



ONE BODY

2019 URC Children's and Youth Work Theme

**Resources for everyone engaging with children,
young people and young adults**

Welcome to the URC Children's and Youth Work resources for our theme for 2019: **ONE BODY.**

We hope you will find material you can use and adapt for your work with children, young people and young adults. Please be creative and don't limit yourself to only looking at the section that most obviously fits your context.

We would love to have your feedback and examples of how you have used and improved these resources. We will share stories through our Facebook page <https://www.facebook.com/URCchildren.and.youth/> If you have other resources that link to our theme for the year that we can share, please email them to children.youth@urc.org.uk. We will upload these to the website so keep an eye on <https://urc.org.uk/resources-for-children-and-youth>

If you have no children or young people connected with your church, please:

- Enjoy the colouring pages and use some of the prayers and materials with adult groups
- Pray for those churches nearest to you which do
- Offer these resources to your nearest uniformed group or school

PILOTS have their own pull-out section with four session plans, and normally use these to work towards leading a service – there are lots of games, craft and other ideas in these pages which can be used by all. To find out more about setting up a group please contact stephen.tait@urc.org.uk

All material can be photocopied for use or downloaded from our website (see above).

ENJOY!!



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Christ is like 1 body
that is MADE of
Many Parts.

Each PART OF the body
HAS its own SPECIAL PLACE;
EACH is IMPORTANT.

If the whole BODY were an
it could NOT HEAR;
if THE whole BODY were AN
IT could not SMELL.

In just the SAME WAY,
the body cannot decide that 1 PART OF
the PART IS not IMPORTANT ANOTHER
PART doesn't BELONG or
2 THE body.

EVERY 1 of you is PART OF the
body OF Christ.

GOD has GIVEN EACH 1 GIFTS to use
for the other. WE of EVERYONE we ALL NEED
each other. WE SUFFER together AND each
WE are HAPPY together.

GOD has given US EACH other so that
the work CAN be DONE.

Body Parts Dice Game



You need two blank cubes.

On the faces of one cube write or draw parts of the body:

head, elbow, foot, hand, knee, leg

On the faces of the other cube write commands:

point, twist, touch, wiggle, shake, nod

Roll both cubes and do the action they tell you to do, e.g. wiggle your hand, twist your leg

Body Parts Bingo

Print a set of cards with pictures of parts of the body like in the picture.

Give each child a bingo sheet with six of those body parts on.

As you call out each body part, the children have to find the right card and put it on their bingo sheet.

The challenge is to fill your sheet

With older children they could draw their own body part pictures on their bingo sheet.



Musical Statues Game

Play some music that the children like to dance to. When the music stops, call out the name of a body part. The children then have to stand like a statue without moving, touching that body part with their hand or finger. If you want to make the game competitive, then anyone moving while the music is stopped is "out", otherwise just play the game together.

Hidden Body Parts

Use an outline of a body or a person wearing fluffy clothing/tabard. Make or find pictures of the brain, heart, lungs, kidneys, liver, stomach and challenge the children to stick the body parts onto the outline with sticky tack or onto the person's clothing with Velcro. While they are doing it, talk about what these parts of the body do and why they are important, even though they are hidden away.

Let's Dance Dem Bones dance

Dem Bones <https://www.youtube.com/watch?v=e54m6XOpRgU>

This is a fun song and video which helps children learn body parts and think about the skeleton holding them all together.

Shake Your Sillies Out (Movement song) https://youtu.be/NwT5oX_mqSO

Sing a song together

**Heads, shoulders, knees and toes,
knees and toes (x2)**

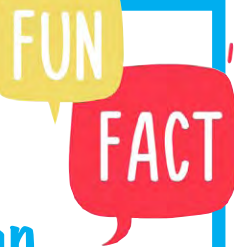
And eyes and ears and mouth and nose

**Head, shoulders, knees and toes,
knees and toes.**

As you sing it, touch each of the parts of the body in turn. Repeat the song, missing out one more body part each time, starting with "head", and just tapping that part of the body instead.

You could use this video to sing along to: <https://www.youtube.com/watch?v=FkL8j0wIRf8>

**We are
about half a
centimetre taller
in the morning than
we are at night.**



Hokey Cokey Dance

(see song and hymn suggestions for a Christian version of this song)

(Stand in a circle)

You put your right arm in, your right arm out

In, out, in, out, and shake it all about (follow instructions)

You do the hokey cokey and you turn around

(Do the hokey cokey : put your hands together with fingers interlinked and wiggle your hands, shoulders and hips from side to side)

That's what it's all about

Woah, the hokey cokey (x3)

(Hold hands in a circle and all run into the centre, raising arms, on "woah" and then step back into a circle)

Knees bend, arms stretch, rah, rah, rah.

(Rah rah rah : clap three times)

<https://www.youtube.com/watch?v=ulsFONO-qZg>

I'm a dingle dangle scarecrow song

When all the cows were sleeping and the sun had gone to bed

Up jumped the scarecrow and this is what he said

"I'm a dingle dangle scarecrow with a flippy floppy hat,

I can shake my hands like this and shake my feet like that".

When all the hens were roosting and the moon behind a cloud,

Up jumped the scarecrow and shouted very loud

"I'm a dingle dangle scarecrow with a flippy floppy hat,

I can shake my hands like this and shake my feet like that".

Story bag

Using elements from the bible passage in 1 Corinthians 12 v12-31a, create a story sack to share with the children. You could use big body part shapes on lollipop sticks or sock puppets to show the different parts of the body. Or you could use a Mr Potato Head (or Mrs Potato Head of course) and build the body as you go along. Use a script or reading / paraphrase from a children's or beginners' bible.



Making Faces



Make a variety of parts of the face – eyes, ears, noses, mouths, hats – out of cardboard and hide these around the room in places which are not too difficult to spot.

Give each child a blank face with double sided tape or sticky tack in the places where each of the body parts would go. Send the children round the room to find the face parts and stick them onto the face template in the correct places. You could turn the finished faces into masks by cutting a hole where the eyes are and attaching some elastic.

Create a Role Play Corner

In your role play corner, encourage the children to act out the different gifts we have and jobs we might do to help other people and to help God in our homes and in our churches.

Baby Massage

There is an excellent guide to baby massage on this page: <https://www.johnsonsbaby.com/massage>

As you massage, you could say rhythmically "Heart to hands, head to toe, not too fast and not too slow" or "Round and round and round we go, heart to hands and head to toe. Round and round and round we go, not too fast and not too slow." Alternatively you could talk gently to the baby, saying "God made your hands: I love you and God loves you", "God made your arms: I love you and God loves you".

Finger prayers

- Wiggle your thumb.
When you hold your hands by your side, the thumb is closest to you. Think of all the people who are close to you – your friends and family, the people you see every day, the people you love. Say a prayer for all those people.
- Wiggle your index finger (next to the thumb). This is our pointing finger. Think of all the people who point the way for us, who help us stay safe or who show us how to do things. Say a prayer for all those people.
- Wiggle your middle finger. See how this one is the tallest? Think of all the people who lead us or teach us and the people we look up to. Say a prayer for all those people.
- Wiggle your ring finger (between the middle and the smallest fingers). It's a big difficult to wiggle on its own, isn't it? It's difficult to hold this finger up on its own too. It needs the others to help it. Think of all the people who need others to help them – people who are weak or poorly, maybe people who are very young or very old, people who are hungry or scared. Say a prayer for those people.
- Wiggle your little finger, your pinky. This one comes last and is only small, just like you are. So, this one is you. Ask God to take care of you too.
- Finish your prayer by waving your hands in the air and saying AMEN.



Move your Body

Appreciate what your body can do

- Ask the children to find a space and call out instructions to make them use different parts of their bodies, e.g. stretch your arms up high, balance on one leg, touch your nose with your finger, pat your head and rub your tummy, smile.
- Talk together about how we need our brain and all the muscles and ligaments to function together to make our bodies work. If one part isn't working properly, it affects the whole body.
- Invite the children to share examples of when they might have broken an arm or leg and how hard it was to do everyday things.
- Make the connection with the different roles people play at church and how everyone is important in the body of Christ.

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Many Hands, One Body

Use the children's and adults' handprints (or footprints) to fill an outline of a body.



Gathering Prayer

From the top of my head (Touch head)
to the tips of my toes; (Touch toes)
from the lobes of my ears (Touch ear lobes)
to the end of my nose; (Touch nose)
from my back, to my front (Turn around)
to my wiggly fingers, (stretch out arms and wiggle fingers)
God loves me! (jump up and down)

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How does the image of the body help us think about health?

Puppet Sketch

Sketch for two puppets on the theme of 1 Corinthians 12, 12-27

Lucy: Shine, Jesus, shine, fill this land with the father's gl... (Sung very badly)

Bert: Lucy, Lucy, stop!

Lucy: I can't stop, Bert. I've got to practise my solo for choir on Sunday. It needs to be perfect. (sings again, just as badly) Blaze spirit blaze ...

Bert: Lucy! Why are you singing a solo? You're not even in the choir.

Lucy: I am now. Mrs Jones, who leads the choir, needed someone to join the choir and to sing a solo so I volunteered.

Bert: But you can't sing!

Lucy: (offended) Bert! I can sing! God wants me to sing a solo in church and he'll give me the gift I need to sing be-au-ti-fully. I will sing my solo and then I will do the reading.

Bert: You're doing the reading as well? But you know what happened last time you did the reading? You lost your place in the Bible so you just made it up.

Lucy: Wasn't that better than just giving up?

Bert: But you said that the lost sheep had fallen in the lion's den and Jesus rescued it by chopping the lion in two with his lightsabre.

Lucy: (sadly) Oh yes. (More enthusiastically) It'll go OK this time. The minister asked for a volunteer to do a reading and I said I would do it, after my solo.

Bert: Lucy, don't you think you'd be better doing something you're good at?

Lucy: Oh yes! I'm doing that too! Jesus said "Let the little children come to me". So I said I'd do the creche this week.

Bert: Lucy, Lucy! You aren't old enough to do the creche by yourself, and you said you don't like babies.

Lucy: if God wants me to look after babies, then I will suddenly find I DO like babies. I could even sing to them.... "Shine, Jesus shine...." (sings badly again)

Bert: Don't do that, Lucy. We don't want them to cry! Besides, how are you going to look after the babies

if you're singing a solo and doing the reading? You can't do everything!

Lucy: But...

Bert: If you look in your Bible, Lucy, God tells us that the church is made up of lots of people and all those people have been given different gifts. We don't have to do everything on our own. We're a team, like all the parts of a body working together. Some people will be good at singing. Why not ask George Smith (*or insert name of someone from your congregation*) if he'd sing in the choir? He's got a lovely voice and he's never been asked to sing. And Poppy Wilkins (*or insert name of someone from your congregation*) is really good at reading in Sunday School so maybe she would like to be asked to read the lesson in church too. And as for the creche, you don't really need to set up a creche, do you?

Lucy: Why not?

Bert: Well, Mr and Mrs Sanderson (*or insert name of someone from your congregation*) already run the creche and the little ones love sitting in the front of the church, playing and being part of God's family.

Lucy: But if someone else does the reading and someone else does the creche and someone else sings my solo, what am I going to do as part of God's body?

Bert: Lucy, you've got lots of gifts of your own. You're a really friendly person so you'd be great at welcoming people at the door and making them feel part of the family. And they were asking for people to help make cakes for coffee after the service. You're really good at baking. Why don't you use that gift to serve God?

Lucy: What about you, Bert? What are you going to do to serve God?

Bert: Well, I'm going to give out the hymn books on Sunday. People can't sing if they don't know the words. And then...

Lucy: Yes, Bert?

Bert: Well, I am very, very good at eating cakes.



Our bodies are amazing. When we're unwell, special cells are released into our bloodstream to help make us well again. When we're asleep and think we're resting, our brain is clearing itself of toxic chemicals, our muscles are receiving the fuel they need to do their work, our kidneys are removing poison from our system... the list goes on. Not even the greatest scientists and doctors in the world can tell us everything that every part of our bodies does or why. Sometimes, though, different parts of body don't understand each other. If our hair or nails start to grow too far into our skin, the body might think it's being invaded and try to defend itself. If we need a heart transplant, our bodies could reject the new organ because it doesn't understand what this strange new item is. The Body of Christ is much the same, with each of us being different parts of the body. Not one of us is the same. We all like different things and have different skills to each other. It's great that we all have our own identity and talents, but none of them are of use unless we work alongside each other. Just because we don't like someone, understand them or know how we can work effectively with them doesn't mean they are not part of the body. Like our own bodies, we must work hard to fit together, seeing the value in each other, so we can operate, together, as one.

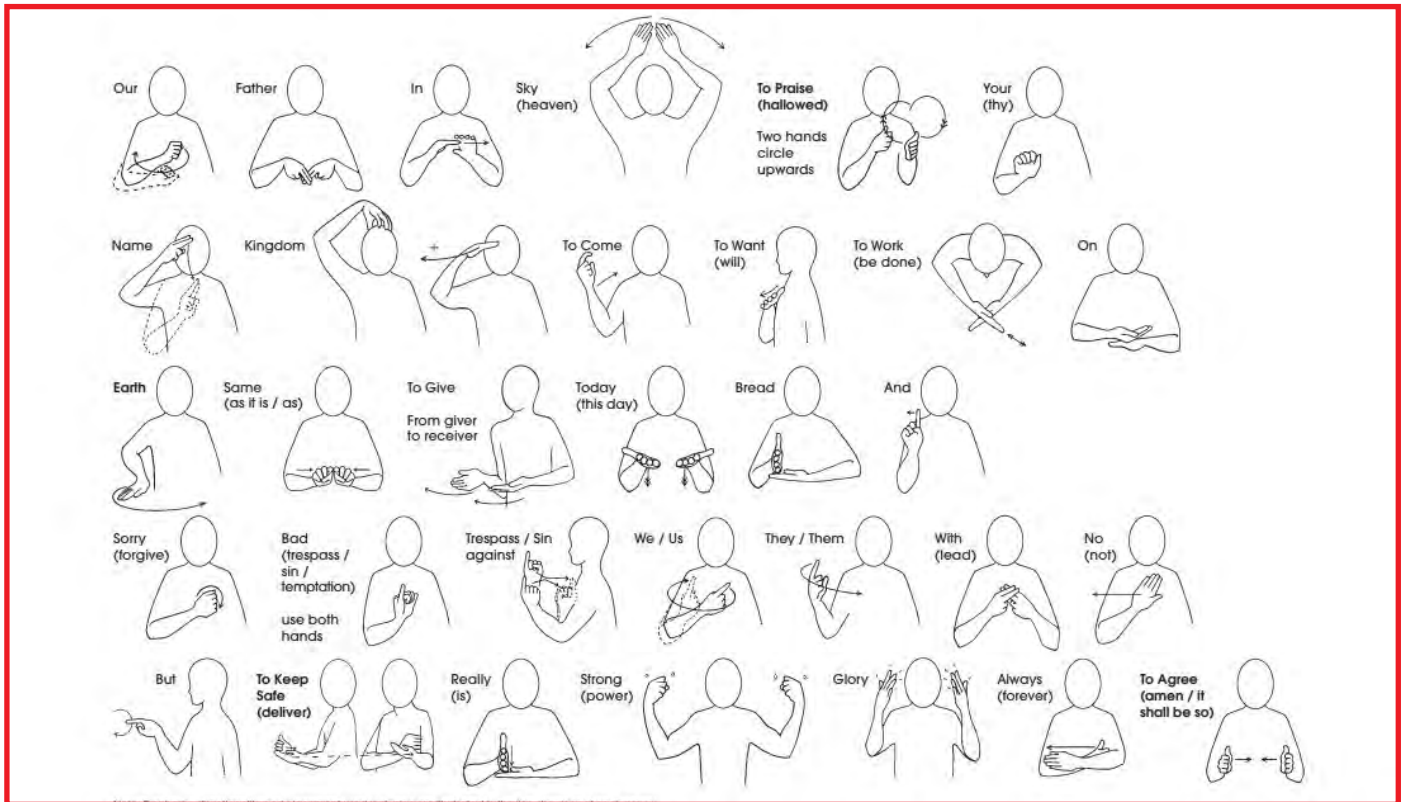
Simon Peters – Project Manager for Walking the Way



Additional Needs

https://www.youtube.com/watch?v=eEt9ihvsekU&feature=em-share_video_user

Lord's Prayer in Makaton



SENSORY BINS – ONE BODY

- To make a sensory bin, you need a large container – maybe a washing up bowl, a deep tray, a plastic crate or a large Tupperware container depending on the things you are putting in.
- You need to know your children – which like getting messy and which don't, which are likely to eat the materials, etc. Also, their level of understanding – can they read, can they put pictures together in a jigsaw.
- The next stage is to choose your filling. You could use shaving foam (beware, this WILL get eaten), water beads, oobleck (a mix of cornflour and water, optional food colouring), shredded paper of various textures, coloured rice or pasta, sand, cornflakes, jelly – anything that will be interesting to touch.
- Now choose things for your children to explore. Maybe you could use parts from a Mr Potato Head, lots of different lego figures, laminated pictures of body part, jigsaw pieces to make a person shape, parts of the body shapes made out of foam. Alternatively have things in the box that can stimulate their senses, things like a hairbrush, a pine cone, a scented hand cream or lip balm, a bell, a torch, cellophane of different colours, etc.
- You could also laminate a colourful picture on the theme to put in the bottom of the container which will be revealed as they move the filling around.
- Talk to the children about the different parts of the body as they investigate.

