

# Fully Alive

Family and Children's Devotional



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## WEEK TWO | Physically Alive

### Welcome

I am so pleased that you have decided to participate in our 2017 discipleship equipping sessions: **Fully Alive**. If we are honest, we will admit that we sometimes go through life feeling like we're stuck in a rut or just going through the motions. We may gain success in one area of life like our finances but find that we are physically out of shape. We may be physically in shape but struggling spiritually and emotionally.

People thrive when we experience health in all aspects of life. We are meant to be fully alive. This family devotional booklet is meant to aid you and your children in being fully alive spiritually, physically, emotionally, relationally, and financially; and when we are thriving in our personal life, we are empowered to make our world fully alive. Each Sunday I will be teaching on these themes. This Guide and the LIFEGroup materials and time together all help us live **Fully Alive**.

My hope is that we have a more disciplined church of all ages at the end of these seven weeks that will impact our community and our world.

Take some time to pray for your family. First, think about how you relate to one another. Then think about your family's physical life, emotional life, and financial life. Ask the Lord to highlight an area in your family's life that needs his blessing and favor. Pray that God would bring you and your children to a fuller life spiritually, physically, relationally, emotionally, and financially so that we will be better equipped to partner with Jesus as he makes the world **Fully Alive**! Sometimes it helps to write down what you think God is highlighting. My hope and prayer is that God would fill you with his Holy Spirit and help you see some real change over this season. May God bless you, may God draw you closer, and may your lives be Fully Alive!

In Christ,

Michael Bells  
Pastor OCC

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## WEEK TWO | Physically Alive

### Day 1

**READ:** PSALM 139:13-14

*You created the deepest parts of my being. You put me together inside my mother's body. How you made me is amazing and wonderful. I praise you for that. What you have done is wonderful. I know that very well.*

**SAY:** Google the painting by Leonardo da Vinci called the *Mona Lisa*: it is a masterpiece – a work of art that is nearly flawless. You can't help but admire it. A masterpiece is considered the greatest work of an artist's career or a work of outstanding creativity, skill, thoughtfulness, or workmanship. This means that the artist did their best and most careful work, not worrying about the cost or time spent to do it right. It was the absolute best they could have done.

If we had a masterpiece in our house, how would you treat it? Would you color on it or use it for a coaster? No, we would all take care of it and hang it somewhere it could be seen and admired by all.

Our bodies are God's masterpiece. Look at the palm of your hand and notice all the details in just that one small part of your body: the lines, the colors, and the way your skin stretches. That is just the beginning! If we are God's masterpiece, then how should we treat our bodies? We should care for them as we care for masterpieces.

**DO:** Trace your hand on a piece of paper. On each finger, write one of the 5 ways you can take care of your body:

1. Get moving with exercise
2. Eat healthy foods
3. Cut down screen time
4. Get enough sleep and rest
5. Keep our bodies clean

As a family, determine which item on the list you would most like to improve. What is one change you can make to improve it? Committing to care for our bodies like this is one way to honor God.

**PRAY:** Jesus, thank you that you made me just the way I am. I know that I am your masterpiece because you made me with your best and most careful work. Please help me take good care of my body. Amen.

## WEEK TWO | Physically Alive

### Day 2

**READ:** ROMANS 12:1

*Brothers and sisters, God has shown you his mercy. So I am asking you to offer up your bodies to him while you are still alive. Your bodies are a holy sacrifice that is pleasing to God. When you offer your bodies to God, you are worshiping him in the right way.*

**SAY:** Food helps us live. It gives us energy to do all that we do. Think about times when you are hungry. That's your body's way of telling you that you need the nourishment that food provides.

What we choose to eat makes a big difference. Would you rather eat candy or vegetables? Would you rather eat fish or pizza? Salad or chips? Pop Tarts or scrambled eggs? Sometimes we choose foods that aren't healthy, and that's ok as a treat from time to time, but most of the time we should choose foods that are good for our bodies

What we eat matters to God. We learned yesterday that we are to take care of our body because it is God's masterpiece. One way to do this is by eating healthy. Today's Bible passage says that taking care of our bodies is an act of worship. When we take care of our body, it is one way we can praise God.

You might be wondering why we should eat our vegetables. Vegetables, fruits and grains have vitamins and other things in them that make our bodies strong. If we only eat candy, and other junk food, it will make our bodies sick and we won't have energy. We won't feel **fully alive**. This is why we should eat mostly fresh and whole things like carrots, green beans, apples, berries, fish, and rice. These things will help our bodies have the energy we need to grow, play, learn, and even serve God.

**DO:** Use this plate as an example. Cut pictures from magazines and paste them in the different categories, or make a list of the foods in these categories that your family eats. Notice that there isn't a space for sugary snacks and junk food. That means we should think of those foods as special treats, not something we eat on a regular basis. Put together a simple menu plan of dinners for the next week that use as many healthy categories as possible for each meal and try to stick to it.

**PRAY:** God, I want to worship you by taking care of my body. Help me to eat the foods that are best for me so I can honor you. Amen.

