

## CrossFit VBS Kids Lesson Week One

# Mindset

God made us in his image to be strong and healthy. God is not weak or sickly so neither should we be. God made our bodies for movement. The world keeps trying to offer us ways of living that make us unhealthy and sick. Sugary foods and many of the boxed foods we see in the grocery stores may taste good when we eat them, but they hurt our bodies. Video games and TV shows often keep us from moving our bodies. These things go against God's best desires for us. TV and video games aren't bad. It's just that when we choose to spend almost all of our time sitting and playing games or watching TV, we are hurting our bodies. This isn't what God wants for us and it makes him sad for the harm we are doing to ourselves. Have you ever eaten something and then asked yourself "Why did I eat that?"

God wants us to live lives that are as free as possible. When we develop the habit of not eating right and exercising, we create a prison for ourselves in our bodies. We can trap ourselves in sick weak bodies instead of being able to enjoy our lives as strong and healthy people. The Bible warns us in **Galatians 5:1** - **"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."** This means we should make good choices about the food we eat and the activities we do so that we get stronger.

It is not always easy to make good choices. What helps is if we decide to change our minds about the foods we eat and what we do for fun most of the time. It will take a discipline. The Bible tells us in **Hebrews 12:11-12** - **No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. Therefore, strengthen your feeble arms and weak knees.** When we make good choices it will be better for us in the end.