Fun Fact

We are the only mammal that cannot swallow and breathe at the same time.

Let's discuss

Do we all rejoice if one of us is honoured in some way? How could we make this more part of our life together as a group?

COLOURING RICE OR PASTA

1. Measure 1 Cup of rice or pasta into a container
2. Add 1 Teaspoon of Vinegar
3. Add as much food colouring as desired (deeper colour = more food colouring)
4. Cover and SHAKE vigorously for a minute or two
5. Check to see if it's coated well!
6. Spread on paper towel or plate to dry

SING AND DANCE

The Singing Walrus -
Action Song <https://youtu.be/dUXk8Nc5qQ8>



So the body is not made up of just one part. It has many parts. Suppose the

foot says, "I am not a hand. So I don't belong to the body." By saying this

it cannot stop being part of the body. And suppose the ear says, "I am not an

eye. So I don't belong to the body." By saying this, it cannot stop being

part of the body.

If the whole body were an eye, how could it hear? If the whole body were an

ear, how could it smell? God has placed each part in the body just as he

wanted it to be. If all the parts were the same, how could there be a body? As it

is, there are many parts. But there is only one body.

The body of Christ

Identify the different roles people play in church.

You will need: lining paper/wallpaper, pencils, marker pens.

- On the paper, draw round a volunteer to create a body outline.
- Talk together about the different parts of the body that are connected to church activities, e.g. mouths – singing; hands – greeting people; feet – visiting people.
- Draw features on the body and label them with these activities.

Explain that we are never too young to be part of the Church, the body of Christ. You could ask the children which body part they might be.

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Hula Hoop Pass

Divide the children up into teams of about eight to ten children, all holding hands. Give the first child in the line a hula hoop. This child has to climb through the hoop until it is dangling where that child's hand joins the next child's. Without letting go of each other's hands, the whole team has to pass through the hula hoop in turn until they reach the last member of the team.

For a demonstration, watch this video: www.youtube.com/watch?v=11LNy8IOg8Y

Lego towers

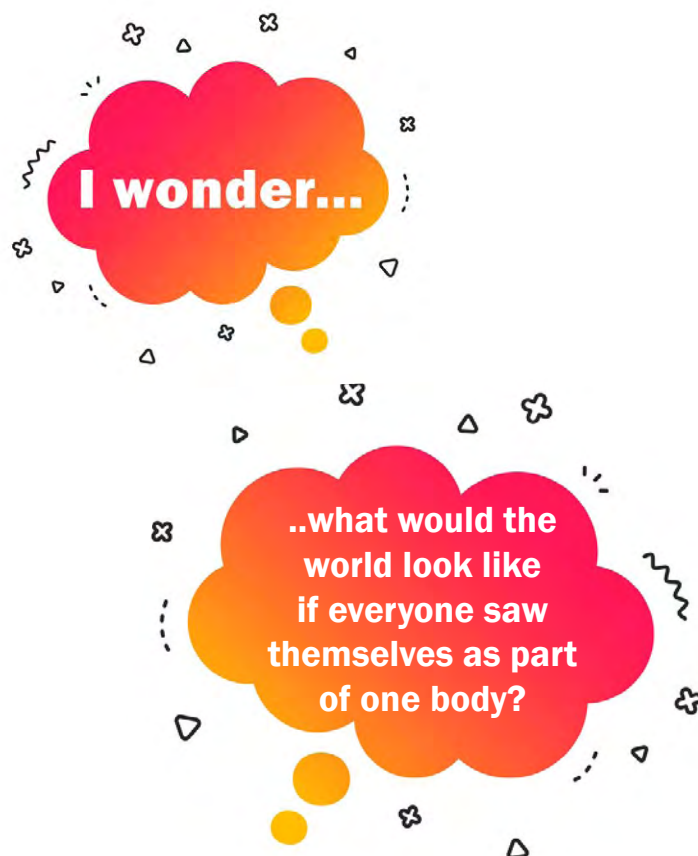
Put the children into teams of three and with two members of each team being blindfolded. Give each team a pile of lego. The person who can see is not allowed to touch the lego. The two who are blindfolded can only use one hand each. Start the clock. The challenge is to build the tallest lego tower within one minute. The winners are the team who work together and produce the tallest tower. After the game, discuss how that team worked together and what we can learn about working together as a team, relying on each other.

Simon Says

Play a game of Simon Says by pointing and using various body parts. For example, hop on one foot, tap your head, wiggle your ears, and so on.

What does the body of Christ do?

Draw round one of the group to get a body outline and draw the facial features on. Talk about the different parts of the body. Write on the relevant parts of the body a description of what that body part might do. For example, the hands might heal people, the arms might comfort people when they are sad, the ears might listen to people offloading their worries or sharing their needs etc. Once the picture is complete, ask the children what they feel they can do from the things that have been listed – what part of the body are they going to be today?



A body made of many parts

You need a heat-resistant moulded tray or gingerbread man cutters and a baking tray.

Use a pack of old wax crayons and break these into smaller pieces or use a grater to shred them. Put the bits into the mould in patches of colour. Either melt the wax in the oven on a low heat or use a hairdryer to melt it, then allow it to cool. This may take a while so you could do another activity while you are waiting. Once the wax is completely cool, the shape of the person will come out of the mould in one piece. Talk about how it started out as lots of separate parts but that they were joined together by the heat in the same way that we are joined together by the Holy Spirit to make us one.

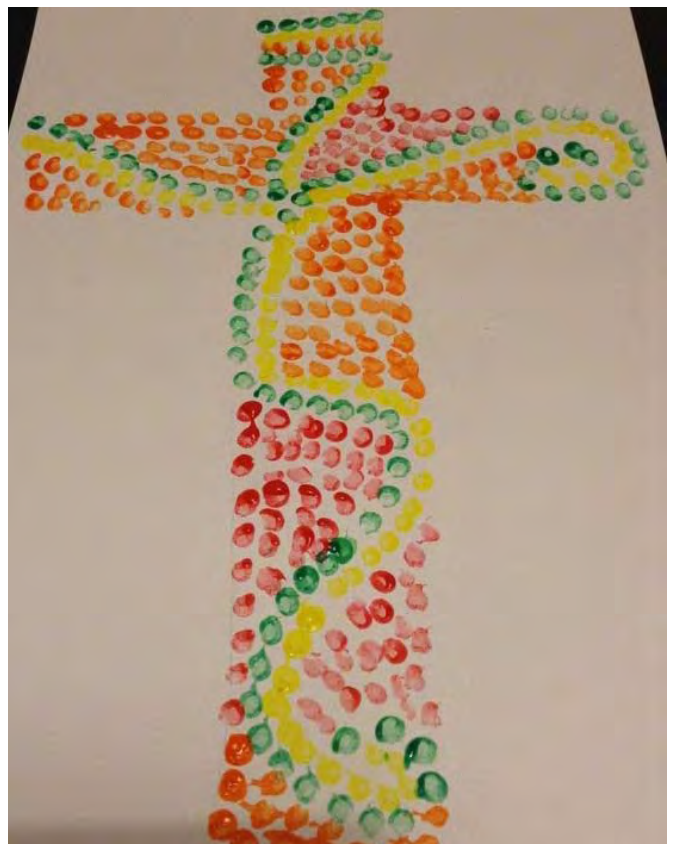


All different and yet all the same

Look at fingerprints. Our fingerprints are the tiny patterns on the tip of our finger which are made up of ridges, rings, arches and loops. They are formed in the womb when a baby is developing and come from the pressure on the skin of their tiny fingers. No two people have the same fingerprints, not even identical twins. That's how detectives can use them to tell who has touched an object in a crime scene.

Use a stamping pad to take your fingerprints and examine them under a microscope. What patterns can you see? Compare them to someone else's.

Our fingerprints are different just as we are all different. And yet together we can make something special. Use the fingerprints of everyone in the group (including the adults) to decorate a template of a body or a cross or the words "Many parts, one body". You may like to put the finished article on the wall in the church to share with the congregation.



Woven - together prayer

Stand in circles of approx. 6-8 people and each group has a ball of wool.

The first person holds the end of the wool and throws the ball to someone else in the group, calling out something that that person is good at (e.g. "Jack, you're always smiling and make people happy"). The next child catches the ball (hopefully), takes hold of the wool and, keeping hold of the piece of wool, then throws the ball on to someone else, again calling out something good about that person.

Once the ball has been thrown several times to form a network in the middle like a spider's web, get the children to stand still and look along one strand of the wool to someone else in the circle. They can then say a silent prayer for that person e.g. "Thank you, God, for Jack" or "Father God, please help Jack feel better from their cold" etc.

Body lucky dip

Put lots of cards or slips of paper into a container, each with a different part of the body named on them. Make sure there are multiple copies of each body part and enough cards/slips in total for each child to have five each with some left over.

Children are given a sheet of paper onto which they draw a torso on (an oval, circle or rectangle will do). Each child then draws five cards/slips out of the container at random. They should then draw the body parts they have drawn onto the torso to make a monster body. It might have three eyes, a hand and a foot. It might have a hand, a head, two mouths and a nose. Give the children time to make their monsters look good.

Discuss the pictures. What could each monster do and what couldn't it do? Could it get a packet of sweets from the shop and eat them? Could it make a phone call? Could it play football? Could it get ready for school?

Discuss whether anyone's ever broken an arm or a leg and how they managed without using it. What was hard and what was easy?

Read verses 15 to 21 of the reading from Corinthians.

Candid Camera

Use a camera and go around the church or the local community taking photographs of people doing the things they do to serve God and their neighbour. Remember to ask permission first. Stick these photographs onto a big outline of a body and discuss what's included there. Which picture shows people doing more important or less important things? Alternatively, prepare the photographs in advance but include some of people doing things which are not serving God or their neighbour. Discuss the photos with the children and decide which ones go onto the body and which ones should not.

Prayer for joys and concerns

1 Corinthians 12, 25-26 says 25 And so there is no division in the body, but all its different parts have the same concern for one another. 26 If one part of the body suffers, all the other parts suffer with it; if one part is praised, all the other parts share its happiness.

Draw two body outlines, one with a happy face and one with a concerned/sad/worried face. Give the children opportunity to put sticky labels onto each picture to pray for things that worry them and to give thanks to God for things that they are grateful for

or happy about. You might choose to use sticking plasters rather than sticky labels for the concerns but make sure that they are ones which can be written or drawn on.

At the end, gather the children together and say a general prayer about all being part of the body.

It takes a whole body

Stand in a circle. Give each child the name of a body part including internal organs. Then call out different activities e.g. taking a shower, eating a biscuit, playing a video game, making a phone call etc. Children step into the centre of the circle if they think their body part is needed for that activity and explain to the others why they are important.

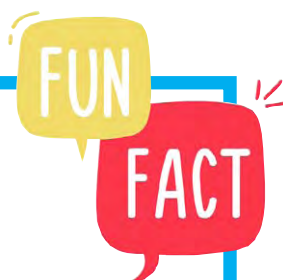
Balloon debate (older children)

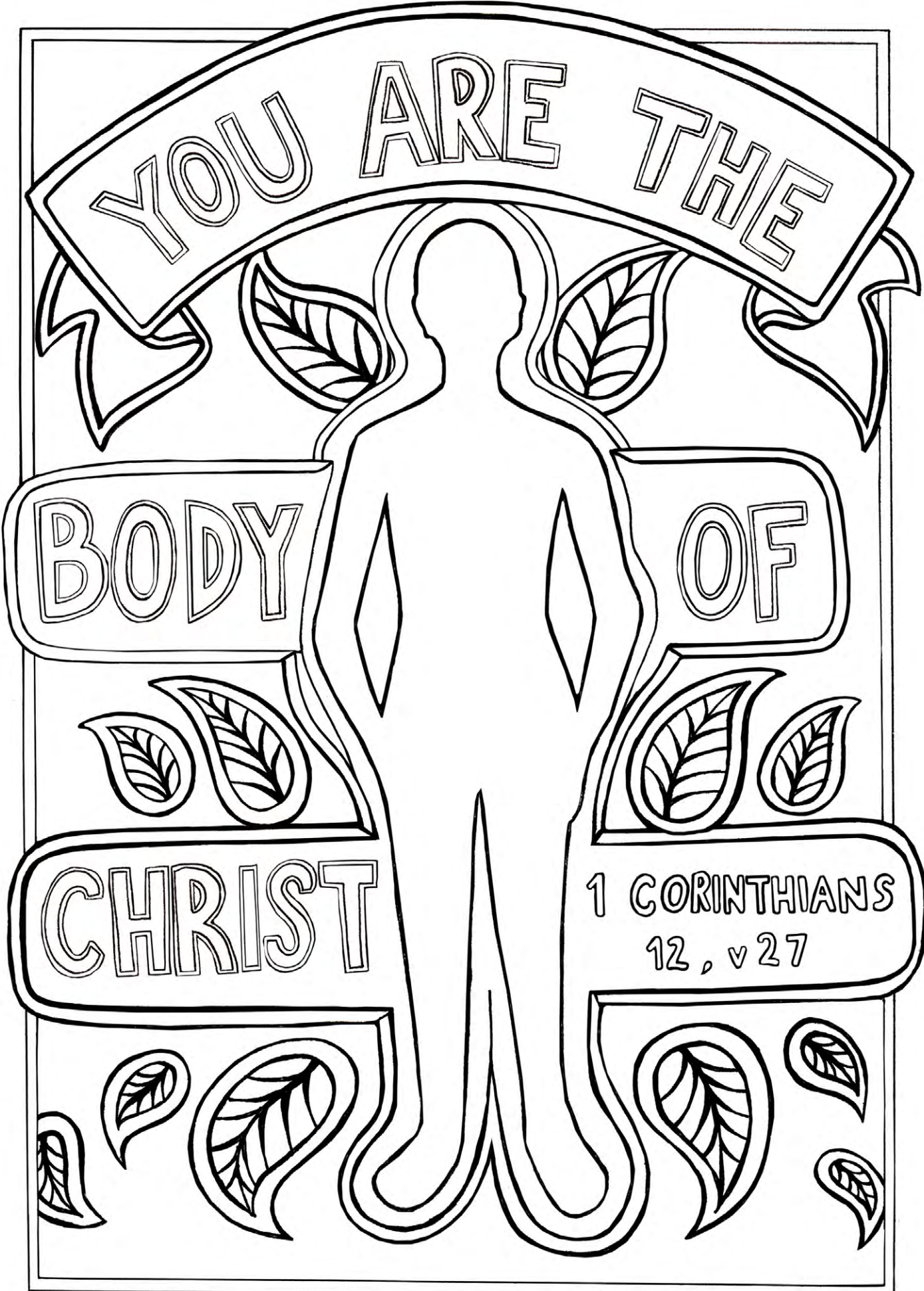
Organise a balloon debate. Choose five children. Imagine these five are in a hot air balloon which is sinking because there is too much weight in the basket, so one needs to be thrown out so that the rest can survive. Each of the five has to give a short speech (about 1 minute) on why they should remain in the basket. Then allow the audience to ask questions. At the end, the audience votes on who should be saved and who should be thrown out.

