

Use “The Scene” to introduce “Take Charge of Your Health” the High School Sunday school lesson for September 2, 2018. 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

Anyone who wants to get physically fit these days can find a plan to go along with whatever level of activity they desire. There’s everything from hot yoga to cryotherapy—where you put your body into sub-freezing temperatures . . . on purpose. There’s boutique boxing—and no, I have no idea what that means (though it sounds like some high-class version of Walmart on Black Friday)—and all kinds of trainings involving lifting very heavy objects that you would otherwise have no occasion to bump into, never mind lift, in your normal life. There’s also paddle board yoga, which sounds very much like a cross between some form of water-based torture and the circus. There’s even an exercise program that involves various kinds of focused breathing. Yes, inhaling and exhaling are now no longer just involuntary actions, they are a new way to feel as though you are actually doing something that’s good for you. Not that breathing isn’t healthy, of course. In fact, I hear it’s very good for, well, pretty much every living creature.

So many people seem to want to want to make a buck from the fitness industry, and so many people seem willing to shell out loads of cash to achieve their fitness dreams (or just have an excuse to wear some cool athletic gear). But time after time, what doctors tell us is, what you really need to do to maintain a healthy weight and fitness level is just the basics—eat well, exercise, and get enough rest. Why do we make it so complicated?

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

**What’s your favorite form of exercise?**

**What do you do every day to stay healthy? Is fitness something you think about a lot?**

**Why do you think it’s important for us as Christians to take care of our bodies?**

**God wants us to be healthy, but He doesn’t want us to hurt ourselves. Let’s take a look at what God says about caring for our bodies.**



MEETING GOD FACE-TO-FACE

©2018 Encounter Curriculum. Copies may be made for classroom use only.  
Not for resale. <http://www.encounterface2face.com/category/the-scene/>