

# Sermon Notes

**SERVICE TITLE: Let's Get Physical – Our Bodies**

**Bible Reading: 1 Corinthians 11v17-34**

Talk 1:

## **1. The Body of Jesus**

The Word became Flesh (John 1: 14)

A ghost does not have flesh (Luke 24: 39)

Do not forget the body (1 Corinthians 11: 29)

Talk 2:

## **2. Loving God with our Bodies**

Bodily presence

Strength

Serving God with my body

### **Questions to think about and discuss at home:**

For Under 5s: What is the best bit about your body?

For 5-11s: How can you use your hands to worship God?

For 11-14s: What is the difference between online church and being there in person?

For Everyone: How can we love God better with our bodies?

# Service Outline for Children

## Let's Get Physical – Our Bodies

### Bible Reading (1 Corinthians 11v17-34)

What was going wrong when the Corinthians were eating together?

What were they doing when eating the bread and drinking the cup?

What should people do before eating the bread and drinking the cup?

### Talk 1:

Q1: Why is it important that Jesus had a body?

Q2: What does it mean to 'recognise the body' during the communion?

### Talk 2:

Q1: Why is it important to be physically at church?

Q2: How does Jesus change how I view my own body?

# Engage Notes for Young People

## Let's Get Physical – Our Bodies

### Read 1 Corinthians 11v17-22

Q – What was the problem? (v17-18)

Q – What were they each trying to show? (v19)

Q – What was wrong with the way they took communion? (v20-21)

When they ate the Lord's Supper together, they were remembering Jesus' death. Yet they didn't treat it with respect – stuffing their faces, getting drunk, arguing, not sharing. This showed their lack of respect for each other as God's people.

### Read verses 23-26

Q – When Christians eat this meal together, what should they remember? (v24-26)

Q – And what should they look forward to? (v26)

Breaking bread was a common meal-time action: Jesus' words give this particular meal far-reaching significance. It was no sad death of a guru. This was the deliberate sacrificial death of God's Son, on behalf of self-centred rebels.

### Read verses 27-34

Q – What was Paul's command? (v28)

Q – What's the double warning? (v27, 29)

Don't treat Jesus' death lightly (v27), nor His church. We should examine how we're getting on with the Christians around us.

### Get on with it

If you're a Christian, do you eat this meal with other believers?

Why/why not?

How will you take it more seriously?

What personal action will you take before the next Christian meeting?

# Wordsearch

## Let's Get Physical – Our Bodies

### In Remembrance of Me

For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes. 1 Cor. 11:26

Based on 1 Corinthians 11:23-26 (NIV)



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

DEATH	BODY	DRINK	BETRAYED
LORD	THANKS	CUP	BLOOD
EAT	SUPPER	BREAD	NIGHT

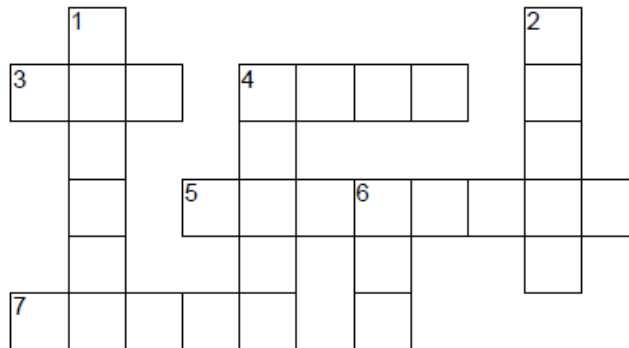
# Crossword

## Let's Get Physical – Our Bodies

### In Remembrance of Me

For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes. 1 Corinthians 11:26

Puzzle is based on 1 Corinthians 11:26-29



#### ACROSS

3. A small open container usually used for drinking;
4. The whole physical structure that forms a person
5. An agreement between God and his people
7. Food made from dough of flour or meal

#### DOWN

1. The evening meal
2. To take liquid into the mouth and swallow it
4. The red fluid that is pumped by the heart
6. To put food into the mouth, chew it, and swallow it

BLOOD  
DRINK

BREAD  
COVENANT

CUP  
SUPPER

EAT  
BODY

# Decoder

## Let's Get Physical – Our Bodies

### In Remembrance of Me

For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes. 1 Corinthians 11:26

Each number represents a letter of the alphabet. Substitute the correct letter for the numbers to reveal the coded words.



A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

1. 4-18-9-14-11 \_\_\_\_\_
2. 2-15-4-25 \_\_\_\_\_
3. 18-5-13-5-13-2-18-1-14-3-5 \_\_\_\_\_
4. 2-12-15-15-4 \_\_\_\_\_
5. 3-21-16 \_\_\_\_\_
6. 2-18-5-1-4 \_\_\_\_\_
7. 5-1-20 \_\_\_\_\_
8. 19-21-16-16-5-18 \_\_\_\_\_

REMEMBRANCE	BLOOD	BODY	BREAD
SUPPER	EAT	DRINK	CUP

## Colouring Page

### Let's Get Physical – Our Bodies



The Last Supper

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