

Teachers Dig In

Dig In to the Bible

- Read: 1 Corinthians 12:12-31
- In This Passage: In a letter to the city of Corinth, Paul explains why God's family needs to work together. Paul says the human body has many parts, but they all work together. If your body was all eyes but no feet, hands, or ears, you couldn't do much! In the same way, God's family works together using all our gifts and talents to serve God.
- Bible Point: God's family works together.
- Summary Verse: "And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near" (Hebrews 10:25).

Dig Deeper

- You'll Be Teaching: *God's family works together.* Looking in from the outside, most people see God's family as anything but united. Help kids understand the importance of working together to serve God, both for the sake of being able to do more and because unity is important!
- Think About: Who are some people in God's family who balance you out well?

Dig In to Prayer

- Pray for kids to develop a spirit of unity and cooperation.

Quick Tip

- Build unity by letting kids settle their own minor disputes. The more they can practice finding peaceful solutions, the more equipped they are to not let minor squabbles cause huge division! Avoid the temptation to step in and resolve every problem—even if kids ask for your help. Evaluate whether your input is really needed.

This Lesson at a Glance



MUSIC VIDEO

Kids sing songs of praise to God.

Supplies

- “God Is Good” (watch or download [here](#))
- “This Little Light of Mine” (watch or download [here](#))
- “All That I Am (Psalm 103:1)” (watch or download [here](#))



TALK-ABOUT VIDEO

Kids watch a video and discuss the Bible point.

Supplies

- “Teamwork” teaching video (watch or download [here](#))



OBJECT LESSON

Kids see how different parts of their bodies work together.



OPENING

Kids share about a topic related to the lesson.

Supplies

- Bible*



DEEPER BIBLE

Kids work together to do three tasks.

Supplies

- Bible*
- paper scraps
- beach ball or other soft ball



CORE BIBLE DISCOVERY

Kids learn about the body of Christ with a song.

Supplies

- Bible



HIGH-ENERGY GAME

Kids play a version of Poop Deck.

Supplies

- upbeat music (optional)
- music player (optional)



LOW-ENERGY GAME

Classroom: Adventure

Kids play a game of Human Pinball.**Supplies**

- beach balls or other soft balls
- upbeat music (optional)
- music player (optional)

**CRAFT****Kids make paper people that can move.****Supplies**

- card stock
- paper fasteners (brads)
- dessert-size paper plates
- scissors
- yarn
- Glue Dots
- crayons
- adhesive googly eyes

Easy Prep

- For each child, prepare a set of the following: a 3x8½-inch torso, two 1x8½-inch legs, and two 1x 4¼-inch arms.
- Make a sample craft to show kids.

**LIFE APPLICATION WRAP-UP****Kids sing a song.**

**Marked supplies can be reused from Core Bible Discovery*

Let's keep kids safe! You can help by using supplies as instructed for only ages 3+, purchasing child-safe items, and being aware of allergy concerns.



MUSIC VIDEO

God Is Good

[10 min]

Supplies

- “God Is Good” (watch or download [here](#))
- “This Little Light of Mine” (watch or download [here](#))
- “All That I Am (Psalm 103:1)” (watch or download [here](#))

Tip

- Don’t have internet in your classroom? That’s okay! You can choose your own worship songs from our Best Of Dig In Music DVD [here](#).

Sing Songs to God

Sing the three songs in any order.



TALK-ABOUT VIDEO Teamwork

[10 min]

Supplies

- “Teamwork” teaching video (watch or download [here](#))

Tip

- Don’t have internet in your classroom? That’s okay! You can download the videos before class using the “download” button at the link provided, or purchase DVDs [here](#).

Discuss and Watch “Teamwork”

Say: **We’re learning that God’s family works together.**

Ask: • **Tell about something you do as part of a group or team.** Share your own example first.

Say: **Let’s see how some kids worked together in this video.**

Watch “Teamwork.”

Ask: • **How would this video be different if most of the kids just sat around and only one person helped look for the ball?**

• **Why is it important to work together?**

Say: **God’s family works together. These kids were able to get their ball back by working together. We can do so much more with others than we can do by ourselves!**



OBJECT LESSON

Ear Balance

[10 min]

Use Your Ear to Balance

Say: **We've been learning that God's family works together like our body parts do. Let's see how our body parts work together.**

- Have kids try to stand on one foot.
- Have kids hold their ear and try to stand on one foot.

Say: **Balancing on one foot is hard, but holding our ears can help us balance better! That's because there are body parts inside our ears that help control our balance!**

Make Your Knee Kick

Say: **Let's see another cool thing about the body.**

- Have kids sit in chairs with their feet dangling.
- Adult or teen helpers will use the side of their hands to tap kids' knees and cause the kicking reflex.