Version 1: The five speakers could represent ear, mouth, eye, hand, foot

Version 2: The five speakers could represent minister, cleaner, musician, greeter, caterer

Astronauts cannot burp in space. There is no gravity to separate liquid from gas in their stomachs. There is nothing stopping them from burping when they're earthbound.





Any and All Age

All age worship

Call to worship: We are Christ's body and each one of us is part of it

Hymn/Song: As we are gathered, Jesus is here or
Come all you Vagabonds

Introduction: Wave your hands in the air if you are/ have..... insert a series of "groups" within the church, including things like ages, hair colour, membership of groups within the church. Make some funny such as "if you had cornflakes for breakfast" or "if you're wearing something green" or "if you overslept this morning". For the final one, make it something like "if you are part of the family of God" or "if you are part of xxx church"

Prayers: Thank you, God, that you have made us all into one body and given us the gifts we need to worship and serve together. We thank you that you loved us all so much that you gave us your son and that you want us to be part of your family. We thank you for healthy minds and bodies and for all the things we are able to do. Help us to use our minds, our bodies and all the gifts you have given us to do your will and forgive us for those times we take them for granted or used them selfishly. Thank you for your promise always to love us and to give us a fresh start every day. Amen.

Hymn/Song: Every move I make I make in you
(Hillsong/David Crowther Band)

Reading: (prepare this on powerpoint with relevant parts highlighted so that it can be read in a dramatized style with the congregation split into four parts to take on the highlighted roles of the four parts of the body and then everybody in the congregation reading the bits in bold. Alternatively download from <https://urc.org.uk/resources-for-children-and-youth>)

For the body itself is not made up of only one part, but of many parts. If the foot were to say, "**Because I am not a hand, I don't belong to the body,**" that would not keep it from being a part of the body. And if the ear were to say, "**Because I am not an eye, I don't belong to the body,**" that would not keep it from being a part of the body. If the whole body were just an eye, how could it hear? And if it were only an ear, how could it smell? As it is, however, God put every different part in the body just as he wanted it to be. There would not be a body if it were all only one part! As it is, there are many parts but one body.

So then, the eye cannot say to the hand, "**I don't need you!**" Nor can the head say to the feet, "**Well, I don't need you!**" On the contrary, we cannot do without the parts of the body that seem to be weaker; and those parts that we think aren't worth very much are the ones which we treat with greater care; while the parts of the body which don't look very nice are treated with special modesty, which the more beautiful parts do not need. God himself has put the body together in such a way as to give greater honour to those parts that need it. And so there is no division in the body, but all its different parts have the same concern for one another. If one part of the body suffers, all the other parts suffer with it **Oh no!**; if one part is praised, all the

other parts share its happiness **Hooray!**

Scripture Quotation taken from the Good News Translation® (Today's English Version, Second Edition) © 1992 American Bible Society. All rights reserved.

Activity

Ask for volunteers. When they come onto the stage, ask them to do various tasks which are not appropriate for them but which others in the congregation might be able to do. Explain that within the church different people are given different gifts and abilities at different times in their lives but that all together we form a family who can do lots of different things as one body.

Play Human Bingo

You need a big rectangle drawn on a large flipchart or board. In each square write or draw a role that people might have as part of the church. Leave a bit of space in each square. Then see if you can fill the bingo board with names of people in the church, either by others nominating people for roles according to their gifts and abilities or else by people self-nominating. No name can be put down for more than one role. Can the whole church fill the board, working together?

Suggestions:

Puppet sketch (page 6) or drama (page 45)

You may wish to share either of these, which can be found elsewhere in the booklet.

Prepare for the offering

Play <https://www.youtube.com/watch?v=FG9T8UmN6VY> in the background while people prepare for the offering. At the start of the service give everyone a blank sticky label or a square piece of material (use a variety of colours) – whichever works best for your setting. During this video, each person in the congregation should draw a self-portrait on it (a stick person will do) and write their name. If sticky labels have been used, the congregation should bring them forward in the offering, sticking their picture onto a big outline of Jesus to form the body with the head of Jesus drawn at the top. Otherwise they should bring their piece of material and pin it onto a large piece of fabric to form a patchwork effect. If you do the latter, someone with the gift of sewing could sew them together into a banner after the service.

Prayer

We thank you Father that we are all part of your one body and that you have given each of us gifts to use in your service. We bring now those gifts, our money and our time and our abilities, to say thank you for all that you have done for us and to offer ourselves to do your work in our families, our church, our community and our world. Amen.

Prayers of intercession: five finger prayer (see page 5 and 6)

Lord's Prayer in Makaton (see page 7) or with body actions <https://www.messychurch.org.uk/resource/lords-prayer-actions>

Closing hymn: You shall go out with joy

Walking the Way

Living the life of Jesus today

Walking the Way Discipleship Challenge

You might choose to do one of these activities each day for a week, or maybe one a week over a longer period.



Body Part	Hand	Eyes	Arm	Mouth	Feet	Ears	Body
Challenges (Choose 1)	Use your hands to do God's work today. (Wearing gloves) pick up a bag of litter in the street. Learn some sign language. Give someone a helping hand. Make a card or a cake for someone and deliver it to them secretly.	Use your eyes to do God's work today. Keep a look out for something you could do to help somebody without being asked. Read a passage of the Bible and colour the words that seem special in it. Read a story to a young child or someone who can't see very well.	Use your arms to do God's work today. Give someone a hug if they're feeling sad or lonely. Carry something for somebody else. Hug a tree and thank God for His wonderful creation.	Use your mouth to do God's work today. Tell someone how much God loves them. Learn to say one of the psalms off by heart. Phone someone who would love to hear from you. Smile at everyone you see today and say hi.	Use your feet to do God's work today. Try to walk to places rather than use the car or public transport. Take a walk around your neighbourhood and pray for each road as you walk it. Offer to run an errand for someone. Make up a dance to your favourite Bible song.	Use your ears to do God's work today. Go outside, close your eyes and listen very carefully to what you can hear—thank God for all the sounds of the world. Make a real effort to listen attentively to others more than you talk today. Listen to some gentle music and listen to God speaking to you.	Use your whole body to do God's work today. Today's challenge is to act as part of a team to do something special—maybe to participate in an act of worship or to do something to raise some money for charity. How about a car wash?
Linked Bible Reading	Psalm 63:4	Matthew 6:22 Mark 12:11	Psalm 131:2 Proverbs 31:20	Ephesians 4:29 Romans 10:9	Romans 10:15	Matthew 13:43	Matthew 26:26 Luke 11:36
Date Completed							
How did it go?							

Ideas for Messy Church

Resources from the URC suitable for use in Messy Church settings



Messy Church Values (A reminder)

Christ Centred: Messy Church is a church, not a craft club, that helps people encounter Jesus as Lord and Saviour. Messy Church is part of The Bible Reading Fellowship which believes, with the historic churches, in one God, who is Father, Son and Holy Spirit.

All-age: Messy Church is for adults and children to enjoy together. Every element should be relevant and accessible to all ages.

Creativity: Messy Church uses hands-on activities to explore Bible stories, to reflect a God of creativity and to give people a chance to play together.

Hospitality: Messy Church reflects a God of unconditional love and is a church for people outside church, providing an oasis of welcome and a safe space in which to thrive. Messy Church is about hospitality, expressed most evidently by eating together – whether it's a plate of sandwiches to share, or sausage and mash.

Celebration: Messy Church reflects a God of joy who wants his people to have life in all its fullness.

Suggestions which could be used in a Messy Church or similar

Welcome

As people arrive, they could try an obstacle course which uses their whole body to complete the course, they could play twister and think about how they move their body to play, they could play with bricks/duplo/lego or complete jigsaws, they could dance to a music video such as "Show me your dancing step" <https://youtu.be/qM3Lv9tOCTI> or "Every move I make" <https://www.youtube.com/watch?v=MPvnZILn6EY>

Craft

Create a face from natural objects stuck into clay. (Wonder about how our face is made up of so many different parts of the face; how we use our faces, not only for the role of each part of it but as a whole to express how we are feeling; why did God give us two eyes instead of one, two ears instead of one; what would the face look like if it were just one big eye or one big mouth?)

Create a church shape filled with hand and foot prints. (Wonder why all the hands and feet are different? Can you tell whose is which? How do we use our hands and feet to do good things for God? Is a church the building or are the people in it more important?)

Use a big outline of a body, maybe drawn around one of the people there. Draw pictures of different things people do in church or in the community to help God and others and use these to fill the body shape. (Wonder how important these jobs are and which is most important. Do we know people who do these things? Are there any we can do?)

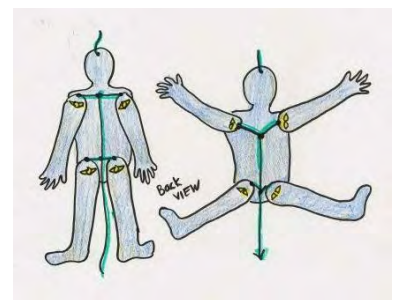
Play twister. Let each colour represent a place – church (or Messy Church), school (or playgroup/nursery), home, anywhere and as people put their hands or feet onto the different colours, think of things that they could do in these places to share God's love.

Using Meccano create moving model of a body, what makes it work or not? (Talk or think about how everything is important if the model is going to work – even one tiny screw would be missed)

Make a jumping jack. Cut out a torso with head, two arms, two legs, from thick cardboard. Join together with paper fasteners. Use string or strong wool and fasten a short piece across from shoulder to shoulder, a short piece across from the top of one leg to the other, and a longer piece to tie to the middle of each of the shorter pieces and to dangle down.

When you pull on the long piece, the puppet should raise its arms and legs as though doing a jumping jack movement.

Think about why it jumps and why it all needs to work together? Wonder about the different people in the church and how we need all the different gifts to make a difference, talk about the importance of the welcomer and the person who



Ideas for Messy Church

make the tea as well as the people who pray and share in the music.

Gingerbread People

Decorate these with icing and sweets and talk about how to make each one look different just like everyone in the church is different. Wonder how gingerbread is made – it needs lots of different ingredients – can you taste each of the ingredients? Wonder what the gingerbread would be like if someone forgot the ginger, the butter, the flour etc. What would our church be like if someone didn't do their part?

Using the bible passage 1 Corinthians 12 v12-31a create a word cloud or word art. This can be done using www.wordle.net or cutting a pasting from old newspapers Which are the important words?

Celebration

One body many parts, using a godly play type story telling technique or story bag/sensory story. <https://www.barnabasinchurches.org.uk/one-body-with-many-parts/>

Prayer activity

Fingerprints onto a church shape to represent and people who make up our church and all their skills and talent we share.

Songs can include – God's not dead; Hand to work and feet to run.

Messy Communion: As he broke and shared the bread during the Last Supper, Jesus said, "This is my body". If you wanted to organise a "Messy Communion" then there are suggestions on the Messy Church website at www.messychurch.org.uk/resource/holy-communion-messy-church which can be adapted to your particular setting.

Hospitality

Share a meal together

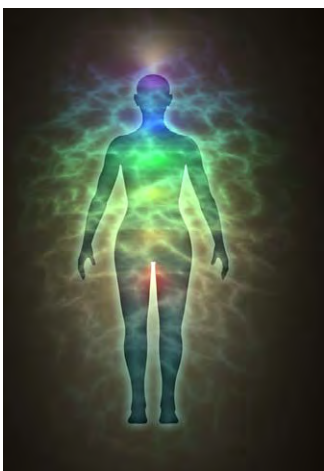
Suggestions – Pizza is based on bread (the body of Christ) but the toppings might be all different. If we slice it up, each slice looks different.

Salad can be arranged on the plate to look like a face or a person shape if you have lots of time to spare in preparing, or serve it with fish fingers or heated sausage rolls

Eat the gingerbread people for dessert.

Take it home: When you wash your hands and face and clean your teeth at bedtime, say a prayer for the people you've seen with your eyes today and ask God to help you listen thoughtfully, speak kindly and act lovingly.

Humans are bioluminescent which means our bodies give off a tiny



amount of light that's too weak for the human eye to see.

FUN

FACT

Think about Jesus' resurrection body - what do we know about this? How might that impact our thinking about us being the body of Christ?

Let's discuss

Preparing for All Age Worship

The theme of One Body highlights how important it is that all ages and all stages of faith experience belonging together in Christ. Worship exploring this theme needs to be an experience of this interconnection and mutuality for everyone. Above all no one should feel that they do not belong.

In preparing to lead worship consider all the different parts of the service and how they make one body of praise, prayer, deepening understanding and developing faith for all.

One way to express this sense of being One Body is to enable as many different ages and groups of people to contribute their gifts and skills, energy and passion to the service. Some of this may happen anyway but could be drawn attention to – for example those who provide and arrange the flowers, clean the worship space and look after the fabric of the building; those whose giving enables the heating, lighting etc to be provided; those who provide the music, banners, altar cloth and so on. Give some thought to how this can be highlighted and help these people to see their contributions as worship.

Other groups could be specifically invited to contribute, either in advance or on the day. For example, they could choose the hymns and songs, and perhaps introduce them and briefly say why they have chosen them. They could read the Bible passage, or present it in another format (drama, video, PowerPoint presentation, puppet show etc). They could write prayers and lead everyone in praying them, or read prayers chosen by another group. If you know people have a particular talent you could think about how they could contribute that to the service – for example producing some art during the service. Remember the aim is for everyone to feel they are part of the Body and have a role to play within that.

Another way to express this is to ask people towards the end of the service which part has been most significant for them, when did they feel closest to God or most connected to the congregation, what spoke to them or stood out for them. Ask people to share that with their neighbours, and then ask for a few people to share their answer with everyone (selecting a good cross-section). Encourage everyone to reflect on how we are all different yet part of one Body, all receive different things from God, and how we need all of those parts together to be a healthy body.

Preparing children and young people to lead worship

Always remind them this is not a performance and the congregation is not an audience. They are offering their best to God, whatever that might be, and encouraging everyone else to do the same. Remember to pray for and with them beforehand (and during!) to ask God to be with them and help them. Explain they are trying to help people get a little bit closer to God and respond to His love. Perhaps ask them about when they have felt close to God, how they can notice if someone else is responding to God's love in worship, how they think they might be able to help other people stay in God's presence throughout the service. The best way to lead others into worship is to be worshipping yourself!

