



**elev8**

life on another level

# Student Workbook

**YEAR 3**

**Life and Action**  
**Body Image**

**Bible Readings**

Genesis 1

Psalm 139

Ephesians 5

Isaiah 52



### Learning Outcomes

At the end of this week you will be able to:

- Locate the theme of body image in the Bible.
- Express the theme or story in your own way.
- Apply your learning from the story to your own life and community.

### Notes from Bible Reading

**Scripture** A word or phrase that stood out to me:

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**Observation** What is happening in this Bible reading?

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**Application** Something that I learned about who I am or how I should live:

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**Prayer** What I would like to say to God, ask of God, or what I think God is saying to me:

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**Key Question** What does the Bible say about body image?

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### Engage

Go around the group and share one thing for each heading that has happened since you last met:

- Plus – What has been good or enjoyable?
- Minus – What has been difficult or painful?
- Interesting – What has been unusual or thought provoking?

What do you think about someone getting plastic surgery to improve their attractiveness?

### Explore – Locate

- *What stood out to you in the Bible readings this week?*
- *What did you find meaningful or significant?*
- *Is there anything that you didn't understand or found confusing?*
- *Any questions or comments you may have?*

**Read together:** Ephesians 5:29 & Psalm 139: 13-18

Every generation and every society has their own view of what are the ideal male body and ideal female body images. All you need to do is just look at the heroes and poster models of every generation.

The Bible begins by saying that everything in creation is judged as 'good' by God and that human beings are created in the 'image of God'. What does that mean about how humans should see themselves?

In the cartoon series Futurama, Bender the Robot describes humans (including human mutants) as "you meatbags look all the same to me".

Reading Psalm 139, how does it portray God's attitude to individual humans?

With these thoughts in mind, Ephesians 5 suggests that our default approach to our body should be what?

How should we approach our feeding and caring of it?

### Explore – Express

According to Isaiah 52, is attractiveness necessary to achieve great things?

Ever notice how much the Bible talks about Jesus' own physical image (if you do a Google search on Jesus and looked at all the images, you will see notices there are a range of how he looks, especially when you look at it from different ethnic perspectives).

How important should body image be to us? Think about people who achieved great things that changed the world or history. How would their body images compare to the ideals of today?

### Explore – Express

You will need butcher/poster paper (A3 paper or larger) for this exercise.

Your Coach will divide you into girls and boys only groups.

In these separate groups draw (or brainstorm) the characteristics of the ideal female body image, then do the same for the ideal male body image.

(If you find it hard to get started, start with a list of individuals that fit those categories).

Compare the images from both groups.

#### Discuss:

- How realistic is it for people to match up to these images?
- What are the ways people can improve their body or parts of their body or how they think about their bodies?
- What does it mean the lives of those people who don't meet these images?
- Increasingly there is a trend for young people to undergo cosmetic surgery before their bodies are fully developed. What do you think of that?
- If you personally and individually are truly made in the image of God, what does that mean for you?
- A lot of people are worried about how their body is (especially parts of their body they have absolutely no control over). What do you think Jesus would say to them?

### Explore – Integrate

- What aspects or parts of my body aren't I happy with? What can I do with God to bring me more peace?
- What can I do to place less emphasis on matching people around me to unrealistic images of how they should look or be?
- What do I need to do to feed or care better for my own body?
- How can I help others appreciate their current body image more?

### Extend

Discuss with your group the challenges you are tackling. Use the time to ask for any help you might need or to work together on any shared projects that you have.

#### Questions that may be helpful include:

- What challenges are you working on at the moment?
- Do you need any support or assistance?
- Are there any challenges that you have completed that we need to recognise and celebrate?
- Are there any new challenges that you want to work on?

### Encourage

Tell another student in your group something you value or appreciate about them.

Share one thing you would like to pray for and pray for one another.

Pray for us to understand more what it means for us to be made in the image of God.

Give thanks for the body that God has given you.

Pray that I have the motivation and perseverance to act in ways that benefit my body as well as the rest of my life.