Say: **I bet you weren't even trying to kick! It just happened! That's because we tapped a special part of your knee that tells your brain to kick!**

Make Your Tongue Stick Out

Say: **Let's learn one more trick.**

- Poke your belly button, and when you do, stick your tongue out.
- Bring your tongue back in when you release your belly button.
- Have kids imitate you.

Say: **That one was just silly—poking your belly button doesn't make your tongue stick out. But that would be really fun!**

Let kids share about any other fun tricks they can do with their body—real or silly.

Talk About It

Ask: • **Why do you think these fun tricks worked?**

Say: **Just like your ears and legs work together to balance, or your knees and brain work together to kick, God's family works together.**



OPENING Welcome

[5 min]

Supplies

- Bible*

Welcome

- Thank kids for coming.
- Just for fun, have kids make a silly animal noise at two different friends.
- Make announcements.
- Introduce new kids.
- Celebrate birthdays by having kids say “yadhtrib yppah” (“happy birthday” backward).
- Collect the offering.

Introduce the Lesson

Say: **Today we’ll learn God’s family works together. We help each other! So let’s start by talking about helping other people.**

Share

- Share about something *you* helped someone else do.
- In pairs, have kids share about something *they* helped someone else do.
- After partners have discussed, have a few kids share with the whole group what they talked about in their pairs.

Summarize

Open a Bible, and say: **Let’s see what the Bible compares God’s family to. We’ll see how God’s family works together. Let’s get started.**

Pray, praising God that his family works together.



DEEPER BIBLE Working Together

[15 min]

Supplies

- Bible*
- paper scraps
- beach ball or other soft ball

Clean Up

Toss paper scraps all over the room. Say: **Oh no! I made a mess.** Ask one child to clean it up for you. After a few seconds, say: **This is going to take a long time if just one person does it! Let's all work together to clean up the mess.**

Invite all kids to work together to clean up the paper scraps.

Ask: • **What's a big job you've had to do?**

Say: **God's family works together. When we do, we can get big jobs done better and faster.**

Play Catch

Say: **Let's play catch!** Invite just one child to play—without you.

Say: **Catch isn't very fun by ourselves! Let's all play!**

Invite all kids to play a game of catch together.

Ask: • **What's a game you like to play with others?**

Say: **God's family works together. When we do, we can have fun!**

Play Tag

Say: **Let's play Tag!** Invite just one child to play. That child is "It" and is also the only person he or she can tag.

Say: **Wait a minute! You can't play Tag alone! Let's all play!**

Invite all kids to join in the game. Whoever is tagged is the new "It."

Say: **I'm so glad God's family works together. I love working together with all of you!**



CORE BIBLE DISCOVERY

The Body of Christ (1 Corinthians 12:12-31)

[20 min]

Supplies

- Bible

Sing a Song

Say: **Today we're going to see how God's family works together. The Bible says God's family is like a body! You have different parts of your body, but they're all connected and they work together. Let's sing a song about that.**

Lead kids in singing "Head and Shoulders, Knees and Toes," touching each body part when it's named. Repeat several times at different speeds.

**Head and shoulders, knees and toes,
Knees and toes.
Head and shoulders, knees and toes,
Knees and toes.
Eyes and ears and mouth and nose.
Head and shoulders, knees and toes!**

Sing a Silly Song

Say: **The Bible says a body wouldn't work very well if the foot didn't want to be a part of it!**

Lead kids in singing "Head and Shoulders, Knees and Toes," touching each body part when it's named but humming instead of saying the word "toes" and not touching them. Repeat several times at different speeds.

**Head and shoulders, knees and hmmm,
Knees and hmmm.
Head and shoulders, knees and hmmm,
Knees and hmmm.
Eyes and ears and mouth and nose.
Head and shoulders, knees and hmmm!**

Sing Another Silly Song

Say: **The Bible also says if the whole body were eyes, that wouldn't work very well! We couldn't hear! Let's sing our song with just eyes.**

Lead kids in singing the song again, this time touching all the same body parts as the original song but calling them all "eyes." Repeat several times at different speeds.

**Eyes and eyes and eyes and eyes,
Eyes and eyes.
Eyes and eyes and eyes and eyes,
Eyes and eyes.
Eyes and eyes and eyes and eyes.
Eyes and eyes and eyes and eyes!**

Say: **And the Bible says if the whole body was ears, we couldn't smell! Let's sing our song again with just the word ears.**

Lead kids in singing the song again, this time touching all the same body parts as the original song but calling them all "ears." Repeat several times at different speeds.

**Ears and ears and ears and ears,
Ears and ears.
Ears and ears and ears and ears,
Ears and ears.**

**Ears and ears and ears and ears.
Ears and ears and ears and ears!**

Sing the Original Song

Read 1 Corinthians 12:18.

Say: **We need all our body parts! Let's sing our song the right way.**

Lead kids in singing "Head and Shoulders, Knees and Toes," touching each body part when it's named. Repeat several times at different speeds.

