

# BREAKIN IT DOWN

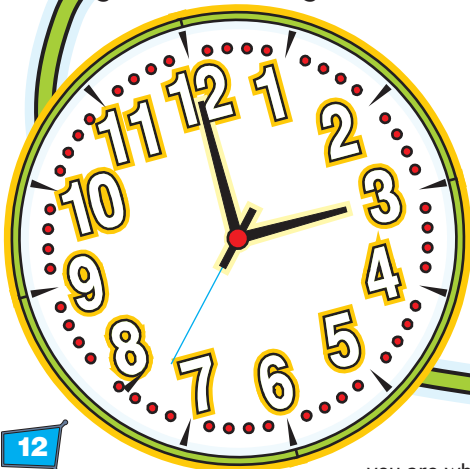
## The Sessions



session	theme	topic	bible topic	focus	life point	scripture
1	Inside the pyramid	Healthy eating	Your body belongs to God therefore you should honor Him with your body	Follow God's standards for living	Eat healthy and honor God with your bodies	1 Corinthians 6:20 [NLT] "...Therefore honor God with your body."
2	Would you like fries with that?	Healthy choices	Do not misuse the choices God gives you	Be cautious that what God has permitted you to enjoy does not become a bad habit	Make choices that are right for you; Don't neglect or indulge yourself	1 Corinthians 6:12 [NIV] "Everything is permissible for me - but not everything is beneficial."
3	Take a bite out of the Bible	Healthy physically and spiritually	To increase your faith you must develop your spiritual muscles	Use your God given abilities to serve God, others and serve the church	Get in shape physically and spiritually	1 Timothy 4:8 [NLT] "Physical training is good, but training for godliness is much better..."
4	Real kids come in all sizes	Healthy self image	You should have as much value for yourself as God your creator has for you	Welcome the differences in others and love yourself because God loves you	Be thankful for who you are in Christ	Psalms 139:14 [NLT] "Thank you for making me so wonderfully complex..."
5	Recipe for Life	Healthy balance	God is concerned with every part of you and your life	You must care for both your physical needs and discipline your body to be at your best to serve God	Do what you are called to do	3 John 1:2 [NIV] "Dear friend, I pray that you may enjoy good health and that all may go well with you..."

## THE TIME

How long should each segment last?



<b>APPETIZERS</b>	Before Service Begins	5 minutes
<b>DEEP FRIED</b>	Worship	15 minutes
<b>COME AND GET IT</b>	Ice Breaker	5-10 minutes
<b>MEAT AND POTATOES</b>	Large Group Growth Time	20-25 minutes
<b>CLEAN YOUR PLATE</b>	Small Group Growth Time	15-20 minutes
<b>PASS THE SALT</b>	Large Group Game	5-10 minutes
<b>BON APETITE</b>	Prayer	5 minutes
<b>TAKE OUT</b>	Hand-outs	