## WEEK TWO | Physically Alive

### Day 3

**READ:** MARK 6:30-32:

*The apostles gathered around Jesus. They told him all they had done and taught. But many people were coming and going. So they did not even have a chance to eat. Then Jesus said to his apostles, "Come with me by yourselves to a quiet place. You need to get some rest."*

**SAY:** Where is the best place you've ever taken a vacation; or where would you like to go? What do you like to do on vacation? Do you ever like to rest, take naps, or just sit around and hang out? Look at today's verse; we see that Jesus and the disciples were going on a vacation. The main reason they were leaving was to rest. Rest is very important and it is a gift from God.

We should make a plan to rest every day. Rest means not doing much physical activity. You could take a nap, read, do a puzzle, or play a board game with your family. The Bible even talks about the importance of taking one entire day each week to rest; this day is called a Sabbath.

AGE	SLEEP (hrs/day)
Newborns: 0-3 months	14-17
Infants: 4-11 months	12-15
Toddlers: 1-2 years	11-14
Preschoolers: 3-5 years	10-13
School Age: 6-13 years	9-11
Teenagers: 14-17 years	8-10
Adults: 18-64 years	7-9
Older Adults: 65+ years	7-8

Sleep is probably the most important aspect of rest. Do you get enough sleep? Figure out how much sleep you got last night and compare it to the chart from the National Institute of Health.

Part of being fully alive involves taking breaks to sleep and rest. It is important to take these breaks because when we don't, we can break down (physically, as well as emotionally and spiritually). When we are tired due to lack of sleep, it is easier for us to get hurt and sick.

Sleep and rest are gifts from God

**DO:** What is one thing you can do to get more rest? What can you do to get more sleep? Here are some suggestions:

- Set a bedtime for each person in your family based on their age and what time they have to get up in the morning
- No screens (TV, computer, phone) in the last hour before bedtime
- Every day after school, spend 30 minutes in your room reading or drawing.
- If you need a snack after dinner, eat something healthy instead of candy or junk food.

**PRAY:** Thank you, Jesus, for rest and sleep to help us stay strong and be **fully alive**.

## WEEK TWO | Physically Alive

### Day 4

**READ:** PROVERBS 14:30

*A peaceful heart gives life to the body. But jealousy rots the bones.*

**DO:** Find our heart rate or pulse by placing two fingers just under your jaw to the side of your neck to find your pulse. Count the beats for 15 seconds and multiply by 4 to figure out how many times your heart beats per minute (bpm). This is your resting heartbeat.

According to the American Heart Association, for children ages 6 to 15, the normal resting heart rate is between 70 and 100 bpm. For adults, a normal resting heart rate is between 60 and 100 bpm.

Now do as many jumping jacks as you can for one minute.

Then, run in place for one minute.

Check your pulse again. What do you notice? Your heart should be beating faster.

**SAY:** Our bodies are incredible. The heart pumps blood all through the body. It is controlled by our brain. Our brain tells the heart to pump and it automatically does so.

Our hearts can also give us clues about how peaceful we feel. Your resting heart rate is a peaceful feeling. But if your heart is beating fast not because of exercise but because you are scared, or anxious, you may not feel very peaceful. How would you define peace? Peace is a calm, quiet and safe feeling. Today's verse says that a peaceful heart helps us to feel fully alive and helps our body to be healthy.

When your heart is beating fast because you are scared and anxious, something you can do to help is focus on Jesus. One way to do this is to simply close your eyes and breathe slowly and deeply - in and out. As you breathe think of a favorite verse or a story from the Bible and pray that God would calm you. Do this for about a minute each time you feel scared or anxious.

**PRAY:** God, thank you for putting your peace in my heart. Remind me you are there when I am feeling scared or anxious so that I can be at peace. Amen.

## WEEK TWO | Physically Alive

### Day 5

**READ:** LUKE 2:52

*Jesus became wiser and stronger. He also became more and more pleasing to God and to people.*

**SAY:** We never stop growing as long as we are alive. Even our Lord and Savior, Jesus grew! He not only grew taller but he also grew wiser. This means different life experiences helped him become smarter about how to live life well. He grew in his understanding of things. The Bible tells us that Jesus was eager to learn. Think of how much you have learned. Do you remember when you learned to tie your shoes, ride a bike, count to 100, and learned to read or write?

Jesus also became more pleasing to God and to people. God was pleased that Jesus made him the most important thing about his life. Jesus also loved and honored others and they liked him for it.

**DO:** Is there a place where you record your child's growth? Perhaps, there is a place in your home where you mark on a wall or doorframe, how tall each child is each year? Or do you have a record of how they have grown throughout the years? Look back and see how each child has grown. Measure how tall each child is and make a note of it. Do this a few times per year to see how much everyone is growing.

Think of all the other ways you are growing. Make a list of the things that you learned to do in the past year or note the changes that have happened. Jesus grew in those ways, too. Remember that as you grow up and grow wiser, you have many opportunities to please God and love people.

**PRAY:** God, I know I am growing, changing, and learning new things every day. As I grow, help me to be **fully alive** and to be more like Jesus. Amen.