**Head and shoulders, knees and toes,
Knees and toes.
Head and shoulders, knees and toes,
Knees and toes.
Eyes and ears and mouth and nose.
Head and shoulders, knees and toes!**

Sing the Song About Each Other

Read 1 Corinthians 12:27.

Say: **We are like different parts of a body! God's family works together. Let's sing the song about us!**

Lead kids in singing "Head and Shoulders, Knees and Toes," but this time fill in kids' names and point to them when you do. When you point to children, they can sing their own names, and so can anyone else who knows the child's name. Sing as many times as needed to fill in all the names.

Talk About It

Say: **Let's talk about what we learned.**

Ask: • **What are some things you can do with your eyes but not any other body part?**

• **What about with your ears? your legs? your arms?**

• **Think about playing a game where you kick a ball. What parts of your body do you need?**

Say: **You need a lot of body parts to kick a ball! Your leg moves, your foot does the kicking, you swing your arms to help you run faster, you use your eyes to see where the ball is...and your brain tells you what to do!**

We need a lot of people working together to serve God.

Ask: • **What are some things you can't do unless you have help from other people?**

Say: **God's family works together. We need each other, just like a body needs a head, shoulders, knees, and toes!**



HIGH-ENERGY GAME

Head! Toes!

[10 min]

Supplies

- upbeat music (optional)
- music player (optional)

Tip

- You can purchase downloadable music and other items to enhance your DIG IN program [here](#).

Play a Version of Poop Deck

Say: **Let's play a game! Imagine our room is a person lying down.** Point out where the head would be, where the toes would be, and where the hands would be.

- Kids will run to the body part you name: head, toes, right hand, left hand, or belly.
- Point to help kids know which side to run to when you say right or left hand.
- Switch up the order, and sometimes say the same place twice in a row to keep kids on their toes.
- You can also add a twist by calling out knees or shoulders and having kids estimate where those would be.
- If you'd like, play music during the game.
- If kids seem to be getting bored, change the game by having them hop, skip, or crawl instead of running.

Talk About It

Ask: • **How did you know where to go?**

• **What parts of *your* body did you use in this game?**

Say: **The Bible says God's family is like our bodies. Just like you used a lot of parts of your body to play this game, God's family has a lot of people. And God's family works together.**



LOW-ENERGY GAME

Human Pinball

[10 min]

Supplies

- beach balls or other soft balls
- upbeat music (optional)
- music player (optional)

Tip

- You can purchase downloadable music and other items to enhance your DIG IN program [here](#).

Make a Life-Size Pinball Game

Say: **Let's play a game where we'll work together to get a ball to its target.**

- Kids scatter around the room and sit down.
- Without moving from their spots, kids will bat a beach ball to get it from one wall to the other, like a giant pinball machine.
- If you'd like, play music during the game.
- Add more balls as the game continues.
- Cheer with kids each time they succeed.
- Play as long as time allows.

Talk About It

Ask: • **What was fun about working together in this game?**

Say: **Working together can be fun! We can do so much more together than we can by ourselves. That's why God's family works together.**



CRAFT Body of Christ

[20 min]

Supplies

- card stock
- paper fasteners (brads)
- dessert-size paper plates
- scissors
- yarn
- Glue Dots
- crayons
- adhesive googly eyes

Easy Prep

- For each child, prepare a set of the following: a 3x8½-inch torso, two 1x8½-inch legs, and two 1x4¼-inch arms.
- Make a sample craft to show kids.



Make Paper People

Say: **God's family works together, just like the parts of our body! Let's make bodies that bend like ours.**

Show kids your sample craft. Then follow these directions to help kids make their own paper people.

- Give each child a torso and two legs. Show kids where to attach the legs, and help them poke the paper fasteners through. (If kids would like to round off the corners or add other shape or dimension, allow them to do so.)

Classroom: Adventure

- Give each child two arms. Show kids where to attach the arms, and help them poke the paper fasteners through.
- Give each child a dessert plate. Help kids attach it as a head.
- Let kids use googly eyes for eyes, yarn for hair, and crayons to decorate the rest of the body.

Talk About It

Ask: • **Who does your person look like?**

Say: **Your person can bend and move...almost like a real person! It can remind you how our body parts work together, just like God's family works together.**

Encourage kids to take their crafts home and show them to their friends and family, explaining that God's family works together.

**LIFE APPLICATION WRAP-UP****You, and You, and You!****[5 min]****Sing a Familiar Song**

Say: **Today we learned that God's family works together. We need everyone here!**

- Lead kids in singing "Head and Shoulders, Knees and Toes," with the lyrics below, filling in kids' names and pointing to them when you do. Sing as many times as needed to fill in all the names.
- **God, thank you for family...** [fill in kids names for the rest of the song].
- Pray: **God, thank you that your family works together. Thank you that everyone here is such an important part of your family! In Jesus' name, amen.**
- Thank kids for coming to church, and tell them you hope to see them next week.