Worship is something we do together because it is easier to become aware of God's presence with us when we are with others doing the same (where 2 or 3 are gathered together in his name, Jesus promises to be in the middle of that gathering - Matt 18:20). It is also a time when all being part of one body should be most evident as we all bring different aspects to that worship (a song, a verse from the Bible, a concern, a word of encouragement, finances, a prayer and so on, (1Cor 14:26). It is important to recognise and honour everyone's contribution, whether or not it looks like worship to us (think of Mary pouring perfume on Jesus' feet, John 12:3, or the children shouting out in excitement as Jesus enters Jerusalem, Matt 21:14-16). Expect them to bring insight and understanding that only children and young people could bring (Luke 10:21).

Worship is something we do together because God tells us to (Psalm 150, Rev 5:13) and because it helps grow bonds of love between us as sisters and brothers of our Heavenly Father (1John 3:1). We are sharing intimate moments. We are seeing each other at our most vulnerable, in the presence of God, confessing and rejoicing, weeping and laughing. We are sharing the thing we have in common – that we all belong to the Body of which Christ is the Head. Worship helps build community, and therefore should help us love each other. Enabling children and young people to lead us in worship will enable us to experience different aspects of our life together as a worshipping community, and different dimensions of our loving God and Saviour. It can be a little taste of heaven (Isaiah 11:6).....!



Pilots is the non-uniformed organisation offered and supported by the URC and Pilots companies provide activities, games and challenges to suit all ages and abilities. To a local church Pilots can be a Mission resource, offering children and young people a safe place for self-discovery, faith development and an opportunity to find and respond to God.

The General Assembly of the United Reformed Church encourages all local churches to celebrate Pilots Sunday on any Sunday of their choice in June each year, irrespective of whether they have a Pilots Company or not.

This pull-out section includes suggestions and ideas which could be used prior to such a service and aid in the preparation for it.

You can read more about Pilots on their dedicated webpages: <https://urc.org.uk/pilots>

PILOTS – Friends on Faith Adventures

Session 1 – Our Body

OPENING PRAYER – Pilots Prayer or alternative from One Body resource book or:

We are friends together on faith adventures,
exploring our place in God’s Big Story,
journeying together with Jesus.

PLAY – Body picture relay race

see <https://insight.typepad.co.uk/insight/2008/01/the-body-of-chr.html>

This is a relay race where team members take it in turns to draw part of a big picture by each using a different colour crayon. You will need a big sheet of paper and a matching set of colouring pencils/wax crayons/felt tips per team

The Big Story (Bible Adventure)

Psalm 139 13 You created every part of me;

you put me together in my mother’s womb.

14 I praise you because you are to be feared;

all you do is strange and wonderful.

I know it with all my heart.

15 When my bones were being formed,

carefully put together in my mother’s womb,

when I was growing there in secret,

you knew that I was there—

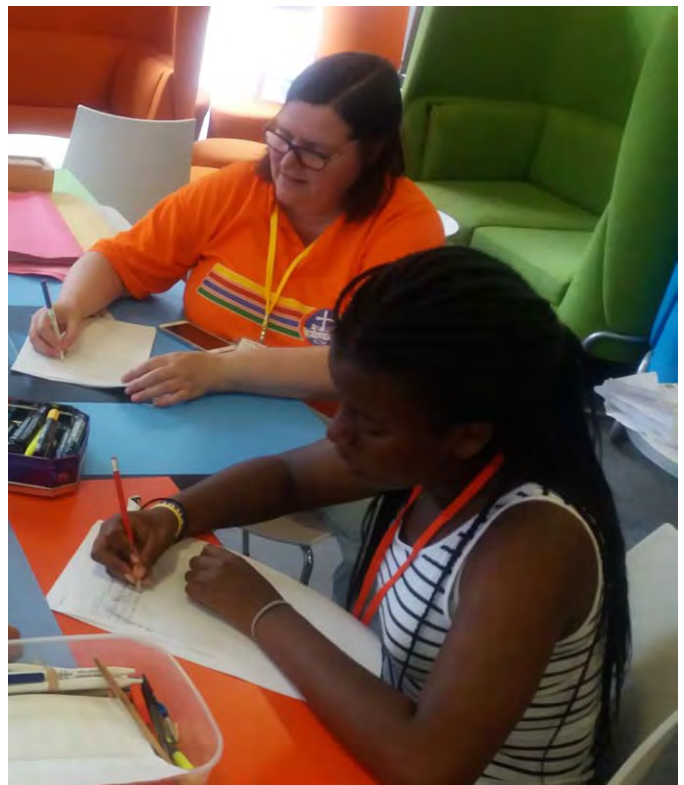
16 you saw me before I was born.

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PLAY – Body parts game

Place cards with body parts named on them around the room, one for each person in the group. Essential cards are: torso, head, neck, arm, leg, arm, leg. For more players, add in: ear, nose, mouth, hand, foot, eye. As numbers increase, add in fingers, toes, elbows, eyebrows, hair, fingernails, eyelashes etc. For non-readers the cards could have pictures rather than words. Players walk around the room and show their card to another player. If the body parts link up (e.g. torso and arm, foot and toe) then the players link arms or hold onto the other’s clothing. If they do not (e.g. hand and foot) then the players move on. The game continues until all body parts are connected.



Activities

https://www.youtube.com/watch?v=sJfyD3C_SMc – song: Fearfully and wonderfully made

Make your own Mr Potato Head – use a baking potato, PVA glue, pipe cleaners, googly eyes, paint, glitter glue, pompoms, wool, bits of cloth

Make a body flip book



Using a template so that the basic outline is the same, each person can decorate their own body outline in the way they choose. Then all the pictures are combined to make a flip book. You can find the instructions here:

https://www.firstpalette.com/Craft_themes/People/Body_Flip_Book/Body_Flipbook.html

Faith adventure

Discuss – if God made our bodies, what does that mean about how we look after them? Can you write an action prayer to say thank you to God for our bodies?

- What ways can you think of to use different parts of your body to do God's work? Can you write a prayer which could be used by a group of people or just for your own use, which focuses on different parts of the body in turn?
- If God made our bodies, why do some people have disabilities or have problems with parts of their body? What Bible stories do we know of which are about healing? What about when people pray but do not seem to be healed? Can you write an intercessory prayer on this theme?

Walking the Way challenge

Try to complete the 7-day-challenge from One Body resource booklet (page 14) during the week. How many can you do?

Closing activity and prayer

Twister Prayers – See www.godventure.co.uk/prayer-activities/twister-prayers for a prayer using the whole body

Five Finger prayers – made popular by Pope Francis – each finger of the hand can remind us of people we should pray for. When you hold your arms down by your side, the thumb is nearest to the body so the thumb reminds us to pray for those closest to us. The index finger points the way so that finger reminds us to pray for those who teach and help us. The middle finger is taller than all the others so that finger reminds us to pray for those who are in leadership or authority such as politicians. The fourth finger/ring finger is the weakest finger and cannot stand up on its own, so this finger reminds us to pray for those who are weak or need help. And the smallest finger, last of all, is for ourselves.

We go into the world to learn, pray and serve as part of the body of Jesus Christ. Amen




How does the image of the body help us think about disability?

Let's discuss

PILOTS – Friends on Faith Adventures Session 2 Our local church – many gifts

OPENING PRAYER Pilots Prayer or alternative from One Body resource book or:

We are Friends together on Faith Adventures,
exploring our place in God’s Big Story,
journeying together with Jesus.

 **Walking the Way challenge feedback** – how did the group get on? Share stories (leaders and young people).

Discuss – what is a gift or a talent? See if the dictionary definitions match. What gifts or talents do each person in the room have? Describe each other and/or themselves. Discuss what gifts or talents people in the church might have that would help them play their part in the mission of God?

The Big Story (Bible Adventure) 1 Corinthians 12, 12-26

12 Christ is like a single body, which has many parts; it is still one body, even though it is made up of different parts. 13 In the same way, all of us, whether Jews or Gentiles, whether slaves or free, have been baptized into the one body by the same Spirit, and we have all been given the one Spirit to drink.

14 For the body itself is not made up of only one part, but of many parts. 15 If the foot were to say, “Because I am not a hand, I don’t belong to the body,” that would not keep it from being a part of the body.

16 And if the ear were to say, “Because I am not an eye, I don’t belong to the body,” that would not keep it from being a part of the body.

17 If the whole body were just an eye, how could it hear? And if it were only an ear, how could it smell? 18 As it is, however, God put every different part in the body just as he wanted it to be. 19 There would not be a body if it were all only one part! 20 As it is, there are many parts but one body.

21 So then, the eye cannot say to the hand, “I don’t need you!” Nor can the head say to the feet, “Well, I don’t need you!” 22 On the contrary, we cannot do without the parts of the body that seem to be weaker; 23 and those parts that we think aren’t worth very much are the ones which we treat with greater care; while the parts of the body which don’t look very nice are treated with special modesty, 24 which the more beautiful parts do not need. God himself has put the body together in such a way as to give greater honor to those parts that need it. 25 And so there is no division in the body, but all its different parts have the same concern for one another. 26 If one part of the body suffers, all the other parts suffer with it; if one part is praised, all the other parts share its happiness.

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PLAY – Read the reading again as a game of Ladders (See Compass) with team members having the names of parts of the body mentioned in it.

PLAY – The Body of Christ Jenga : see <https://www.rotation.org/topic/body-of-christ—game-lessons-and-ideas>: Body of Christ Game Station

This game involves using Jenga bricks labelled with gifts and acts of service which could build up a church and then seeing what happens as the bricks are pulled out one by one.

Activities:

One church cupcakes – (Recipe opposite)

One body sketch – read the sketch and invent your own version

Decorate jigsaw pieces with a self-portrait and words to describe some of your gifts and talents – link these together and stick them onto a body shaped background to show how it needs everyone to contribute.

Faith adventure

Discuss – Paul wrote this passage from the Bible in a letter to a church where everyone was falling out with each other about who was most important. How does the idea of being the body of Christ help?



Walking the Way challenge

Commit to doing something with someone else as a team to play your part in the mission of God. Maybe you could help someone with the washing up, offer to do a job in church which uses your gifts and talents, share the load in carrying something heavy, encourage someone who's being left out on the playground to join in a game.

Closing activity and prayer

Lego Prayers – using Lego or Duplo, build a model which could be their local church or faith community. Write on the bricks with washable pen the names of people in that church. You could use different colours to represent different groups, organisations and activities that meet in the church. A leader could then draw the ideas together into a short prayer.

Circle of Paper Chain People see <https://www.instructables.com/id/Make-a-circle-of-paper-chain-people/> for instructions. As you turn the circle to each new figure on it, pray for yourself, neighbours, people close to you, people far from you, young people, old people, different countries etc.

We go into the world to learn, pray and serve as part of the body of Jesus Christ. Amen.

One Church Cupcakes

(Makes approx. 18 cakes)

Ingredients

The Treasurer - 6oz / 170g Margarine

The Church Secretary - 6oz / 170g Caster Sugar

The Church Elders - 3 medium Eggs

Jesus - 8oz / 227g Self Raising flour

The Minister - 1 teaspoon of vanilla essence

The People (e.g. Congregations, Pilots, Church helpers) – Cake cases

Decorations – Buildings/Communities

Buttercream (9oz / 250g of Margarine and 9oz / 250g of Icing Sugar)

Decorations – Cocktail sticks and small round pictures of crosses or if you prefer you could use the usual sugar cake decorations e.g. hundreds and thousands to decorate your cakes.

Method

1. Mix together The Treasurer and The Church Secretary until creamy, light and fluffy.
2. Beat The Church Elders together with a fork.
3. Slowly add The Church Elders to The Treasurer and The Church Secretary mixture.
4. Stir in Jesus to the Elders, Treasurer and Church Secretary mixture.
5. Mix in The Minister
6. Put The Church mixture into The People cases.
7. Bake in the oven at 425 °F/ 215 °C/ Gas mark 7 for 15 minutes.
8. Allow the Local Church Cupcakes to cool and then decorate them with The Buildings and Communities.

FUN FACT
It isn't possible to sneeze with your eyes open. Please don't try! It's nearly impossible to tickle yourself. Feel free to try...

ONE BODY DRAMA

- Narrator:** Ladies, Gentleman, boys and girls, it is our great pleasure that we bring to you a brand new production straight from wherever it came from... we present:
- R Hand:** You will be delighted!
- L Hand:** You will be amazed!
- R Foot:** You will be astounded!
- L foot:** You will be mildly amused.
- Narrator:** Come on, we haven't got long... we present:
- Mouth:** The Body!
- Brain:** THE BODY!!!
- Mouth:** I just said that. What did you...
- R Leg:** Well, *I* could have said it – but I didn't.
- L Hand:** No, you couldn't! You're a leg. You're just there to get the rest of us higher.
- Brain:** Yes, you haven't got a leg to stand on...see what I did there?
- L Leg:** That's not fair! Without us you wouldn't be able to climb up stairs to bed. Or skip, or run... Mouths only make noise. Lots and lots of noise. Empty barrels make the most noise, they say.
- Mouth:** Noise? NOISE? You think that's all I do? I'm very important! You'd all be lost without me. I take on fuel so that the rest of you can work properly.
- Stomach:** That reminds me: I'm hungry. Anybody bring any snacks? I've been empty for a while.
- Brain:** Oh dear, who invited the stomach along? Stomach should not be mentioned in polite society.
- R Hand:** All stomach does is grumble. Usually at the most inappropriate times.
- Stomach:** That's not fair. Anyway, it's your fault – you started talking about empty barrels and that got me thinking...
- Brain:** Thinking? Your job isn't to think. MY job is to think!
- Stomach:** I was thinking that I am empty. And when I'm empty it's important to let you know. So I'm letting you know and what are you going to do about it?
- Mouth:** Well, I think I can help you there, you see? You're hungry and all you have to do is ask me to eat and all will be well. That's how important and useful I am.
- L Hand:** Go on then, big mouth. Eat something.
- Mouth:** Well, I would...but I can't just eat anything. I need food.
- R Foot:** Well stop talking and get some food then!
- Stomach:** I'm still empty!
- R Leg:** Come on, Mouth. You keep saying how important you are. Sort it out.
- L Foot:** Or are you all mouth and no action?



Stomach: Excuse me! I'm still hungry!

Mouth: Just get me something to eat, then! One of you must have something...

R Foot: More than my job's worth, Mouth. I'm just a foot

Brain: And I can THINK about getting you food – but I can't actually, you know, GET you food

Mouth: I think this is a job for the hands...

L Hand: Nope, not my job. Try asking the other one. RIGHT Hand thinks he's the bees' knees.

Narrator: Don't bring knees into this! We had enough difficulty filling the roles as it is!

R Hand: How DARE you speak to me like that! I am the right hand! Everyone knows that when you describe someone important you call them the "right hand man"

Narrator: Or woman

L Leg: So get on with being important, then!

Brain: There's some food over there, right hand. Go and pick it up.

Stomach: Still hungry...

L Foot: I'm feeling a bit, y'know, faint...

R Foot: Me, too! And, since we support the rest of you, it'll look stupid if we're too weak

R Hand: But it's too far. I can't reach.

R Leg: Really? What are you looking at us for?

L Leg: Aye. We're only lower limbs.

L Hand: The food is fairly close to me but still out of reach.

Brain: Perhaps we could just move a bit nearer...

Legs & Feet: Move???

Brain: Yes. If you just move us over a little, left hand can pick up the food.

L Leg: Oh, I see. You're the big important ones but now you need OUR help and you just expect us to do what we're told.

Stomach: Hello? Hello? I'm still hungry! Is anyone listening?

Narrator: Ears? Ears? Nope, couldn't fill those roles either...

R Leg: I'm fading away

R Foot: I fear I might drop off if I don't get some energy soon

Brain: We need a plan. If someone could just pick up left foot and move him over there then perhaps right foot could follow and left hand would be near enough to grab some food.

