

# BUILD YOUR IMMUNITY



WEEK 4 1 Corinthians 6:19-20



Materials: 2 pieces of paper, tape, ball pen or pencil

Instructions: Put tape on an entire side of one of the papers while the other paper will be left as is. Using both hands, a parent will hold up the paper with tape and hold it in the air for the child to poke it with a pencil or pen. Do the same for the other paper. For the paper without the tape, it should get cut in half or tear apart, whereas the paper that has the tape as reinforcement, would only probably have a small hole from the pen or the pencil.

Ask: Why do you think you were able to cut the paper without tape easily while the paper with tape was only minimally damaged? (Let the kids answer)

The papers are like our bodies and the tape is like an added layer of protection from external factors such as viruses, fevers and other sickness entering and damaging our bodies. This is our immune system. God created us with an immune system that helps us fight viruses and other illnesses that attack our bodies. The paper with the tape shows how having a better/stronger immunity protects us. There will always be external things around us trying to attack our bodies, but you see what happens when you have a strong immune system. You are protected against these attacks. On the other hand, when the immune system is weak, our bodies will easily succumb to an illness because it does not have the strength to defend itself.

So, how do we boost our immune system? Some of the things we can do are eating more fruits and vegetables, getting regular exercise and adequate sleep. Regularly maintaining healthy habits will give you a strong immune system.

This is a very similar picture to our spiritual health.



## Read the Word

1 Corinthians 6: 19-20

*19 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honour God with your bodies.*

Just as we build up our physical immunity, we also want to strengthen our spiritual immunity so we will be strong enough to defend against the attacks of the enemy. Just as we need to cultivate healthy habits for our bodies, we can also cultivate healthy habits for our spirit - reading the Bible, praying, and obeying God's word. As we diligently work to build these habits into our lives, we will begin to have strong spiritual muscles and we will be able to say "no" to sin and temptations, we will be able to love our enemies, we will be able to share the love of God with others boldly. We will be able to do mighty things for God and most of all, we can live lives that honor Him.



## Huddle

**Parent to Kid/s:**  
**2-6 years old**

- Do you want to have a healthy body? What can you do to keep yourself healthy?

**7-12 years old**

- Do you read the Bible everyday? What are your favorite stories?

- Do you pray everyday? What are some of the things that you pray for?

**Kid/s to Parent:**

- Why is it important for us to keep our bodies healthy?

- Why is it important to build our spiritual immunity?

Building your immunity is not a one-time thing. Nor does it get done in a few years. In fact, it is a lifelong pursuit. Are you persevering in building your spiritual immunity? It is not easy but keep at it and don't give up! In time, you will be strong and able to resist the attacks of the enemy!



## Pray

Dear Jesus,

Help us to learn how to keep ourselves healthy and protected always. Keep us safe from the different things that can attack our body and systems. We pray for safety and protection for our families and our friends. But most of all, we pray that you will help us to build our spiritual strength so we will be able to resist the attacks of the enemy. In Jesus' name,

Amen!



## Discover

Did you know that to be "immune" means to be protected? God created us with an immune system that is made up of an intricate network of cells, tissues and organs all working together to protect us from getting sick.

But this system depends on what we feed it. If we feed it the right foods, enough rest and sleep, regular exercise, it will do its job well. But if we abuse it and feed it unhealthy foods, a sedentary lifestyle and not enough rest to allow it to recover, it will be weak and unable to protect once we come in contact with a virus. So, be kind to yourself and lead a healthy lifestyle!