STRONG

LEADER GUIDE

FSY October Week 1: Your Body Is Sacred

WHERE THIS FITS

Use this episode alongside the fast Sunday discussion that opens the month: Your Body Is Sacred. Show it in class, in a mutual activity, or assign it as a watch-at-home lesson follow-up.

TRY THIS: THE RULER DROP

Materials: a 12-inch ruler.
One person holds the ruler at the top, letting it hang. A partner holds a thumb and finger open at the bottom, without touching it. Drop the ruler without warning. The partner catches it as fast as possible. Read the inch mark where they caught it. Let a few pairs try.
Tag line: “In a fraction of a second, your eyes saw it, your brain sent a signal, and your fingers closed. Nobody taught your body how to do that. It came that way. That's the kind of gift God gave you, and why He calls your body a temple.”

DISCUSSION QUESTIONS

- What's one way you show your body respect?
- Read 1 Corinthians 6:19–20 together. How does calling your body a temple change the question from “what am I allowed to do” to “how do I take care of this”?
- Dr. Beck showed that the mind and body are connected. When something feels hard, which voice do you listen to: the one that says you can't, or the one that inspires you?
- “What if my body doesn't work like everyone else's? An illness, an injury, a disability? Does that mean it's less sacred, or that God loves it less?”

FROM THIS MONTH'S FSY GUIDE: WEEK 1

- Why does God care how I treat my body?
- How is living the law of chastity and the Word of Wisdom blessing me right now?

CLOSING CHALLENGE

Pick one thing, sleep, food, movement, or rest, and do it on purpose this week, like you're taking care of something sacred. Ask a few people to be ready to share what they chose next time.