L Leg: That'd be my job. If anyone's going to pick up left foot, it'd be me. And only me.

R leg: If you try moving left foot, I'll try moving right foot – but we need to hurry; I'm feeling very weak.

Narrator: And so left foot was picked up by left leg and, right leg readied right foot and, after a short argument about who should go first, they slowly but surely moved towards the food.

L Hand: That's enough, Legs and feet, I can reach it now. So what happens next?



- Mouth:** Idiot! Pick it up and give it to me!
- R Hand:** Woah, woah, woah! I think you'll find that that is MY job!
- Brain:** Perhaps left hand could pass it to right hand and we could get on with this!
- L Hand:** Okay – but you've got to remember that you need me to get this done.
- R Hand:** Right, here you go, mouth. Now remember your manners and don't talk with your mouth full.
- Narrator:** Is anybody else glad that it wasn't something that needed unwrapping? We'd've been here all night!

Silence while mouth eats

- Brain:** Ah! Peace at last! Stomach has stopped grumbling.
- L foot:** Yes, and I can feel the strength coming back
- R Foot:** It was a bit of a palaver, though, wasn't it? There must be an easier way of doing it. If only we could think...
- Brain:** Think? Think?! That is DEFINITELY my job. I've trained for it and, frankly, none of you are up to the task.
- L Hand:** Well, you say that, but I had to pick up the food – so we all played our part.
- L Foot:** And Left hand couldn't have done that if I hadn't helped to move across the room.
- R Foot:** If only we could work TOGETHER
- Stomach:** Unless I get food, the rest of you can't do what you're supposed to. You just get weak.
- R Hand:** And without me to feed the mouth you wouldn't get any food.
- L Hand:** So maybe we need to take a bit more care of the stomach and right hand ought to look after me so that I can pass things over
- L Leg:** And if you're good to me, and treat me with respect, I'll pick up left foot when we need to go and get food
- Brain:** But we must all do it together. There's no point left foot going one way and right foot going another – we'd never get anywhere!
- Narrator:** And so the body worked out that every part relied on every other part, that all parts were really useful and were needed and, working together, they could do lots of extraordinary, and fun, things.
- R Hand:** I can play the piano – so long as brain will think them out for me.
- L Foot:** And I can kick a ball and score goals – so long as Left Leg gets me to the right position.
- Stomach:** I'll keep the rest of you fit and energised so long as you feed me when I need fuel.
- Brain:** And if you give me strength, I'll try and think out the solutions to some of the little problems we face...
- Narrator:** And so the body learned that, by working together and being nice to each other, they could do amazing things together: Climb mountains, cross rivers, make music, paint pictures, build houses, raise children or, as St Paul once reminded the church in Corinth: 1 Corinthians 12. 12-22

PILOTS – Friends on Faith Adventures

Session 3 – Pilots as an arm of the church

OPENING PRAYER - Pilots Prayer or alternative from One Body resource book or:

We are Friends together on Faith Adventures,
exploring our place in God's Big Story,

 Journeying together with Jesus.

Walking the Way challenge feedback – how did the group get on? Share stories (leaders and young people).

Brainstorm what the group knows about the story of Pilots. Perhaps the group could form a series of tableau illustrating the story. Talk about how the actions of the children in raising money for the ships were them being part of something bigger. How could today's Pilots play their part in the bigger story of God? Missionaries today do a very different job to that of John Williams. What do the group think might be the role of a missionary today – can they be described as missionaries too? Pilots are playing their part in the Mission of God.

The Big Story (Bible Adventure)

Ephesians 4:16

16 He makes the whole body grow and build itself up in love. Under the control of Christ, each part of the body does its work. It supports the other parts. In that way, the body is joined and held together.

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PLAY

- **Island Hopping** – (See Compass) You need one small mat or sheet of newspaper per player, big enough to stand on. Spread these out around the room. Players run around, avoiding these “islands”. When the whistle blows, each player has to find an island to stand on. After the first round, one island is removed while the players are running around so that, when the whistle blows, one player is left “at sea”. This player is now out.
When play begins again, the player who is out goes and stands on one of the available islands and stays there. The game continues until all the islands are inhabited.
- **Building game** – Players are in groups of four or five. The leader calls out the name of a building e.g. house, church, bridge, and the teams each try to make the shape of the building with their bodies.
- **Body tag** – The person who is “on” touches someone and that person then has to hold onto that part of the body whilst trying to help catch others.



Activities

Design a poster for your church showing what Pilots are all about.

Write a prayer to be used at Pilots each week which includes the One Body of Jesus's followers around the world.

Have an outline of a body and write or draw on it all the different gifts and activities you use the body for.

Discover the history of your church by interviewing someone, looking around to find any plaques or stones with dates on them, researching online and looking at local council records to see if you can find any mention of the church.

Make a boat (junk modelling). Collect lots of ‘junk’ (empty cartons, bottles, fabrics etc) and let your imagination run wild. Then find some water to float it.

Make a model of your ideal desert island (use sand, card etc as a base), or make one that is edible!

Find out about a Pilots company in another part of the country and write them a letter.

The song “Build up” is available on a Fischy Music CD <https://www.fischy.com/shop/build-up-cd/>

Faith adventure

The Bible reading mentions building each other up. Discuss ways in which we can do this – for each other within the group, as part of the church, as part of the local community. What words and actions build people up and what might have the opposite effect.

Discuss the benefits of building up other parts of the body – how does it help the whole body be joined and hold together?

Walking the Way challenge

Design and make a card which could have a message on it to thank someone who does something to build up their community, especially if they do it unnoticed (e.g. the people who collect your rubbish, the cleaner in the station toilets, the gardener at church). Try to deliver it to them secretly.

Do another for someone in your family or friendship circle or at school who might benefit from some encouragement or who deserves thanks.

Closing activity and prayer

Create a prayer wall or prayer tree/boat/body and display your written prayers on it. Include:

Prayers for all Pilots and Officers wherever they are

Prayers for the world-wide church

Prayers for your friends and family

Prayers for your friends and family at Pilots

Prayers for your local church

Prayers for your local area

Prayers for your denomination and its leaders

We go into the world to learn, pray and serve as part of the body of Jesus Christ. Amen.



I wonder...


..What we can do to help other people know that they are important too?

PILOTS – Friends on Faith Adventures

Session 4 -The Body of Christ

OPENING PRAYER Pilots Prayer or alternative from One Body resource book or:

We are Friends together on a Faith Adventure,
exploring our place in God's Big Story,
journeying together with Jesus.

 **Walking the Way challenge feedback** - how did the group get on? Share stories (leaders and young people)

Introduction – think about special meals we eat to remember special things – birthday cake to remember a birth, Easter Eggs, Christmas Dinner. Some meals are special because we gather together to eat them, too. Most Christians believe that communion (eating bread and drinking wine or juice) as a part of a church service is a way of remembering that Jesus is with us. Jesus was celebrating the Passover meal with his friends shortly before he was arrested and killed. Members of the Jewish faith celebrate the Passover with a meal every year. It commemorates the Jews being freed from slavery in Egypt.

Christians call this meal that Jesus had with his closest friend “The Last Supper” and we remember it by taking communion as part of a worship service because Jesus particularly asked us to remember him this way. We take communion at church to honour the sacrifice that Jesus made by dying on the cross so that our sins may be forgiven. And we remember that, although Jesus died on the cross, he rose again (at Easter) and is with us still. Bread is a really important part of people’s diet in all parts of the world.



The Big Story (Bible Adventure)

14 When the hour came, Jesus and his apostles took their places at the table. 15 He said to them, "I have really looked forward to eating this Passover meal with you. I wanted to do this before I suffer. 16 I tell you, I will not eat the Passover meal again until it is celebrated in God's kingdom."

17 After Jesus took the cup, he gave thanks. He said, "Take this cup and share it among yourselves. 18 I tell you, I will not drink wine with you again until God's kingdom comes."

19 Then Jesus took bread. He gave thanks and broke it. He handed it to them and said, "This is my body. It is given for you. Every time you eat it, do this in memory of me." Luke 22, 14-19

Scripture taken from the Holy Bible, NEW INTERNATIONAL READER'S VERSION®. Copyright © 1996, 1998 Biblica. All rights reserved throughout the world. Used by permission of Biblica.

PLAY – The King Says (see The Compass)

This game is the same as "Simon Says". Players must do what the King says but must not respond to instructions without the King's permission.

Craft, drama, music activities

Watch <https://youtu.be/SigoALSS1R8> a cartoon retelling the story of the Last Supper.

Make your own unleavened bread. It takes about 15 minutes to bake and there are plenty of recipes on the internet that tell you how. Or you can follow this recipe:

Ingredients: 1 cup of flour, 1/3 cup of vegetable oil, 1/3 cup of water, 1/8 tsp salt

Directions: Preheat oven to 425 degrees F/220 degrees C. Line a baking sheet with parchment paper. Mix flour, oil and salt together in a bowl. Add water and mix using a knife until dough is soft. Form dough into 6 balls and press onto the baking sheet using your hands. Bake in the oven until cooked – 8-10 minutes.

If you roll out the dough very thinly on the baking sheet and cook for a few extra minutes you will have made Matzo – a traditional Jewish cracker-bread.

While you are making it, talk about what you learned in the story and also how the individual ingredients mix together to form something new, each bringing something different to the mix.

Design a plate for a communion service with pictures on it of some of the stories of Jesus' life.

Write a prayer to say as grace for a meal.

FUN FACT

Hugging releases a chemical which helps to heal physical wounds and helps us to trust one another.

Let's discuss

If some parts of our body are essential for life (e.g. heart and lungs) and some parts are practical for living (e.g. hands and ears), are you an essential part of the body of Christ or a practical one?

FUN FACT

The number of chromosomes people have is 46. Peas on the other hand have 14, while crayfish have 200.

Faith adventure

Invite the minister or someone else from your church to share what they believe communion is all about.

Discuss – how old do you think you need to be to take communion and why?

- Do you need to be in church to celebrate communion?
- Why is eating together important for families and groups?
- Why do you think Jesus chose bread as a symbol for his body?

WALKING THE WAY CHALLENGE



Eat a meal together as a family around a table this week – everyone together and no distractions like TV or phones – and talk to each other. Remember to thank the person who makes the meal and to thank God for the food that we eat. Volunteer to do the washing up or load the dishwasher without needing to be asked.

Closing activity and prayer

Jellybeans prayer

Give each person five jelly beans or jelly babies of the colours mentioned below. As they eat each one, they should pray accordingly:

Green – thank God for one good thing in your life

Brown/Black – say sorry to God for anything you may have done wrong

Blue – pray for a friend or neighbour in need

Red – pray for someone you love

Yellow – ask for God's help with something that's worrying you or that you need help with



Parade Service “One Body”

Reception of Union Flag and Unit Flags/Pennants

Welcome and Introductory verse/sentence

Song “Make me a channel of your peace”

Opening prayer (Suitable prayer from a book or ROOTS material)

“Sorry” prayer (as above)

Expression of forgiveness (as above)

Reading 1 Corinthians 12 v 12-20 (Good News or The Message)

Talk (<https://www.sermons4kids.com/body-of-christ.html>)

Song (https://www.sermons4kids.com/hokey_pokey_jesus_song.pdf)

Activity (To help make the point that we are all individuals but part of the whole body; each of us has something to give and is important)

Prepare a group of branches from a DEAD tree securely at the front in a bucket of sand; the exact number and size will depend on the size of your group. Prepare and give to each person present a leaf shaped piece of green paper with a punched hole in the side with a piece of wool strung through and tied securely (but carefully!) and a pen; at this point in Parade ask each person to think about something they are good at or can give to the group/unit and write it down on their “leaf”. When they are ready ask them to CAREFULLY come up to the front and attached them to a branch. Finish by emphasising that the tree is better and more complete with all the individual leaves attached.

(Alternately, draw a large bare tree and have the individual leaves clued to the branches with stick glue and get some Leaders or older members to hold it up at the end)

“Please” prayers (The World, Our Community, Individuals who are in trouble ie ill, starving, living in war zone, Ourselves).

The Lords Prayer.

Song “One More Step”

Blessing (appropriate from a book)

Collection of Union Flag, Unit Flags and Pennants

National Anthem (brings us together as one national family)

Have copies of this leaflet available to give out to everyone

(https://www.sermons4kids.com/family_of_god.htm)

Uniformed Organisations

Brownies – Discovering Faith badge and Guides – Faith Awareness badge



These badges encourage Brownies and Guides to learn more about a faith community and their own views and beliefs. They could complete part of this badge by participating in an all age worship on the One Body theme or writing a prayer or reflection.

World Guiding badge



Guides and Brownies could be encouraged to see themselves as part of the body of Guiding around the world. This badge considers their place in that body and encourages them to find out more about other parts of the body in other countries.

World Issues Badge



This badge encourages Brownies and Guides to think about issues that affect the whole world and their part in making a difference. They could be encouraged to consider what they can do as part of the worldwide body to support those who are suffering from difficulty, danger or injustice around the world.

The Reflect Staged Badges

are all about knowing your own skills and abilities and how they fit in with your unit/your community. Perhaps this could be an opportunity to reflect on the gifts that each individual contributes and how their



strengths and weaknesses play out as part of a team

https://www.girlguiding.org.uk/globalassets/docs-and-resources/programme-and-activities/badges/gfi_fivesenses.pdf

Please note: the girlguiding programme is due to change in September 2019 when some of these badges will become obsolete

Community Impact Staged badge

This badge gives Beavers, Cubs, Scouts and Explorers an opportunity to use their individual gifts, skills and talents to work as part of a team to make a contribution to the local community and meet a need.



My Faith Activity Badge

The theme of One Body could be used to give context to a part of this badge. A Beaver, Cub or Scout could contribute to a parade service on this theme or write



a poem, prayer or meditation on the theme.

Global issues badge

Developing the theme of One Body to consider our role as individuals within our world and our responsibility towards others. "When one part suffers, the whole body suffers". This badge encourages Beavers, Cubs, Scouts and Explorers to engage with social justice issues around the world.



Teamwork challenge award

This challenge award lends itself perfectly to the theme of One Body as Beavers, Cubs and Scouts explore what it means to be part of a team and to carry out a challenge or a task working as a team. Explorer Scouts can explore the issue of teamwork further through the SKILLS challenge area.



One Body – in Scouting and Guiding

Scouting today has 31 million members worldwide in 216 countries and territories. There are only 5 countries where scouting does not exist one is Andorra where the children and young people all do their Scouting in France. The other four are, Peoples Republic of China, Cuba, Democratic People’s Republic of Korea and Loa People’s Democratic Republic where Scouting is not allowed. Guiding has 10 million members worldwide in 150 countries

What unites both organisations is that all members make a promise and follow the Scout/Guide Law. The wording of these varies slightly from country to country but they all include loyalty to faith/belief and country, serving others and obeying the laws. The other unifying feature for both movements is their World Membership Badges, Scouts with the arrowhead badge (often referred to as a fleur de lys) and guides with the trefoil.

These badges are worn by Guides and Scouts around the world.

The design of the badges has considerable significance not least that both badges have three leaves which are a reminder of the three parts of the promise.

Information about the symbolism of these World Badges is available on the respective web sites.

Scout World Badge:

www.scouts.org.uk click on “members” and then insert in the search box “World Membership Badge” and follow the links.

Guide World Badge:

Google Search - World Guide Badge click on symbols of movement



or World Guide Association Pin fact sheet and colouring page.

The symbolism of the badges can be used during Church Parades or in other situations when talking to Scouts and Guides.



Brigades

Perhaps you could develop the One Body theme as you prepare to undertake the (Top) Team Challenge this year.



