

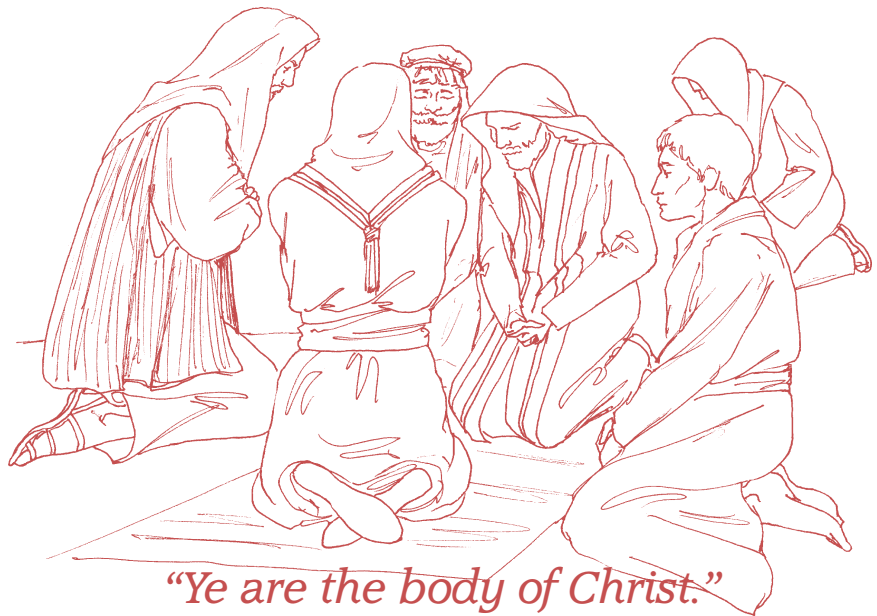
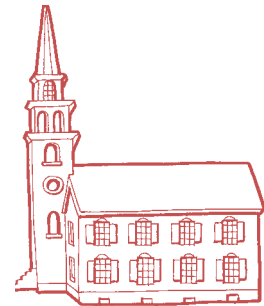
*Designing Your
Own School Program*

2

The Body



*God's
Faithful
Members*



"Ye are the body of Christ."

I Corinthians 12:26

A "True Education" Health Series

*“What? know ye not
that your body
is the temple
of the Holy Ghost
which is in you,
which ye have of God,
and ye are not your own?”*

I Corinthians 6:19



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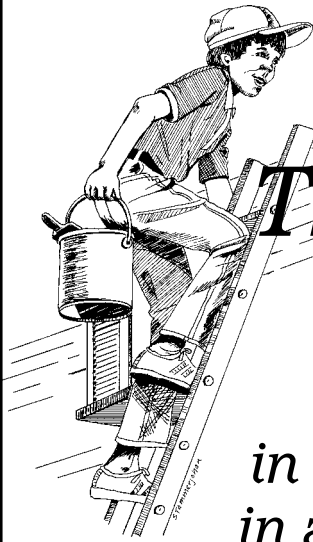
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The Diligent Body

*“Life is too solemn
to be absorbed
in temporal and earthly matters,
in a treadmill of care and anxiety
for the things that are but an atom
in comparison with the things
of eternal interests.*

*Yet God has called us to serve Him
in the temporal affairs of life.*

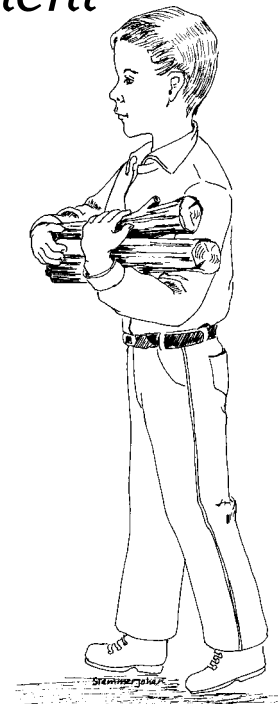
***Diligence** in this work is as much a part
of true religion as is devotion.*

*The Bible gives no endorsement
to idleness.*

*It is the greatest curse
that afflicts our world.*

*Every man and woman
who is truly converted
will be a **diligent** worker.*

—Christ’s Object Lessons 343





INSTRUCTIONS

For the Teacher

Step 1

Study the Bible lesson and begin to memorize the memory verses. Familiarize yourself with the character quality.

