers become clean in their minds. They tell the people, "We tell you so you can tell others who will tell others until everyone knows."

This is the way Bonita helps the villagers in India be clean and healthy in mind and body. This is good advice for us, too. The Bible tells us why this is important.

Read 1 Corinthians 3:16. We need to keep our bodies healthy because God's Spirit lives inside us. It is difficult for the Holy Spirit to do work through us if we are not healthy in mind and body.

Let's pray now for Bonita and her team who are working hard in India to bring people to Christ by teaching them good health habits for a clean mind and a clean body.

● **Focus:** A clean mind and a clean body are important to good physical and spiritual health.

● **Key Verse:** 1 Corinthians 3:16

● **Summary:** This lesson is about a missionary who is a nurse in India. She teaches the people there to take care of their bodies and tells them Bible stories.

● **Object Needed:**
 Hand sanitizer

1 Corinthians 3:16

“Don't you know that you are God's sanctuary and that the Spirit of God lives in you?”

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