How do we recognise what gifts, skills and talents we bring to our team and the gifts, skills and talents of others? How do we ensure that everyone has a part to play and is valued?

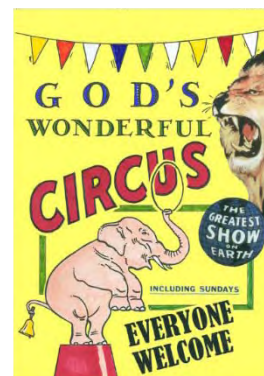


The Gazette and the Brigade websites have many resources, games and reflections to encourage children and young people to explore the theme of One Body. There is considerable emphasis on working together, on exploring

your God given gifts and talents, of developing faith and relationship with a church family.

Prayer from a GB member: Lord, I thank you for Girls’ Brigade. It’s a home from home, my place of peace, a sanctuary of safety. If I’m down it lifts me up. If I’m upset it calms me down. Lord, I thank you for the leaders, they do Your work and channel Your words to us, guide us and show us Your way. Lord, I ask you to bless every member, current, past or yet to join. Help us to find Your family and become a member. Help us to seek, serve and follow Christ. In Your name, Amen.

God’s Wonderful Circus is a fantastic parade service put together by Sutton Coldfield URC. It involves each section of the Guide and Scout movement associated with the church in preparing a short circus act during their meetings leading up to the service.



As each act is performed as part of the service, a token from the act is brought forward and used to build up a symbolic representation of the crucifixion.

If you have uniformed organisations who might enjoy working on a collaborative project like this, the script and instructions will be available for you on the resources page of our website.

If your church prefers a more formal style of parade service, a sample is provided on page 30.

SOUVENIR PROGRAMME	
Introduction:	ALL GLORY
Prayer:	Revelation
Psalm:	Stanzas
High Mass:	Stanzas
Collection:	Stanzas
Wishes:	Stanzas
Announcements:	Stanzas
The Cross of Life:	Stanzas
Prayer:	Stanzas
Communion:	Stanzas

Meditation

1 Corinthians 12, 27 – try reading this line from the reading, putting the emphasis on a different word in the phrase each time. Think about how the meaning changes slightly each time you read it.

Now you are the body of Christ
Now **you** are the body of Christ
Now you **are** the body of Christ
Now you are **the** body of Christ
Now you are the **body** of Christ
Now you are the body **of** Christ
Now you are the body of **Christ**

A prayer of confession

Lord God, your world is full of beautiful gifts,
but sometimes we just do not see.
We are sorry, Lord.
Help us to see with your eyes.

Sometimes we take our gifts for granted,
see them as our own property,
we boast about them
when we should be using them for the benefit of others.
We are sorry, Lord.
Help us to live in your love.

Sometimes we know you are calling us to use a gift,
but we hold back and someone suffers.
We are sorry, Lord.
Help us to be brave in your love.

Sometimes we use our gift
when we should be giving someone else
the chance to use theirs.
We are sorry, Lord.
Help us not to be too proud to step back.
Amen.

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We are One in Christ

Sam Hargreaves (Engage Worship)
<https://www.engageworship.org/ideas/are-one-christ-poem>

We are many,
God's great diversity,
yet we are one in Christ.

Different faces,
different races,
yet we are one in Christ.

Butchers, bakers,
website makers,
bankers, tailors,
teachers, sailors,
yet we are one in Christ.

Fathers, mothers,
sisters, brothers,
single, married,
broken, carried,
yet we are one in Christ.

The happy, the clappy,
the barely out of nappies,
the ancient, the modern,
the famous, the forgotten,
yet we are one in Christ.

Some hopeful, some hopeless,
some cope well, some cope less.
Some sure and some doubt,
some whisper, some shout,
yet we are one in Christ.

Those with abundance,
those with need,
those who are generous
or wrestle with greed,
yet we are one in Christ.

Elbows, tummies, knees and noses,
kidneys, femurs, teeth and toeses.
Some unmentionable, some protected,
some accepted, some rejected,
yet we are one in Christ.

A broken body,
torn apart,
mars God's image,
breaks God's heart.
And yet our Father knows how the

end will be,
when all his kids will sing in harmony,
the bride will dazzle, her branches bloom,
so add your voice to hymn the tune

that we are one in Christ

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One Body

Dave Hopwood (Engage Worship)
Some bits are visible, while some are plain unseen,
some heroic, others less, if you know what I mean.
Whether liver, heels, legs or heart,
we all play a vital part.
Fingerprints or backs of hand,
all necessary in God's great plan.
All valued, from the smile to the spleen.
All part of God's body, God's building, God's team.

Some give, some help, some teach, some listen,
some mend, some fix, some bake, some christen.
Some encourage, some lift up, some trust, some pray,
some are loud, some quiet, some sing, some say.
We need the strong and the fast, the gentle and small,
each one called to be part of us all.

All valued, all gifted, whether seen or unseen.
All part of God's body, God's building, God's team.

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You Have A Part To Play

Each one of God's children
Has a special part to play,
Whether it be great or small,
We are needed every day
If your part seems very small,

Don't feel you're insignificant
Don't feel that you can't offer much
And you wouldn't make a difference
Though you're tempted to give up
And let another take your place,
Remember, God gave you your gifts
And you cannot be replaced
And these gifts that God has given,
He longs for you to share
You're just as important as anyone,
So don't be in despair

The only one who matters most
Is watching for your part,
With much anticipation
And excitement in His heart
So do not disappoint Him
By not taking your cue,
Though you think it unimportant,
This part is made for you
Don't let God walk away
With a disappointed heart
Because you felt so unworthy
Of your very special part
The parts that we've been given
Isn't based on size at all,
But rather on the abilities
And the gifting of the Lord
For each part is important
To make the whole thing work,
So do your part with enthusiasm
And know that you have worth.
© By M.S.Lowndes

A prayer for schools to use

This is our school, Let peace dwell here, Let the room be full of contentment. Let love abide here, Love one another, Love of all peoples, Love of life itself, And love of God. Let us remember, That as many hands build a house, So many hearts build a school. (traditional)

Good Morning, Jesus

Jesus, you are good and wise
I will praise you when I rise.
Jesus, hear this prayer I send
Bless my family and my friends.
Jesus, help my eyes to see
All the good you send to me.
Jesus, help my ears to hear
Calls for help from far and near.
Jesus, help my feet to go
In the way that You will show.
Jesus, help my hands to do
All things loving, kind, and true.
Jesus, guard me through this day
In all I do and all I say.
Amen.
– Author Unknown

This Church is a family

Dear God,
This church is a family.
Help us to learn together
To worship together
To share together
To play together
To pray together
To come together
And to reach out to everyone with family love!
Amen.

You Made Me

Dear God,
You made me,
To jump for joy,
To sing happy songs,
To run fast,
To climb high,
To spin and twirl.
You made me
To dance with excitement,
To clap with thanks,
To laugh lots,
To shout loud,
To be a brilliant me!

(a short prayer for children from www.lords-prayer-words.com)

(a short prayer for children to say from www.lords-prayer-words.com)

Grace before meals

Bless the food before us
The family beside us
And the love between us
Amen.
– Author Unknown



Below are an assortment of hymns, songs, choruses and chants which you may find useful in a variety of settings including preparing worship. Wherever possible we have shared where these songs can be found. Action songs are highlighted in bold.

We were strangers (One Body) – Cathy Summers & Matt Osgood https://www.resoundworship.org/song/we_were_strangers_one_body

Come you thankful people

https://www.resoundworship.org/song/come_you_thankful_people

We are the body of Christ – Scott Wesley Brown

<https://youtu.be/e66IMYOSEpo>

Jesus Hokie Pokie Song

<https://youtu.be/VAdvwa78UGg>

The Body – Steven Curtis Chapman

<https://youtu.be/t4ICyT28tdl>

If we are the body, why aren't his hands reaching – Casting Crowns

<https://youtu.be/kAWeHo8E7OE>

Every Move I Make I Make in You – Hillsong / David Crowder Band

<https://www.youtube.com/watch?v=MPvnZILn6EY>

Hands to work and feet to run https://hymnary.org/text/hands_to_work_and_feet_to_run

Two little eyes to look to God

https://hymnary.org/text/two_little_eyes_to_look_to_god

If you're happy and you know it, clap your hands

This is me (Greatest Showman)

God be in my head and in my understanding (Book of Hours, 1514)

With God's Power Working In Us, Doug Horley on Doug Horley's Top 50

Awesome Action Songs <https://www.youtube.com/watch?v=Ra6ZRSfsHPg>

I am the Church, You are the Church (A gift to you) <https://www.youtube.com/watch?v=n3iG1gkW9R0>

Hands hands fingers thumbs – Doug Horley <https://youtu.be/erILMUxgEHM>

The Way, Tim Hughes on Pocketful of Faith <https://youtu.be/qRURNloLDsl>

O Church Arise, Keith and Kristyn Getty on Facing A Task Unfinished <https://youtu.be/MZmS81yLjMg>

One is the Body and one is the Head – John L Bell (Singing the Faith 688)

All Praise to our Redeeming Lord

As we are gathered, Jesus is here (Complete Mission Praise 38)

Bind us Together (Complete Mission Praise 54)

For I'm building a people of Power (Complete Mission Praise 151)

Open our eyes, Lord (Complete Mission Praise 545)

You shall go out with Joy (Rejoice and Sing 415)

Born in Song (Singing the Faith 21)

God who made the stars of heaven (Singing the Faith 7)

He Gave Me Eyes (Come & Praise 18)

Everybody's body – Fischy Music (We're on This Road CD - £10) <https://www.fischy.com/>

I'm the only I, you're the only you – Fischy music (Something Fischy CD - £10)

<https://www.fischy.com/>

On a Sunday Morning – Fischy Music (Songs for Life subscription only) <https://www.fischy.com/>

Hymn of the senses (To the tune Wiltshire)

Through all the changing scenes of life
We see God's world revealed
Without our sight we could not see
God's love is all around
Through all the changing scenes of life
Our ears detect the change
Through noises, tone and harmonies
God's surely better known
Through all the changing scenes of life
Our tastes may change with time
Through pleasures of each meal and snack
We learn that God provides.
Through all the changing scenes of life
We touch and smell all things
The rough the smooth, the sweet the sour
Teach us that God is good.
Through all the changing scenes of life
Our senses help us learn
How great is God who made us all
His world is ours to share.
(Sally Watson, Garstang URC – reproduced with permission)

Words are wonderful

(Smiles are Superb! CD Inanotherplace) <https://youtu.be/x03w7gWUxrk>

Words are wonderful
Smiles are superb
But where are your hands and feet? says God
Heart strings may be pulled
Feelings may be stirred
But where are your hands and feet?
I need your hands and your feet
to care for people that you meet
I need your head, knees and toes to go
Wherever you go and show
My love to all the world

One Body !

1st Corinthians 12:12-31

tune: "Give me oil in my lamp"

Called by Jesus to live as one body
with a unity all can share,
but to glory in ev'ryone's diff'rence;
treat each other with respect and care!
Each one giving, each receiving,
build one body with the love of God;
each one list'ning, each one learning,
body-building for our God!

(all shout): "**One Body!**"

Called by Jesus to value each other,
showing honour to each and all,
but with extra respect where it's needed
to affirm the ones who feel too small.
Mutual caring, mutual sharing,
growing daily in the love of God;
mutual list'ning, mutual learning
body-building for our God!

(all shout): "**One Body!**"

Called by Jesus to work as one body,
using gifts that the Spirit gives,
as we build up Christ's body together,
winning others to the One who lives!
Each possessing Spirit blessing,
helping others find the love of God;
each one list'ning, each one learning
body-building for our God!

(all shout): "**One Body!**"

Written 30/1/00 for a day conference at Elmwood
URC in Birmingham where we looked at tensions in
Corinth & how Paul wanted to re-affirm diversity as the
basis for fellowship unity by picturing the body.

SING HOSANNA! (MP167, R&S523, H&P492, STF76,
BP&W530, HO&N153)



Videos and other resources

- <https://youtu.be/uFSY-41pVzw> **Mr Potato Head** – 1 Corinthians 12, 12-27 for kids
- <https://youtu.be/YA5Rj7YcN-I> **Animated 1 Corinthians 12**, 12-27 from The Message Bible
- <https://youtu.be/jgnXHV sSXXO> A sketch by a youth group showing how the parts of the body work together to do good, none can do it on their own.
- <https://youtu.be/VX0S2Ihsa2Y> **One body many parts** – a sketch by a youth group where they stand in a line as a machine, each one doing a different movement and then tagging the next. When one person is taken out of the line, the machine ceases to work.
- <http://www.allageworshipresources.org/wp-content/uploads/2015/11/DRA003-Im-not-an-eye.pdf>

Drama script by Jane Hulme

available on www.allageworshipresources.org This short drama illustrates what happens when different parts of the body go on strike. It needs one person "on stage" as the body and five offstage voices.



INTRODUCTION

The apostle Paul travelled to lots of different places across the Roman Empire, telling people about Jesus and setting up new churches. He set up a church in the powerful and wealthy city of Corinth but when he left to go to Ephesus, things started to go wrong and different groups within the church started falling out with each other. A group went to find Paul and tell him, taking with them a letter full of questions from the church and this reading is part of his reply giving them advice.

THE MESSAGE (Navpress)

This is a modern-day paraphrase rather than a translation. The Message tries to capture the Word in the language we use today.

12-13 You can easily see how this kind of thing works by looking no further than your own body. Your body has many parts—limbs, organs, cells—but no matter how many parts you can name, you're still one body. It's exactly the same with Christ. By means of his one Spirit, we all said good-bye to our partial and piecemeal lives. We each used to independently call our own shots, but then we entered into a large and integrated life in which he has the final say in everything. (This is what we proclaimed in word and action when we were baptized.) Each of us is now a part of his resurrection body, refreshed and sustained at one fountain—his Spirit—where we all come to drink. The old labels we once used to identify ourselves—labels like Jew or Greek, slave or free—are no longer useful. We need something larger, more comprehensive.

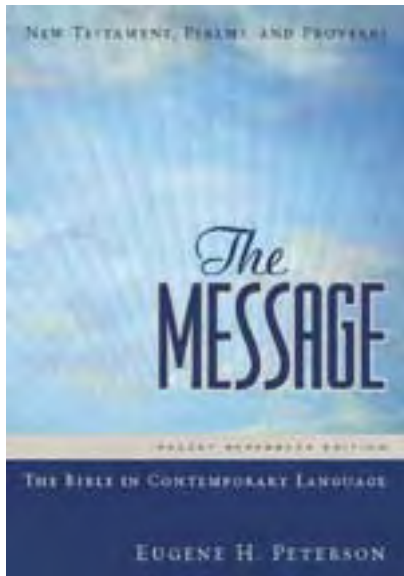
14-18 I want you to think about how all this makes you more significant, not less. A body isn't just a single part blown up into something huge. It's all the different-but-similar parts arranged and functioning together. If Foot said, "I'm not elegant like Hand, embellished with rings; I guess I don't belong to this body," would that make it so? If Ear said, "I'm not beautiful like Eye, limpid and expressive; I don't deserve a place on the head," would you want to remove it from the body? If the body was all eye, how could it hear? If all ear, how could it smell? As it is, we see that God has carefully placed each part of the body right where he wanted it.