The student can answer the Bible review questions. See page 6. Use the steps in Bible study.

Bible Lesson

God's Chosen People – Exodus 20:3-6; Psalm 115:4-8; Isaiah 43:10, 11; 49:3-6; 56:7; Ezra 9:5-7; Romans 1:22-23

Memory Verses

Isaiah 56:7; Deuteronomy 26:18-19; 28:10; 4:5-6

Character Quality

Diligence – constant effort to accomplish what is undertaken; exertion of body or mind without unnecessary delay or sloth; due attention; industry

antonyms – dilatoriness; slowness; casualness; slothfulness

Character Quality Verses

Colossians 3:23 – “*And whatsoever ye do, do it heartily, as to the Lord, and not unto men.*”

Proverbs 4:23 – “*Keep thy heart with all **diligence**; for out of it are the issues of life.*”

Step 2

Understand How To/And

- A. Do the spelling cards so the student can begin to build his own spiritual dictionary.
- B. Mark the Bible.
- C. Evaluate your student's character in relation to the character quality of **diligence**.
- D. Familiarize yourself with the human body, and how it works. Notice the projects.

E. Review the Scripture references for “The Body.”

F. Notice the Answer Key.

A. Spelling Cards Spelling Lists

Health Words	strong
Place I - II- III	systems
anatomy	tabernacle
body	temple
cell	tissue
church	vessel
created	
defend	Bible Words
diligence	chosen
dwelling	covenant
house	fools
human	glorified
hygiene	graven
image	idols
immune	image
law	iniquities
mind	jealous
organs	light
physiology	likeness
rebuilding	professing
renewed	restore
repair	servant
replace	serve
senses	trespass
schedule	witnesses
sickness	wise

B. How to Mark the Bible

1. Copy the list of Bible texts in the back of the Bible on an empty page as a guide.
2. Go to the first text in the Bible and copy the next text beside it. Go to the next one and repeat the process until they are all chain-referenced.
3. Have the student present the study to family and/or friends.
4. In each student lesson there is one or more sections that have a Bible marking study on the subject studied. (See the student’s section, pages 8, 22, 25, 52, and 66.)

C. Evaluate Your Student’s Character

This section is for the purpose of helping the teacher to know how to encourage the students to become more **diligent**.

See page 7.

See the booklet
Spelling from the Scriptures
for instructions about how to make
the Spelling Cards.

Placement of Student
Place I = Grades 2-3-4
Place II = Grades 4-5-6
Place III = Grades 6-7-8

D. Familiarize Yourself With How the Body Works – Notice the Projects

Projects

1. Read how a spiritual body should work together as is talked about in I Corinthians 12:12-31. **Diligently** apply these principles to your family.

2. Emphasize working in teams all week and practice **diligence** in every task.

3. Find examples in nature of teamwork where parts of a whole body work together. (Example: a tree's system.)

4. Outline the child's body on a large piece of paper. Then have the student draw the organs of the body, color them, cut them out, and paste them in the proper place on the body.

5. Watch a video on the human body and how it works.

6. Do the sheet, "A Simple Test," to see what the student knows about the body. (See page 8.)

7. When the family is doing an activity together, think how the family is like a cell with each member being a smaller part within the cell, with Jesus as the nucleus. Find a picture of a cell and decide what part of the cell you might be like.

Your body cannot work properly unless all the parts **diligently** work together and each part does its appointed work. Parallel thoughts: Each number has an assigned place, each galaxy has a place, and each person has a place.

8. Find out how your church system works.



E. Review the Scripture References for “The Body”

Teacher, read through this section before working on the lesson with the student.

See page 9.

F. Notice the Answer Key

The answer key for the student book is found on page 13.

