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All Things are  
Lawful But not  
Helpful...





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# Lawful but Not Helpful

*“All things are lawful for me, but all things are not helpful.”*

*1 Corinthians 6:12 & 1 Corinthians 10:23*



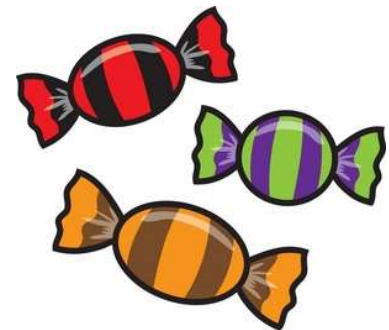
# What does this mean?



- I am allowed to eat cookies and candy for a snack. What would happen if I ate those foods?
  - My stomach would hurt and I would not feel well.
  - I would not be eating healthy foods and might get cavities.
  - I would not eat a healthy dinner.

So even though I am allowed, is this good for me?

**NO!**





# What does this mean?

- I am allowed to ride my bike without a helmet. What could happen if I ride without one?

- I could fall and get hurt.
- Other kids might see me not wearing a helmet and not want to wear theirs either.

So even if it is allowed, is this good for me?

**NO!**





# Glorifying God with Our Actions

- We need to glorify God with our actions and choices.
- We need to glorify God by keeping ourselves pure.
- We need to glorify God with our bodies because the Holy Spirit lives in us.

A cluster of five dice in various colors (red, white, black, and grey) is positioned in the top-left corner of the slide. A thick red horizontal bar is located at the top of the slide, partially overlapping the dice.

# Holiness of the Body

## My Body...

1. Is created in His likeness and His image.
2. Was shared by the Lord when He took flesh.
3. Is a member of Christ's body.
4. Is the temple of the Holy Spirit.

A cluster of five dice in various colors (white, black, red) and orientations is positioned in the top-left corner of the slide. A thick red horizontal bar is located at the top of the slide, partially overlapping the dice.

# Holiness of the Body

## My Body...

5. Interacts with God through the sacraments.
6. Was bought by the precious blood of God.
7. Is not my own but belongs to God.
8. Needs to glorify God.



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# How can we take care of our bodies?

- Eat healthy foods
- Exercise
- Get enough sleep
- Protect your privacy
- Dress modestly



# What about our inner bodies?

- ❑ Be careful what you watch or read (tv, movies, internet, books)
- ❑ Be careful what you listen to (music or bad language)
- ❑ Be careful what you say (hurtful or mean things, cursing, swearing)



# What about our inner bodies?

- Be careful what you do
- Be careful where you go
- Be careful what you think (bad thoughts, bad attitude, ungrateful, jealous, angry, unforgiving)

# Making Good Choices



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What if we can't tell  
right from wrong?

# Test All Things

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*“Test all things; hold fast what is good. Abstain from every form of evil.”*

1 Thessalonians 5:21



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# What does that mean?

- If you are not sure about a choice, ask your parents, your Sunday School teacher or Abouna.
- Check what the Bible says about it.
- If you have any doubt about something, don't do it.