



## Honoring the Body

### About this Faith Practice

Honoring the body means choosing a life of wholeness, holiness, and joy. In a time when the body is idealized or objectified—often, disrespected—people of faith claim its God-made nature and its potential to express itself as spiritual treasure. Although created in the image of God, every culture and generation expresses different understandings of adornment and beauty, but all experience the effects of time. Honoring one's body and empowering others to honor theirs means, ethically and theologically, creating a space stretching across barriers of culture, ability, gender, sexuality, and age. Through Jesus, God is embodied in human form and we discern the power and importance of touch, hygiene, and health. Through Jesus, we experience our humanness as personal and communal and physical and spiritual. Honoring this incarnational experience, we learn to see all persons as graceful and beautiful. We discover the importance of Sabbath. This practice addresses these issues while allowing participants to explore how they understand their own bodies as gifts from God.

### Let's Begin...

Now that you've downloaded the files for your faith practice and age group or setting, you can get started planning one or multiple sessions:

**1** Open the .pdf file for your age group or setting. Choose an Exploration, the approach you think will help your group to best experience the faith practice. Choose any one of the following Explorations to use for one session:



**Discovery**



**Scripture**



**Discipleship**



**Christian Tradition**



**Context and Mission**



**Future and Vision**

**Note:** If you're planning multiple sessions, you can follow the order suggested above or feel free to use any order that fits the needs of your group. Some groups may choose to start with Scripture and then see where that leads them. Others may be more ready to act in their community and might want to start with Context and Mission.

**2** Locate the Exploration you've chosen

## Honoring the Body

### 3 Look through all 9 activities and select the ones you would like to do with your group.

- If you're planning a 30–45 minute session, choose 3 activities.
- It is best to select at least one activity from Exploring and Engaging, at least one from Discerning and Deciding, and at least one from Sending and Serving.
- For 45 minutes to 1 hour, choose 4 or 5 activities.
- For a 1½ to 2-hour session, you can use all 9 activities.

**Tip:** Look for this symbol  to find activities designed for Easy Preparation (able to be done with minimal preparation using supplies normally found at the church).

### 4 Make copies of any handouts () related to your activities. Order posters () if using art (see "Ordering Posters," below).

## Use of Art, Music, and Scripture in Faith Practices

Faith Practices activities include many opportunities to grow in faith through the use of scripture, music, and art.

### Ordering Posters

If you choose activities that use an art image, you or your church will need to purchase posters of the art by clicking on the link provided in the activity. If you wish to use art, you will need to plan ahead, since it takes 1 to 2 weeks for the posters to arrive after you place your order.

### Art

Six posters are used with the faith practice Honoring the Body and may be ordered by clicking on the links provided.

#### **From Imaging the Word Poster Sets:**

"Margot Embracing Her Mother," by Mary Cassatt

[https://secure3.convio.net/ucc/site/Ecommerce/1502057828?VIEW\\_PRODUCT=true&product\\_id=37961&store\\_id=1401](https://secure3.convio.net/ucc/site/Ecommerce/1502057828?VIEW_PRODUCT=true&product_id=37961&store_id=1401)

"Out of Work," by Käthe Kollwitz

[https://secure3.convio.net/ucc/site/Ecommerce/1502057828?VIEW\\_PRODUCT=true&product\\_id=15626&store\\_id=1401](https://secure3.convio.net/ucc/site/Ecommerce/1502057828?VIEW_PRODUCT=true&product_id=15626&store_id=1401)

"The Public Fountain," by Manuel Alvarez Bravo

[https://secure3.convio.net/ucc/site/Ecommerce/1401636333?VIEW\\_PRODUCT=true&product\\_id=37962&store\\_id=1401](https://secure3.convio.net/ucc/site/Ecommerce/1401636333?VIEW_PRODUCT=true&product_id=37962&store_id=1401)

#### **From Art.com**

"Golden Rule," by Norman Rockwell

<http://www.art.com/products/p9388041612-sa-i5446642/norman-rockwell-golden-rule-do-onto-others-april-1-1961.htm?sorig=cat&sorigid=0&dimvals=5000032&ui=6c6a730242504593a62db31e60ee1963&ssk=norman+rockwell>

## Honoring the Body

“Back Bone 1997,” by Tony Cragg

<http://www.art.com/products/p12210191-sa-i1581812/tony-cragg-back-bone-c1997.htm?sorig=cat&sorigid=0&dimvals=0&ui=c5dd66dac7d541809fb8256c7daa3064&searchstring=back+bone+cragg>

“Man in a Wheelchair on a Tightrope”

<http://www.art.com/products/p13951106-sa-i2746744/man-in-a-wheelchair-on-a-tightrope.htm?sorig=cat&sorigid=0>

### Music

Three music selections are used with Honoring the Body. A web link is provided to give more information about each music selection.

“Imago Dei,” by Jill Christian Warner

<http://www.youtube.com/watch?v=2duLAakNyuw>

“Take My Life and Let it Be,” by Frances R. Havergal (tune: Hendon)

<http://www.youtube.com/watch?v=UXy2MmMLjGQ&feature=related>; lyrics <http://www.cyberhymnal.org/htm/t/m/tmlalib.htm>

“I Was There to Hear Your Boring Cry,” by John Ylvisaker (tune: Waterlife)

<http://www.youtube.com/watch?v=TYnmtQI50ic&feature=related>

### Scripture

Twelve Bible passages are used with Honoring the Body, two with each Exploration.

Discovery	1 Kings 19:4-8	John 4:1-42
Scripture	Genesis 2:1-25	Romans 12:1-8
Discipleship	Psalms 71	Mark 5:21-43
Christian Tradition	Song of Solomon 4:1-7, 5:10-16	Luke 7:36-50
Context and Mission	Exodus 23:10-12	2 Corinthians 4:13—5:1
Future and Vision	Ezekiel 37:1-14	Matthew 22:34-30

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