



Drugs:

Your Body is a Temple

YOU'RE SAYING THIS COULD HELP
KEEP OUR FAMILY HEALTHY?



IT SURE
COULDN'T
HURT.



SHARE

your highs and lows

Break into pairs.
Listen carefully and
record your partner's
thoughts in the space
provided. Then return
to small group and
share your friend's
highs and lows.

MY HIGH THIS WEEK

MY LOW THIS WEEK

MY FRIEND'S HIGH THIS WEEK

MY FRIEND'S LOW THIS WEEK



READ

**and highlight
the theme verse
in your Bible**

"Or do you not know that your body is a temple
of the Holy Spirit within you, which you have
from God, and that you are not your own?
For you were bought with a price; therefore
glorify God in your body."

1 Corinthians 6:19-20



TALK

**about how the
Bible reading
might relate to
your highs
and lows**

Choose from the options below to enrich your Talk Time. Invite group members to take turns leading one or more of the following:

IMAGES

1. Choose either the cover photo, cartoon or painting by Dr. He Qi (back page).
2. Where are you in this work of art?
3. How might the art and the theme verse relate to each other?
4. How might the art relate to your highs and lows?

ROLE PLAY

Assign roles and take turns acting out the following:

1. You believe a friend is using and abusing an illegal chemical. What do you say to them?
2. You believe a friend is abusing a legal chemical. What do you say to them?
3. You believe a friend has an eating disorder. What do you say?
4. You believe a friend is using steroids. What do you say to him?

QUESTIONS TO PONDER

1. How do you think I Corinthians 6:19-20 relates to the following:
Alcohol

Smoking

Diet Pills

Steroids

2. Here's a tougher set of questions. What do you think the theme verse has to say about God's will for you regarding:

Sugar

Caffeine

Cutting

Porn

Violent Video Games

Spending hours a day online:

QUOTATIONS

Choose a quotation (right column) and share your thoughts and questions about it.

Ah, beer. Now there's a temporary solution.

Homer Simpson

*You're not the boss of me now
You're not the boss of me now
You're not the boss of me now
and you're not so big
Life is unfair!.*

They Might Be Giants

*If we burn ourselves out
with drugs or alcohol, we
won't have long to go in
this business.*

**SNL Actor John Belushi
(Months before dying of an
overdose)**

*I'm on this new diet. Well,
I don't eat anything and
when I feel like I'm about to
faint, I eat a cube of cheese.
I'm just one stomach flu
away from my goal weight.*

**Emily to Andrea in the movie
"The Devil Wears Prada"**

*I see my body as an
instrument, rather than
an ornament.*

Alanis Morissette



Write a definition...

ABUSE

GLORIFY

HOLY SPIRIT

RANSOM

TEMPLE



Annunciation by Dr. He Qi (www.heqigallery.com)



PRAY
for one another's
highs and lows

Gather in a circle. Praise and thank God for your highs. Ask the Holy Spirit to be with you in your lows. Pray for your friend's highs and lows and for your world. Close in Jesus' name.

Prayers for Highs

Prayers for Lows



BLESS
one another

Trace the sign of the cross on one another's foreheads or palms.

**REMEMBER
1 THING**

Your body is a temple. You are not your own. You are to glorify God with your body.



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