Step 3

Read the Lesson Aim.

Lesson Aim

The purpose of this lesson is to introduce the student to his own body temple; to teach him the importance of the parts of the body **diligently** working together; to teach him the importance of the family unit and the members of the church working together **diligently**.

It is far more important for a young person to possess a strong, active, graceful body; clear, healthy skin; a bright eye; and a cheerful disposition, than to have pursued intellectual attainments to the neglect of the perfect development of the body temple.

God **diligently** sought to prepare a body of people for His first coming. The Jews misapplied the prophecies and misunderstood what God had intended for them. They became corrupt. Israel lost sight of the meaning of the symbols, so when the fulfillment of the symbol came, Jesus, “*the Lamb of God which taketh away the sin of the world,*” was not recognized by them. God has prepared us a body—a body to **diligently** keep in the best physical and spiritual health, that we might fulfill what God has intended for our lives. We must not misunderstand the purpose of the body. It was created to be the “*temple of the Holy Ghost*” (I Corinthians 6:19). A temple is a place where the Divine presence especially dwells. Both the church and the physical body are spoken of as temples.

Note to Teacher: There is an order of nature that must be observed in education and in life; that order shows that the physical takes precedence over the mental. The body builds its temple for the Spirit to

dwell in. The physical powers mature before the mental faculties; and although the cultivation of our two natures should always go hand in hand, the development of the physical nature must always precede and be the foundation of all mental culture (Luke 2:52).

Step 4

Prepare to begin the The Body Lesson.

To Begin The Body Lesson

An ideal way to introduce this lesson on our marvellous bodily dwelling would be to visit a well-preserved house built in the last century. Point out how it has lasted so long because of the quality of the **diligent** workmanship and materials that went into building it. Talk about the repairs that must have been made like a new roof, etc. If possible let the child see the well-laid foundation and the seasoned, sturdy lumber of its framework. Then introduce the idea of the human body being like the house. Youth need the best materials to build up their structure according to God's pattern. We have the privilege

of constant daily rebuilding and so we need the best materials for these repairs.

If it is not possible to visit a house built in the last century you may choose to take the student to a building site and watch the builders at work. As you walk around it, discuss the different materials being used, such as boards, bricks, and nails. Draw a comparison of how the student's body works at building itself and it needs materials with which to work. The materials are good food and the building is mostly done while the student sleeps at night.

Step 5

These lessons are designed for the whole family. Begin The Body lesson. Cover only what can be understood by your student. Make the lessons a family project by involving everyone in part or all of the studies.

*The body is God's property.
It belongs to Him
by creation
and then
by redemption.*

Steps in Bible Study

1. Prayer
2. Read the verses/meditate/memorize.
3. Look up key words in *Strong's Concordance* and find their meanings in the Hebrew or Greek dictionary in the back of that book.
4. Cross reference (marginal reference) with other Bible texts. An excellent study tool is *The Treasury of Scripture Knowledge*.
5. Use Bible custom books for more information on the times.
6. Write a summary of what you have learned from those verses.
7. Mark key thoughts in the margin of your Bible.
8. Share your study with others to reinforce the lessons you have learned.

Review Questions

1. What religious worship prevailed in ancient times? (Romans 1:22, 23; Psalm 115:4-8)
2. What was the great mission of the chosen people, Israel? (Exodus 20:3-6; Isaiah 43:10, 11; 49:3-6; 56:7)

3. How did they fail in their duty? (Ezra 9:5-7)
4. Thought Question: How did God overrule Israel's failure for the accomplishment of His purpose and their mission?
5. What three nations or races were most influential in the civilized world at the time of Christ? For what was each remarkable? (a. Rome—Law; b. Greeks—Language; c. Jews—Religion)
6. What had each contributed to prepare the way for the spread of the gospel? (a. Rome – Government; b. Greek – Language; c. Jews – Knowledge of the true God)
7. God prepared the Gentile world for the coming of the Redeemer by:
 - a. System of heathenism had lost its hold on the people
 - b. Bible had been translated into Greek, which was the universal language
 - c. Some Jews remained steadfast and true to the true God.
 - D. Palestine was the center of the world's gatherings.
8. Who are God's chosen people today? (His faithful followers)

Questions 5, 6 and 7 will need to be asked and then answered by the teacher.