19-24 But I also want you to think about how this keeps your significance from getting blown up into self-importance. For no matter how significant you are, it is only because of what you are a part of. An enormous eye or a gigantic hand wouldn't be a body,

but a monster. What we have is one body with many parts, each its proper size and in its proper place. No part is important on its own. Can you imagine Eye telling Hand, "Get lost; I don't need you"? Or, Head telling Foot, "You're fired; your job has been phased out"? As a matter of fact, in practice it works the other way—the "lower" the part, the more basic, and therefore necessary. You can live without an eye, for instance, but not without a stomach. When it's a part of your own body you are concerned with, it makes no difference whether the part is visible or clothed, higher or lower. You give it dignity and honour just as it is, without comparisons. If anything, you have more concern for the lower parts than the higher. If you had to choose, wouldn't you prefer good digestion to full-bodied hair?

25-26 The way God designed our bodies is a model for understanding our lives together as a church: every part dependent on every other part, the parts we mention and the parts we don't, the parts we see and the parts we don't. If one part hurts, every other part is involved in the hurt, and in the healing. If one part flourishes, every other part enters into the exuberance.

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NEW INTERNATIONAL READERS VERSION (Biblica)

The NIRV is based on the NIV. It uses the words of the NIV wherever possible but when the words were too long or complicated, the writers used shorter or easier words with the same meaning. They also made the sentences shorter. This makes the NIV easier for everyone to read and understand. An accessible version of the New Testament is also available)

12 There is one body, but it has many parts. But all its many parts make up one body. It is the same with Christ. 13 We were all baptized by one Holy Spirit. And so we are formed into one body. It didn't matter whether we were Jews or Gentiles, slaves or free people. We were all given the same Spirit to drink. 14 So the body is not made up of just one part. It has many parts.

15 Suppose the foot says, "I am not a hand. So I don't belong to the body." By saying this, it cannot stop being part of the body. 16 And suppose the ear says, "I am not an eye. So I don't belong to the body." By saying this, it cannot stop being part of the body. 17 If the whole body were an eye, how could it hear? If the whole body were an ear, how could it smell? 18 God has placed each part in the body just as he wanted



it to be. 19 If all the parts were the same, how could there be a body? 20 As it is, there are many parts. But there is only one body.

21 The eye can't say to the hand, "I don't need you!" The head can't say to the feet, "I don't need you!" 22 In fact, it is just the opposite. The parts of the body that seem to be weaker are the ones we can't do without. 23 The parts that we think are less important we treat with special honour. The private parts aren't shown. But they are treated with special care. 24 The parts that can be shown don't need special care. But God has put together all the parts of the body. And he has given more honour to the parts that didn't have any. 25 In that way, the parts of the body will not take sides. All of them will take care of one another. 26 If one part suffers, every part suffers with it. If one part is honoured, every part shares in its joy.

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GOOD NEWS BIBLE – THE YOUTH EDITION (Bible Society/Youth for Christ)

12 Christ is like a single body, which has many parts; it is still one body, even though it is made up of different parts. 13 In the same way, all of us, whether Jews or Gentiles, whether slaves or free, have been baptized into the one body by the same Spirit, and we have all been given the one Spirit to drink.

14 For the body itself is not made up of only one part, but of many parts. 15 If the foot were to say, "Because I am not a hand, I don't belong to the body," that would not keep it from being a part of the body. 16 And if the ear were to say, "Because I am not an eye, I don't belong to the body," that would not keep it from being a part of the body. 17 If the whole body were just an eye, how could it hear? And if it were only an ear, how could it smell? 18 As it is, however, God put every different part in the body just as he wanted it to be. 19 There would not be a body if it were all only one part! 20 As it is, there are many parts but one body.

21 So then, the eye cannot say to the hand, "I don't need you!" Nor can the head say to the feet, "Well, I don't need you!" 22 On the contrary, we cannot do without the parts of the body that seem to be weaker; 23 and those parts that we think aren't worth very much are the ones which we treat with greater care; while the parts of the body which don't look very nice are treated with special modesty, 24 which the more beautiful parts do not need. God himself has put the body together in such a way as to give greater honour to those parts



that need it. 25 And so there is no division in the body, but all its different parts have the same concern for one another. 26 If one part of the body suffers, all the other parts suffer with it; if one part is praised, all the other parts share its happiness.

Scripture Quotation taken from the Good News Translation® (Today's English Version, Second Edition) © 1992 American Bible Society. All rights reserved.

THE BARNABAS CHILDREN'S BIBLE (Anno Domini Publishing Services / BRF)

Presents a continuous thread from 'Genesis' to 'Revelation' in chronological rather than biblical, order. This children's Bible contains retellings of familiar and less well-known Bible passages that could be used as daily readings or as a dip-in read, providing an ideal transition from a book of Bible stories to the text and layout of an adult Bible.

Paul wrote to the Christians in Corinth while he was in Ephesus.

He had heard that some of the new Christians were jealous of each other and were arguing among themselves. Paul wanted to show them how important it was for them to care about each other and work together peacefully:

'Christ is like one body that is made of many different parts. We were all baptized so that we are part of that body and we were all given the Holy Spirit.

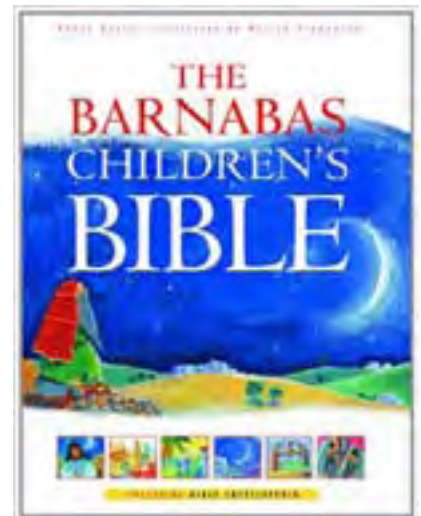
'Each part of the body has its own special place; each part is important. If each part works and does its job well, the whole body works well, but if any part fails to do its job, the whole body suffers.

'So it's not good if the foot decides it cannot be a part of the body because it is not a hand; and it is no good if the ear decides it cannot be a part of the body because it is not an eye. If the whole body were an eye, it could not hear; if the whole body were an ear, it could not smell.

'In just the same way, one part of the body cannot decide that another part is not important or doesn't belong in the body. The eye cannot tell the hand that it is not needed; the head cannot tell the feet that they are not needed.

'Every one of you is part of the body of Christ. God has given each one gifts to use for the good of everyone else. We all need each other. We suffer together and we are happy together. God has given us each other so that his work can be done.'

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One Body Bible Study

1 Corinthians 12

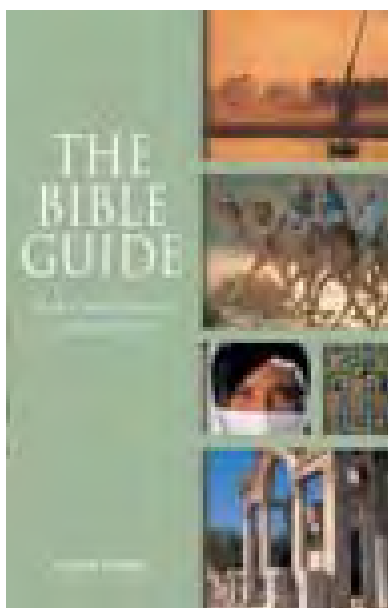
Aim – explore Paul’s metaphor ‘one body with many parts’ and go a little deeper with the common ground or connecting factor behind the one body unity notion. Looking back at the promise of the Holy Spirit, Baptism in the Holy Spirit, and the Last Supper and the unifying aspect of communion and Jesus’ words of one bread and one cup.

A brief background and context of Corinth is provided, including the challenges which the early church was experiencing. Sourced from:

Mettle – Guide to the Bible, Pg 153



The Bible Guide, Andrew Knowles, Pg 576, 586



Consider the cultural and social make-up of the community in Corinth, being diverse, competitive (noting the sporting roots of the region), jealousy, immorality, pride, selfishness, and the rivalry between differing groups. The continuing pagan practices are also prevalent.

Paul arrived in Corinth following time in Athens and stayed for about eighteen months. Paul was instrumental in the formation of the church in Corinth.

Those participating in the Bible Study could split into two or more groups to explore (based on the NLT translation):

Group A

Luke 24 v44-49

Jesus explaining what was written, and that the Holy Spirit will be sent to fill the disciples with ‘power from Heaven’.

Acts 1 v1-9

The promise of the Holy Spirit, and Jesus’ ascension (Recap)

Acts 2 v1-12

The Holy Spirit comes, Pentecost and the birth of the Church

Group B

1 Corinthians 11 v17-26

Order at the Lord’s Supper

Matthew 26 v17-30

The Last Supper

Luke 22 v7-20

The Last Supper

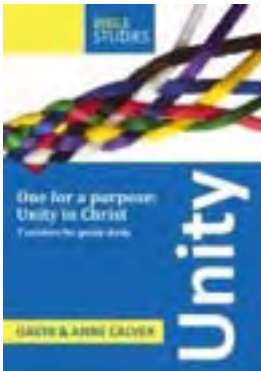
The groups explore the various passages and discuss what stands out to them in relation to the ‘one body’ concept. Jot down all points onto flip chart sheets or other visual means.

Each group present to the other, providing a bite size synopsis of the passages and how they feel they link with the one body concept, helping the other group to understand the links.

Further discussion, to tease out the importance of the Holy Spirit being the common ground. Does the 1 Corinthians 12 passage now say more to them, knowing the background context etc?

Watch Nooma 'Rhythm' DVD or <https://www.youtube.com/watch?v=uZim8MQQ5es> allowing time after for personal reflection.

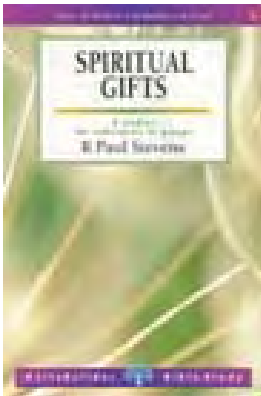
Other Reading Material:



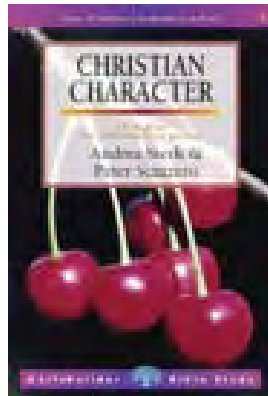
Unity Bible Study
Gavin & Anne Calver



Cover to Cover Bible Study
Christine Platt



Spiritual Gifts
R Paul Stevens



Christian Character
Andrea Sterk & Peter Scazzero

Further Links and other Bible Passages:

Mark 12 v 28-31

The Greatest Commandment

1 Corinthians 13

Love is the Greatest

Acts 18

Paul in Corinth

Romans 12:1-8

One body, many gifts



Whether
it is
necessary to go to
church to be part of
the body

Let's
discuss

Bible study for young people based on Youth Assembly 2019 Small Group Material

Our small groups are focusing on the theme of Youth Assembly, One body: We are all in this together. All the session will focus on the bible passage 1 Corinthians 12, but will be explored in different ways in each session to allow all to engage. Please feel free to adapt the small groups session plan to suit your group dynamics and make any reasonable adjustments for individuals where necessary. These could be used in conjunction with the accompanying Youth Exec Bible Resource

Session 1 (15 mins)

- Hello and check everyone is okay
 - Leader to introduce themselves-name, where from, role, that you will be around to support everyone
 - Ice breaker activity: Web of wool-Leader to start with ball of will stating their name, role/link to church and favourite food, then pass the wool to another member and ask them to answer same questions, everyone to keep hold of the wool during their turn creating a web
 - Discuss: The web shows how, everyone is connected within the church and URC Youth
- Prayer: (all say together)
- Loving God, I thank You that I am part of Your body and for the gifts You have graciously bestowed on each one of Your children. I pray that I may use the gifts You have given me to encourage and edify the body of Christ to Your praise and glory, in Jesus name, Amen
- Resources:
- wool
 - copy of prayer for everyone (to use and take away)

Session 2 (30 mins)

- Quick hello and check everyone is okay, quick reminder of names
 - Ice breaker game: Which do you prefer?
- Everyone stands in a line down the centre of the room and then jumps to one side or the other for each question. Idea is everyone has to make a quick decision.
- Ask questions below. Each statement has two choices of which you prefer. One side or the room/group is the first response and the other side is the other option. You move to side of the room that you prefer.
- Chocolate or marshmallows
Cats or dogs
North or South
Good News Bible or New International Version
KFC or McDonalds
Pizza or pasta
Long hair or short hair
Mayo or Ketchup
Rend Collective or Hillsong worship
Ben and Jerrys cookie dough ice cream or Percy Pigs
- Reorder the passage- 1 Corinthians 12, cut into pieces and all attempt to reorder, can use the bible if needed
 - Playdough- encourage someone to read the passage to everyone, everyone moulds their playdoh into the part of the body they feel they are, or into something that represents the role they have in church/group, ask everyone to share what they have made and why if they feel comfortable.
1. Do you think Jesus and his disciples made a good team? Is there any other bible evidence to support this?
 2. Why do you think Paul wrote this section, about one body, in the letter to the people of Corinth?
 3. How do you feel about the line "On the contrary, we cannot do without the parts of the body that seem to be weaker"? Do you value and know our weaknesses?
- *If a few people within your group

have a few different versions of the passage 1 Corinthians 12 see how different the passages are.

-Prayer:

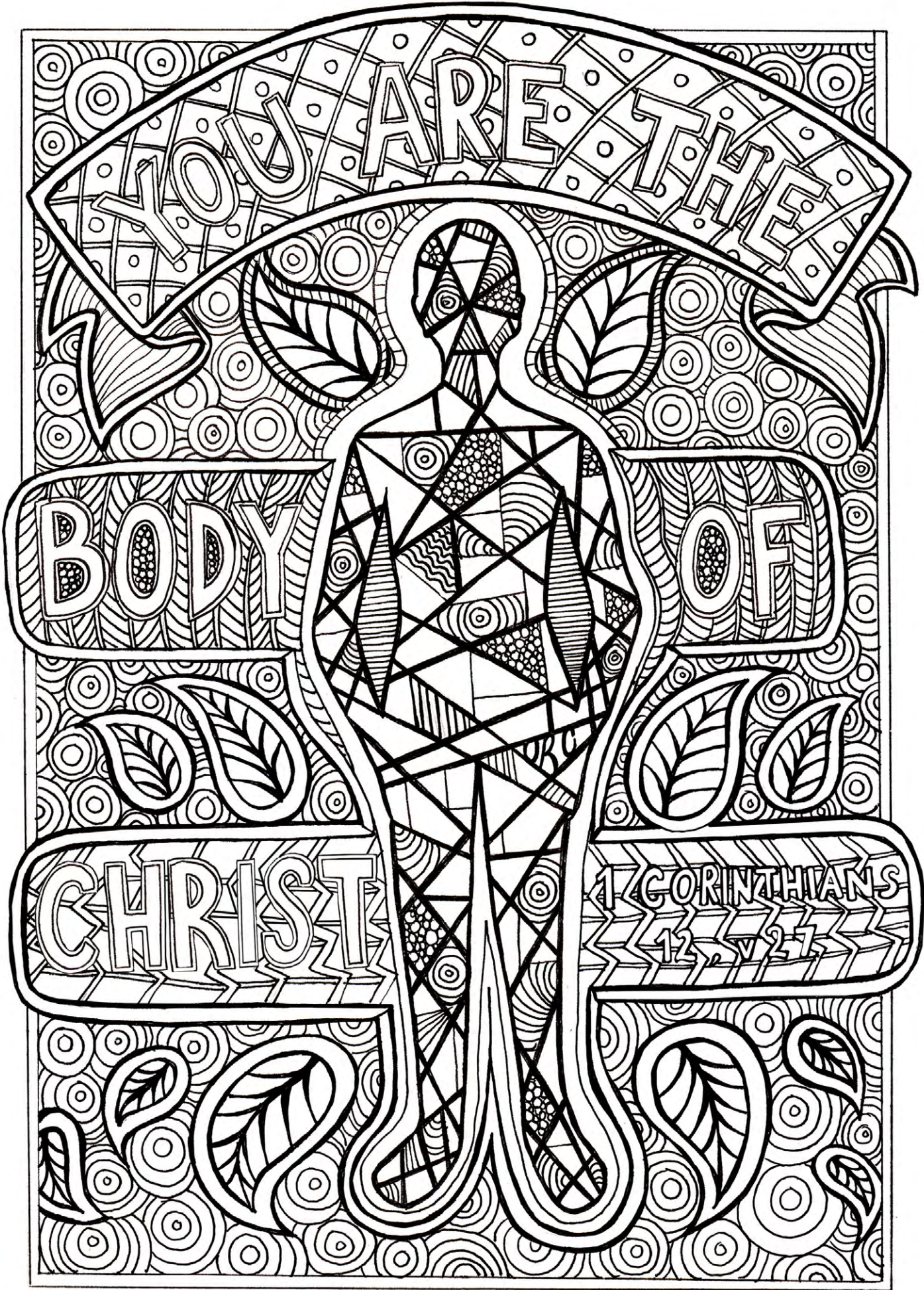
Father, thank you that we are not one person but one people. You have made us individuals with unique backgrounds, stories, gifts and passions; but you have given these all to work under the umbrella of the church. Each unique gifting brings joy to us as we use the gift and blessing to those around us. What a beautiful gift this is! Help us to rejoice in the gifts of others and allow them to bless us. Amen

Resources:

- Bible
- Passage broken down
- Full copy of passage
- Playdough

Session 3 (15 mins)

- Hello and check everyone is okay
 - Reminder of what has been discussed in previous sessions
 - Craft: creating a paper person that represents individual's role within in their church and URC Youth, can be written or drawn
 - join all the people together in a paper chain/ people bunting and display somewhere
- Prayer:
- As you leave this place
may the Living Lord go with you;
May he go behind you, to encourage you,
beside you, to befriend you,
above you, to watch over you,
beneath you, to lift you from your sorrows,
within you, to give you the gifts of faith, hope, and love,
and always before you, to show you the way
Amen
- Resources:
- Pre-printed paper people
 - Pens
 - Stapler



Murder Scene – youth /young adults



Use marking tape or pavement chalk to draw around a person – create an outline similar to that from a murder scene.

