



WELCOME

Date: _____

A Guide to life

Be a foot

Why do you want to be a hand when you are a foot?

Depression is a growing problem among teenagers. It is easy to see why this is, with nonbelievers. It is difficult to think of anything more depressing than a life without the purpose and meaning Jesus Christ can bring.

But why are many Christians depressed when Christ brings so much hope?

They forget who they are.

✔ Not all the same

God does not make us all the same. He gives one person great athletic skills and another person incredible math skill. But we live in a world where celebrities are awarded for fame, fortune, and great athletic skills. For plain ordinary people like you and me, life can appear very depressing... if we are looking from the world's perspective.

Why do we always want to be a hand when God wants us to be a good foot?

Look at what Paul the Apostle tells us:

"Even so the body is not made up of one part but of many. Now if the foot should say, "Because I am not a hand, I do not belong to the body," it would not for that reason stop being part of the body. And if the ear should say, "Because I am not an eye, I do not belong to the body," it would not for that reason stop being part of the body. If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? But in fact God has placed the parts in the body, every one of them, just as he wanted them to be. If they were all one part, where would the body be? "

(1 Corinthians 12:14-19)

Youth department of St Marks Congregational Church | Teen Church 9:30-10:30 | Contact:

Darrenb@stmarks.org.za 079 743 3035

Follow us on  : St Marks PE Youth Unlimited

✔ Go ahead and answer



- What point do you think Paul is trying to make?
- How good would our bodies be with only hands and feet?
- How effective would a feeding program that feeds homeless people be with only athletic people and no one with the gift of compassion or organisational skills?
- In verse 18, what does Paul say God has done with each part?
- What gifts and abilities has God given you?
- How can you use those abilities and gifts for the Body of Christ – the Church?
- How does it make you feel to know that God is excited about you as part of His body – the church?

✔ Final thoughts



God has gifted you!

Maybe you aren't a celebrity, and maybe you don't have the same skills your friends have.

God created you the way HE WANTED to. The question is - how are you going to use that?

Don't whine because you are not a hand. God needs a foot!



A Guide to life

Be a foot

Why do you want to be a hand when you are a foot?

Depression is a growing problem among teenagers. It is easy to see why this is, with nonbelievers. It is difficult to think of anything more depressing than a life without the purpose and meaning Jesus Christ can bring.

But why are many Christians depressed when Christ brings so much hope?

They forget who they are.

✔ Not all the same

God does not make us all the same. He gives one person great athletic skills and another person incredible math skill. But we live in a world where celebrities are awarded for fame, fortune, and great athletic skills. For plain ordinary people like you and me, life can appear very depressing... if we are looking from the world's perspective.

Why do we always want to be a hand when God wants us to be a good foot?

Look at what Paul the Apostle tells us:

“Even so the body is not made up of one part but of many. Now if the foot should say, “Because I am not a hand, I do not belong to the body,” it would not for that reason stop being part of the body. And if the ear should say, “Because I am not an eye, I do not belong to the body,” it would not for that reason stop being part of the body. If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? But in fact God has placed the parts in the body, every one of them, just as he wanted them to be. If they were all one part, where would the body be? “.

(1 Corinthians 12:14-19)

✔ Go ahead and answer



- What point do you think Paul is trying to make?
- How good would our bodies be with only hands and feet?
- How effective would a feeding program that feeds homeless people be with only athletic people and no one with the gift of compassion or organisational skills?
- In verse 18, what does Paul say God has done with each part?
- What gifts and abilities has God given you?
- How can you use those abilities and gifts for the Body of Christ – the Church?
- How does it make you feel to know that God is excited about you as part of His body – the church?

✔ Final thoughts



God has gifted you!

Maybe you aren't a celebrity, and maybe you don't have the same skills your friends have.

God created you the way HE WANTED to. The question is - how are you going to use that?

Don't whine because you are not a hand. God needs a foot!