Evaluating Your Child's Character

Check the appropriate box for your student's level of development, or your own, as the case may be.

Maturing Nicely (MN), Needs Improvement (NI), Poorly Developed (PD), Absent (A)

Diligence

1. Does the student have difficulty in following through on assigned tasks without being reminded?

Yes

No

5. Is the time that the student can wait between achievement and reward increasing appreciably?

MN

NI

PD

A

2. Does the student tend to take on the responsibilities of others, leaving his own responsibilities unattended?

Yes

No

A mere lifeless machine often receives much more care than the wonderful mechanism of the human body.

3. Is the student able to complete tasks in spite of distractions?

Yes

No

The health should be as sacredly guarded as the character.

4. Does the student need constant supervision in order to perform at his best level?

Yes

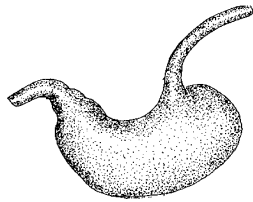
No

God keeps our living machinery in action; if we were left to run it for one moment, we would die.

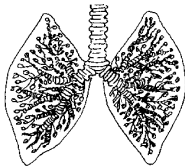
A Simple Test

Identify these parts of your body.
Then draw a line to show where each part belongs on the outline of the man.

1. _____



2. _____



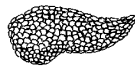
3. _____



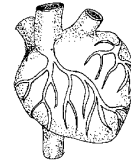
4. _____



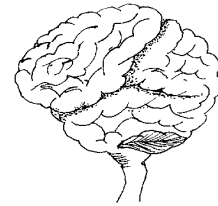
5. _____



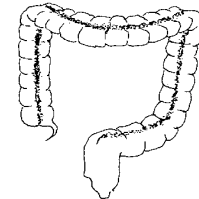
6. _____



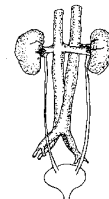
7. _____



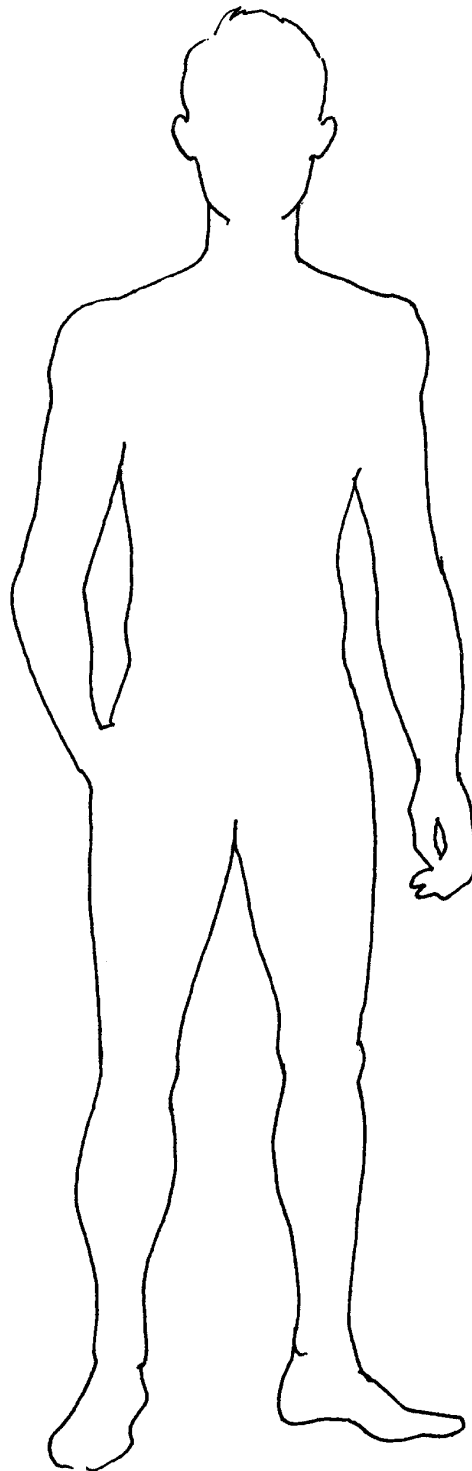
8. _____



9. _____



10. _____



Look up the human body in the encyclopedia to check your answers.

