

Use “The Scene” to introduce “Take Charge of Your Health,” the High School Sunday school lesson for September 6, 2015. The lesson is found on page 5 of *High School Teacher* by Standard Publishing.

the SCENE

Viewing the latest news through the lens of Scripture

My Strange Addiction is a show that airs on cable television’s *The Learning Channel* (better known as TLC). It focuses on . . . well, strange addictions: people who collect dead things, tan excessively, date their own cars, dress like babies, or bathe in bleach. But the episodes that get the most attention are the ones where people eat weird things. Here are some “highlights” from the past five years:

Bianca used to eat pottery, but it wasn’t gritty enough. So she moved on to cigarette ashes.

Kristyn eats chalk. She’s even gotten her sisters to try it.

Josh eats glass. He says it’s like “eating horrendously sharp rock candy.” Minus the fruity flavor.

Kesha likes to eat toilet paper. In the movie theater. But only the white kind. Eating colored TP would be weird, right?

Bertha drinks nail polish. Heather drinks paint.

Kailyn eats plastic—remote controls, CD cases, forks, and water bottles are her faves.

An unnamed woman has been diagnosed with cancer. She drinks her own urine to cure it.

Teresa eats rocks. Not little pea gravel either. The big kind that you gnaw on. Ouch!

Charmissa finds that dryer sheets taste “spicy and tangy” all at the same time. Probably the cancer-causing chemicals.

Adele eats couch cushions. To date she’s eaten seven couches and two chairs.

When Casie’s husband died, she had him cremated and starting carrying around his ashes. You can guess what happened next.

As students arrive, give each of them a copy of the above news story to read. After all teens have had the opportunity to read the article, discuss it in this way:

Obviously these outrageous eating habits aren’t safe. Why do you think people would knowingly damage their bodies in these ways?

What are some other ways people willingly risk their health? What do you think is their reasoning?

How would you describe your eating, sleeping, and exercising habits?

God wants us to be healthy, to take care of the bodies He’s given us. The Bible even talks about it! Let’s take a look at how God instructs us to take charge of our health.



MEETING GOD FACE-TO-FACE

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