Invite everyone to sit around it.

This is the Body of Christ – the church – invite everyone to imagine that the church has been found dead (they could suggest a date past/present/future?) – share the context of closing churches, shrinking congregations, declining numbers of people identifying as Christian etc...

Their job is to identify the cause of death – and to see if anything could have prevented this – or whether the body can be resurrected...

Use post-it notes or pavement chalk – invite everyone to identify bits of the body that might have been injured, poisoned, sick or dying and to add that to the body.

Invite discussion – listening carefully to everyone's views and feelings about the church.

Offer reflections that pull out key themes from the discussion.

Give everyone a nightlight – place a large candle in the centre. Light the main candle and pray for the church – asking Jesus, light of the world, to bring hope, healing and new life to the body. Invite everyone to light their candle from the central one, and to place it on a part of the body and to pray (out loud or silently) for that part (asking forgiveness, seeking healing etc).

You might like to take picture of the body with the lit candles and share this with the church.

Having prayed together – what does the group think they should do for the body?

Put it out of its misery, work to prevent death, enable resurrection etc ...

How might they take this forward – how might they engage the rest of the church?

Bible link – look at Ezekiel 37:1-14 – can these dry bones live?

Prayer of St Teresa of Avila

Christ has no body now but ours – ONE BODY for Mission

Teresa of Avila (1515–1582) became a nun in Spain at the age of 18. She later founded a convent, and had a reputation as a mystic, reformer and writer – famous for 'The Interior Castle' based on her visions. This is one of her most famous prayers:

Christ Has No Body

Christ has no body but yours,

No hands, no feet on earth but yours,

Yours are the eyes with which he looks

Compassion on this world,

Yours are the feet with which he walks to do good,

Yours are the hands, with which he blesses all the world.

Yours are the hands, yours are the feet,

Yours are the eyes, you are his body.

Christ has no body now but yours,

No hands, no feet on earth but yours,

Yours are the eyes with which he looks

compassion on this world.

Christ has no body now on earth but yours.

Questions for discussion

- Does Christ need a body now?
- Do you agree that you are His body in this physical sense?
- If you read this as an individual what excites or challenges you about this?
- If you read this as a group (yours being plural) what excites or challenges you about this?

Activities:

Cut out blank hands, feet and eye shapes – give everyone a number of each shape.

Consider the group – can you think of a way that each person is either a hand, foot or eye in the sense of this prayer? Write their name on one side and then an example of what you mean on the other side.

When everyone is ready, give the shapes out to each other (hopefully everyone will receive a small pile of shapes).

Give some time for everyone to read the ones they have received and think about what others have written. Ask each person to feedback one reflection from this.

As a group rewrite St Teresa's prayer to reflect how they are hands, feet and eyes:

Christ has no body now but OURS.....

No hands, no feet on earth but ours,

Ours are the eyes with which

Ours are the feet with which he

Ours are the hands, with which he

Ours are the hands, Ours are the feet,

Ours are the eyes, we are his body.

Christ has no body now but ours,

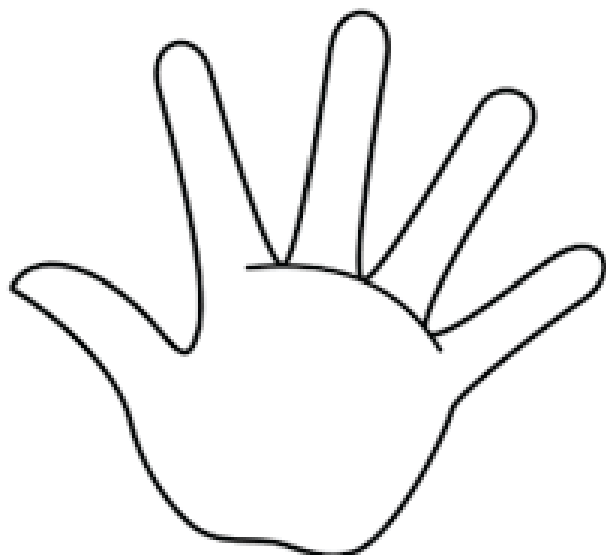
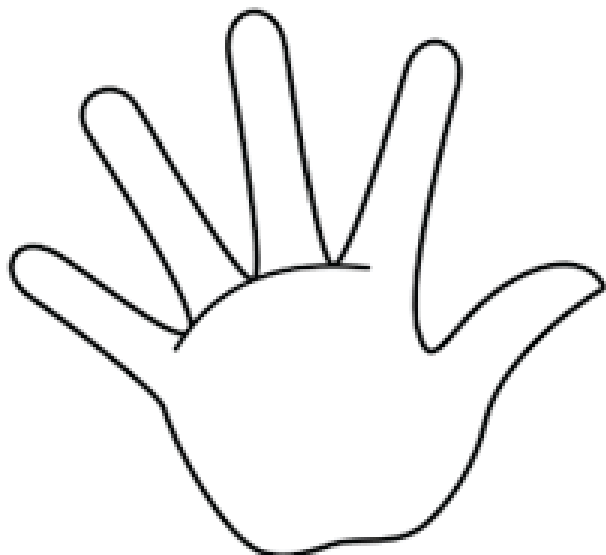
No hands, no feet on earth but ours,

Ours are the eyes with which he

Christ has no body now on earth but OURS.

Commit to pray for each other as together they are Christ's body - give everyone a copy of the prayer (and share it with the wider church) - and take home their own hands, feet and eye shapes as an encouragement.

Bible link - look at James 2:14-26 - faith and works



Sketch - John Smith

This sketch reminds us that, in trying to respond to need, we're not the only one who can help.

The success of this script depends on John Smith (who could equally well be female).

This sketch needs 2 narrators, 2 attendants (non-speaking) and John Smith (non-speaking, lots of action, including running on the spot).

- 1: Act on the Word
2: A tragedy, a comedy and a melodrama in one act
1: An ordinary man
2: In an ordinary church
1: Let's call him John Smith

(John Smith stands up)

- 1: John Smith is eager *(JS runs on the spot)*
2: Enthusiastic *(thumbs up, still running)*
1: Playful *(shadow boxing)*
2: Carefree *(stands still – stretches and takes a deep breath)*
1: Whatever the Bible says *(JS cups hand to his ear)*
2: John does it. *(JS puts up his hand)*
1: And the rest of the church looks on
2: "John Smith's the man for the job."
1: Time passes

(The attendants stand either side of John with a box of props)

- 2: The minister announces:
1: We must be more involved in social work
2: Two nights a week John helps at the family centre

(Attendants put heavy overcoat on him)

- 1: And the Bible tells him to tell people about Jesus
2: So one night a week John goes house-to-house visiting

(Attendants put rucksack on JS's back)

- 1: We need a youth club at church *(JS puts up his right hand and keeps it up)*
2: John runs the youth club

- 1: We need a musical church *(JS puts up his left hand and keeps it up)*

- 2: Sundays John plays the piano

(Attendant puts John's arms down and gives him heavy music book under left arm)

- 1: We need a handyman

(Attendant gives a heavy tool bag to JS who holds it in his right hand)

- 2: You guessed it....

- 1: We need a gardener *(JS frowns as if to say "not me")*

- 2: John Smith again

(Attendant gives him a trowel)

- 1: We need a missionary secretary

(Attendants put rolled up paper under right arm)

- 2: And again

- 1: A worship group

(Attendants put guitar case between his knees so he can't run any longer)

- 2: Yep

- 1: And a drama group

(Attendants put a funny hat on his head)

- 2: A flower arranger

(Attendants give JS a bunch of flowers)

- 1: Collection taker

(Attendants put collection plate in his left hand – JS gradually collapsing)

- 2: Steward

(Attendants put hymnbook on the collection plate)

- 1: Junior Church Leader

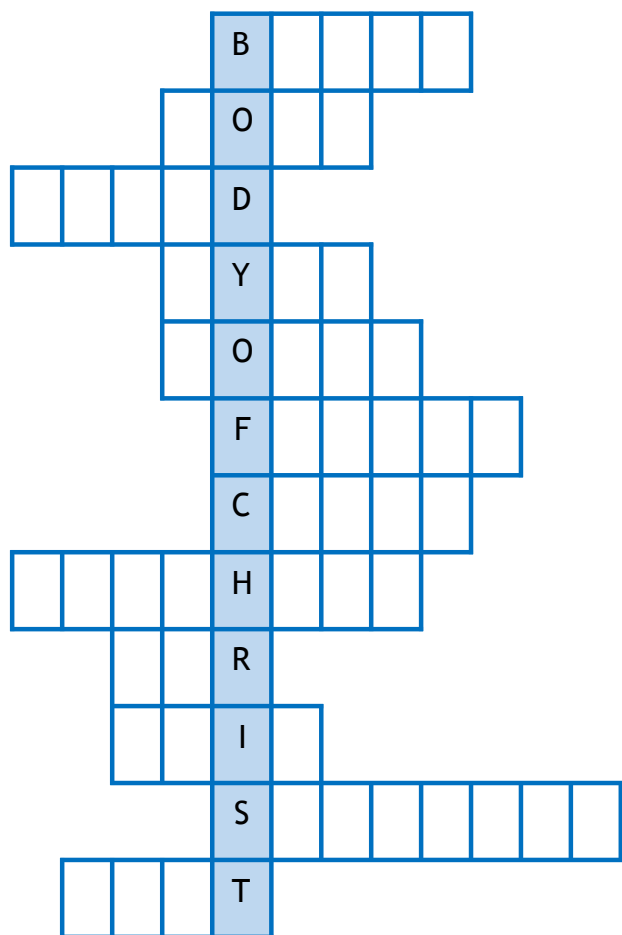
(Attendants put children's Bible on hymn book)

- 2: Preacher

(Attendants add a Bible to the stack)

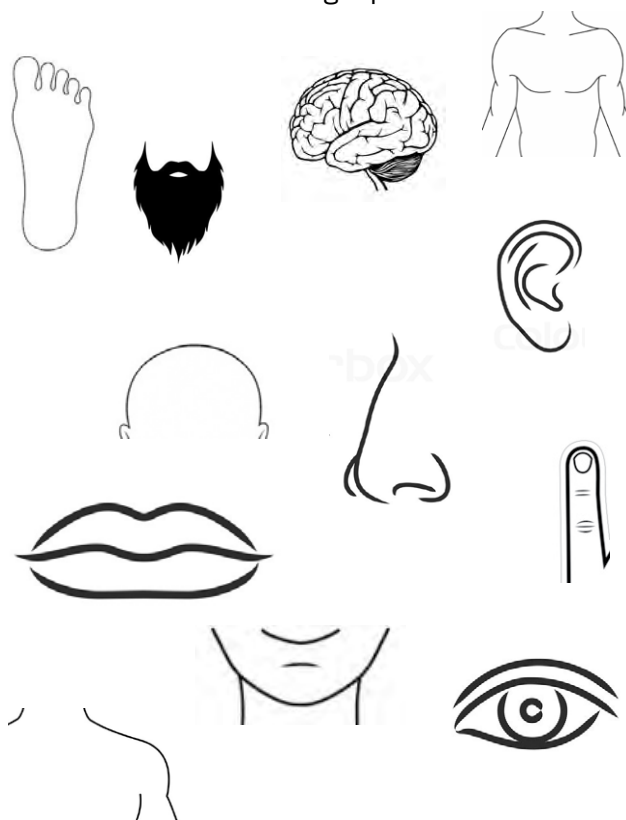
- 1: Outreach secretary

(Attendants pull both sides of JS's mouth into a smile. JS collapses)



Crossword

Can You name these body parts shown here and put them into the frame in the right places?



H A I R D N A H M L T S S
 E S O N O N I H C I A U T
 M H A T G E L K N A O F O
 A H D I V I S I O N R F M
 N S E W B O D Y G L H E A
 Y S T E E E I B G U T R C
 E E N K L Y F E R A H S H
 L N A L O E F I N G E R S
 B I W I N W E A K E R H S
 O P E P G B R A I N A E T
 W P C O N C E R N H E A R
 S A J R T O N G U E M R A
 T H L U F I T U A E B C P

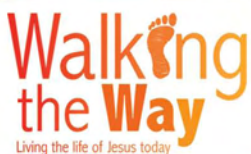
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For the XXXX itself is not made up of only one part, but of XXXX parts. If the foot were to say, "Because I am not a hand, I don't XXXXXX to the body," that would not keep it from being a part of the body. And if the XXX were to say, "Because I am not an eye, I don't belong to the body," that would not keep it from being a part of the body. If the whole body were just an eye, how could it XXXX? And if it were only an ear, how could it smell? As it is, however, God put every xxxxxxxx part in the body just as he XXXXXX it to be. There would not be a body if it were all only one part! As it is, there are many xxxxx but one body.

So then, the eye cannot say to the XXXX, "I don't need you!" Nor can the head say to the feet, "Well, I don't need you!" On the contrary, we cannot do without the parts of the body that seem to be XXXXXX; and those parts that we think aren't worth very much are the ones which we treat with greater XXXX; while the parts of the body which don't look very nice are treated with special modesty, which the more XXXXXXXXXX parts do not need. XXX himself has put the body together in such a way as to give greater honour to those parts that need it. And so there is no XXXXXXXXXX in the body, but all its different parts have the same XXXXXXXX for one another. If one part of the body XXXXXXXX, all the other parts suffer with it; if one part is praised, all the other parts XXXXX its XXXXXXXXXX.



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