Scripture References

The Body

Called a House

II Corinthians 5:1 – *“For we know that if this earthly house of this tabernacle were dissolved, we have a building of God, an house not made with hands, eternal in the heavens.”*

House of Clay

Job 4:19 – *“How much less in them that dwell in houses of clay, whose foundation is in the dust, which are crushed before the moth?”*

Genesis 2:7 – *“And the Lord God formed man of the dust of the ground...”*

The Temple of God

I Corinthians 3:16 – *“Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?”*

I Corinthians 6:15, 19 – *“Know ye not that your bodies are members of Christ? shall I then take the members of Christ, and make them the members of an harlot? God forbid.*

“What know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?”

See also John 2:21.

Made in God’s Image

Genesis 1:27 – *“So God created man in his own image, in the image of God created he him; male and female created he them.”*

James 3:9 – *“Therewith bless we God, even the Father; and therewith curse we men, which are made after the similitude of God.”*

Acts 17:28 – *“For in him we live, and move, and have our being; as certain also of your own poets have said, For we are also his offspring.”*

I John 3:2 – *“Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him, for we shall see him as he is.”*

The Body Exists to Glorify God

I Corinthians 6:20 – *“For ye were bought with a price; therefore glorify God in your body and in your spirit, which are God’s.”*

Romans 12:1 – *“I beseech ye therefore brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.”*

I Corinthians 6:13 – *“Meats for the belly, and the belly for meats: but God shall destroy both it and them. Now the body is not for fornication, but for the Lord; and the Lord for the body.”*

II Corinthians 6:16 – *“And what agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people.”*

I Corinthians 3:17 – *“If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.”*

See Psalm 139:14-16.

I Thessalonians 5:23 – *“And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.”*

II Timothy 2:21 – *“If a man therefore purge himself from these, he shall be a vessel unto honour, sanctified and meet for the master’s use and prepared unto every good work.”*

I Corinthians 7:34 – *“There is a difference also between a wife and a virgin. The unmarried woman careth for the things of the Lord, that she may be holy both in body and in spirit: but she that is married careth for the things of the world, how she may please her husband.”*

Philipians 1:20 – *“According to my earnest expectation and my hope, that in nothing I shall be ashamed, but that with all boldness, as always, so now also Christ shall be magnified in my body.”*

Corruptible

Job 17:14 – *“I have said to corruption, Thou art my father: to the worm, Thou art my mother and my sister.”*

I Corinthians 15:53-54 – *“For this corruptible must put on incorruption, and this mortal must put on immortality.”*

“So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory.”

Resurrection of the Bodies of the Righteous Dead

I Corinthians 15:42-43 – *“So also is the resurrection of the dead. It is sown in corruption; it is raised in incorruption:*

“It is sown in dishonour; it is raised in glory: it is sown in weakness; it is raised in power.”

Job 19:26 – *“And though after my skin worms destroy this body, yet in my flesh shall I see God.”*

See also Isaiah 26:19.

Translation of the Bodies of the Righteous Living

I Corinthians 15:51-53 – *“Behold, I shew you a mystery; We shall not all sleep, but we shall all be changed,*

“In a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed.

“For this corruptible must put on incorruption, and this mortal must put on immortality.”

Redemption of the Body

Romans 8:23 – *“And not only they, but ourselves also, which have the firstfruits of the Spirit, even we ourselves groan within ourselves, waiting for the adoption, to wit, the redemption of our body.”*

Philipians 3:21 – *“Who shall change our vile body, that it may be fashioned like unto his glorious body, according to the working whereby he is able even to subdue all things unto himself.”*

Earthly Versus Heavenly Body

I Corinthians 15:40 – *“There are also celestial bodies, and bodies terrestrial: but the glory of the celes-*

tial is one, and the glory of the terrestrial is another.”

I Corinthians 15:50 – *“Now this I say, brethren, that flesh and blood cannot inherit the kingdom of God; neither doth corruption inherit in corruption.”*

I Corinthians 15:44 – *“It is sown a natural body; it is raised a spiritual body. There is a natural body and a spiritual body.”*

Body Must be Ruled

I Corinthians 9:27 – *“But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.”*

A Human Body was Prepared for Christ

Hebrews 10:5 – *“Wherefore when he cometh into the world, he saith, Sacrifice and offering thou wouldst not, but a body hast thou prepared me.”*

See also Hebrews 2:14-18.

Spiritual Parallels of the Body

The different members of the body are a picture of the oneness of believers in Christ. All are needed.

Romans 12:4, 5 – *“For as we have many members in one body, and all members have not the same office:*

“So we, being many, are one body in Christ, and every one members of another.”

Colossians 1:24 – *“Who now rejoice in my sufferings for you, and fill up that which is behind of the afflictions of Christ in my flesh for his body’s sake, which is the church.”*

Colossians 3:15 – *“And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.”*

Ephesians 1:22-23 – *“And hath put all things under his feet, and gave him to be the head over all things to the church,*

“Which is his body, the fulness of him that filleth all in all.”

Ephesians 4:4 – *“There is one body, and one Spirit, even as ye are called in one hope of your calling.”*

See also Ephesians 4:12-16;
II Corinthians 5:1, 4; and
II Peter 1:13-14.

Answer Key

A Simple Test Part I

1. Stomach
2. Lungs
3. Intestines
4. Liver
5. Pancreas
6. Heart
7. Brain
8. Colon
9. Kidneys
10. Bronchial tubes

Teacher, look up in the encyclopedia to check the location of each part in the body.

Page 4

ministration, worship

Page 13

1. to dwell
2. God's presence manifested in the Shechinah glory.
3. To bring glory to God by being a fit temple for His Spirit. God can then work within "*to will and to do of his good pleasure*" (Philippians 2:13).

Page 13 continued

4. Student answer.
5. "Neither yield ye **your members** as **instruments** of **unrighteousness** unto sin, but yield yourselves **unto** God, as those that are alive from the dead, and your **members** as **instruments** of **righteousness** unto God." (Romans 6:13)

The **hands, feet, ears, eyes,** and **tongue** (which are our glory when used aright) are all instruments of the tabernacle to be used in the **worship** and **service** of God.

6. Your **eyes** and **ears** retain impressions which build up the **character**: They make the person through the power of **habit**.

Page 14

The **tongue** communicates life, and is the **organ** by which a person directly exerts the **influence** of his character on **others**.

The **hands** are the instruments of a person's **will**, to carry out what his impulses move and his **choice** determines him to do.

Answer Key

Page 14 continued

The **feet** are the means of **transportation**, the symbol of a person's pilgrimage and **progress**.

Page 21

assimilation, that is resemblance

Page 29

1. a vessel
2. an earthen vessel
3. how to possess our vessels in sanctification and honor
4. Spirit
5. *"...honour, sanctified, and meet for the master's use, and prepared unto every good work."*

Page 30

1. See Romans 12:1.
2. a dying sacrifice
A healthy, disease-free body
3. Yes. See II John 2.

Page 30 continued

4. When a person allows the flesh to rule, reason is dethroned; the unhealthful practices allowed then result in disease.

5. No. Christ's example shows us that while we should honor our bodies, it may be in God's will that we *"lay down our lives"* in self-sacrificing service. Jesus said, *"My body...is broken for you"* (I Corinthians 11:24).

Page 36

Teacher, check.

Page 37

1. purification; purity; purifier: holiness, sanctification
2. (1) to cleanse, purify, or make holy; (2) to separate, set apart or appoint to a holy, sacred or religious use; (3) to prepare for divine service and for partaking of holy things; (4) to cleanse from corruption; to purify from sin; to make holy by detaching the affections from the world and its defilements, and exalting them to a supreme love to God, etc.

Answer Key

Page 38

3. **Life** is a gift of God. Our **bodies** have been given to us to use in **God's service**, and **He** desires that we shall **care** for and **appreciate** them. Our bodies must be **kept** in the **best** possible **condition** physically, and under the most **spiritual influences**, in order that we may make the best **use** of our **talents**.

The body is the medium through which the **mind** and the soul are **developed** for the **upbuilding** of the **character**.

Page 41

See pages 39 and 40.

God's faithful people

Page 44-45

Teacher, check.

Page 48

1. machine

2. f. all of the above

Page 48 continued

3.

A. Physiology

B. Hygiene

C. Anatomy

4. Teacher, check. Example: The head, containing the brain nerves, is the place where man communes with God. Its location above the rest of the body in an upright position indicates that reason and conscience must rule the body. "*I was also upright before him, I kept myself from mine iniquity*" (Psalm 18:23). "*I keep under my body and bring it into subjection*" (I Corinthians 9:27).

5. the ability to think, feel, and act

Page 49

6. **nervous system** – brain, nerves, thinking

circulatory system – blood vessels, carries building materials, heart

muscular system – movement

digestive system – prepares building materials

eliminative system – waste disposal, kidneys, intestines

reproductive system – new individuals

Answer Key

Page 49 continued

7. They are to do different jobs and work together for the benefit of all.

8. God, the Father

9. *a.

*c.

*d.

*e.

Page 51

1. eyelids
2. kneecaps
3. eardrums
4. feet
5. nails
6. soles (of the feet)
7. muscles (mussels)
8. palms
9. two lips (tulips)
10. calves
11. hairs (hares)
12. lashes
13. arms
14. chest
15. temples
16. shoulder blades
17. teeth (of a saw)

Page 59

1.
veins – pipes and valves
arm – lever
eye – telescope
leg – crutch
hand – vice
stomach – laboratory
teeth – knives, saws, millstones
wrist – hinge
nostrils – respirator
lungs – bellows

Page 68

1. No!
2. No!
3. Yes!
4. That they would work together to bring blessings to others under the direction of God. Servants and examples they were to be.
5. See Ezekiel 20:19-21 and pages 64 and 65.
6. See pages 64 and 65.

Answer Key

Page 68 continued

7. His faithful followers, which are the church
8. "Israel" means a "prince" or "one who prevails with God." The children of God.
9. No. God's life-giving spirit of love.
10. They serve one another by sharing what is given to them.
11. We are to receive Christ's character and serve others by sharing what is given to us from Him. We are to work with Him to save the lost.
12. They truly reveal the character trait of service and yes, they are **diligent** at it.
13. The self-sacrifice, sympathy and love of Christ
14. It weakens the mind's ability to hear God's voice.
15. God!

Page 69

Teacher, check.

Page 70

1. Happy, helpful
 2. efficient, endurance
 3. available, alert
 4. loving, loyal
 5. truthful, trustful
 6. honest, humble
- A few suggestions above.

Page 71

1. body, mind
2. immortality, glorified body; to go back to heaven with Christ
3. Yes! Malachi 4:2
4. See page 2 of the Teachers Section.
8. Holiness—pure and healthy bodies and minds indwelt by the Holy Spirit
9. To prepare the world for the second advent of Christ

Answer Key

Page 74-75

8. Be Humble
5. Be Hopeful
5. Be Prayerful
11. Be Honest
13. Be Patient
10. Be Forgiving
12. Be Peaceable
14. Be Hospitable
5. Be Affectionate
5. Be Industrious
7. Be Sympathetic
9. Be Impartial
5. Be Unselfish
3. Be Not Conceited
2. Be Not Worldly
6. Be Kind to Your Enemies
4. Be a Chooser of the Good
15. Be an Overcomer

Notes



Gardening Sheet

Lesson Two Subject Health

Title "The Body"

In Season

Out of Season

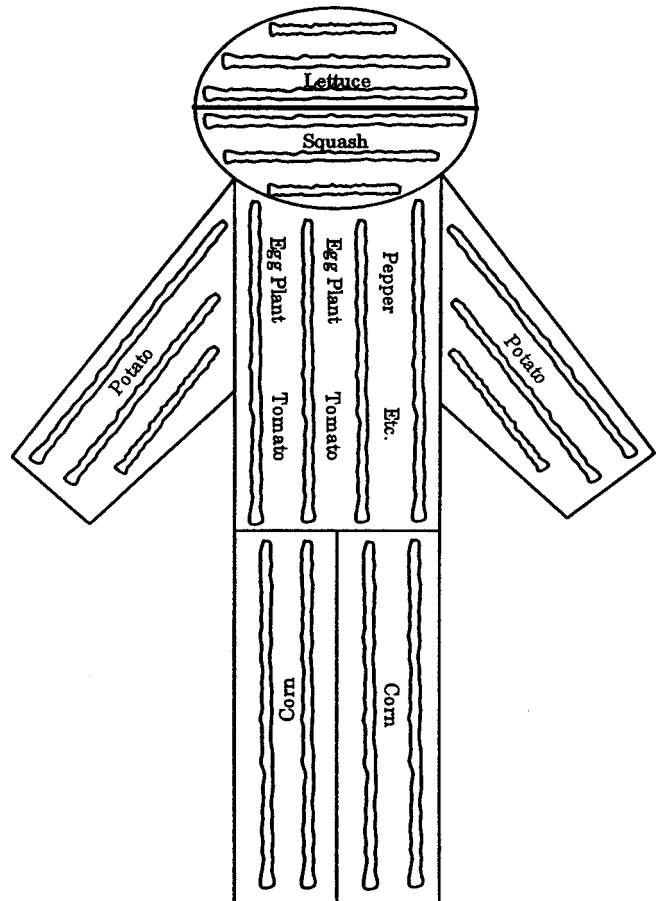
(This is for In Season and Out of Season.)

Drawing a plan of your garden will help you when planting.

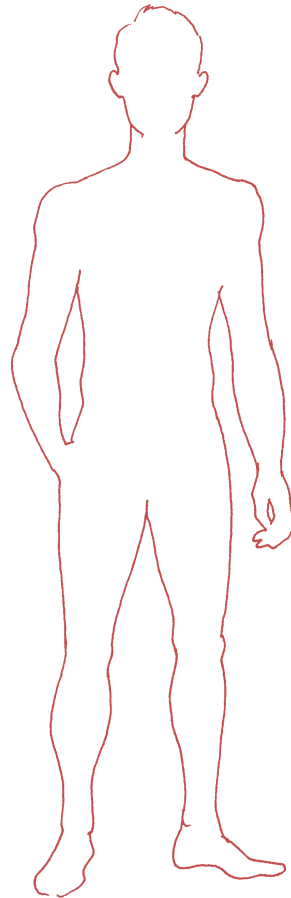
In drawing your sketch consider three things:

- 1) how it can serve the whole family;
- 2) how the garden can also serve the needy and elderly;
- 3) the time and **diligent** work it will require. Then you will not have more garden than time and finances to care for it properly.

In your sketch you could make your garden into the shape of the human body.



*“For ye are bought with a price
therefore glorify God
in your body,
and in your spirit,
which are God’s.”
I Corinthians 6:20*



*“...Present your bodies
a living sacrifice...”
Romans 12:1*

*Each booklet in the series,
“Designing Your Own School Program,”
is planned for a family to study together
for their homeschool curriculum;
yet versatile enough to be used
in the conventional classroom.*

*Learn the principles
of the subject matter from the Scriptures;
discover more of the scientific facts;
then apply them to your daily life.*

*Other titles in the health series are available
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What is Health?

The Heart

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The Kidneys

The Cells

The Spleen

The Pancreas

The Gall Bladder

The Bones



Mark 4:29