

## Scriptural Body Mix-Ups

Your sneaky seminary teacher wants to see how well you can identify the correct body parts from these scriptural passages. The **bolded** body parts have been mixed up. Look up the verses if you get stuck.

1. "The light of the body is the **heart**" (Luke 11:34).

**Should be :** \_\_\_\_\_

2. "Behold, O Lord; for I am in distress: my **feet** are troubled" (Lamentations 1:20).

**Should be :** \_\_\_\_\_

3. "Lord, I have trusted in thee, and I will trust in thee forever. I will not put my trust in the **ear** of flesh" (2 Nephi 4:34).

**Should be :** \_\_\_\_\_

4. "Therefore, let every man stand in his own office, and labor in his own calling; and let not the head say unto the **bowels** it hath no need of the **bowels**" (Doctrine and Covenants 84:109).

**Should be :** \_\_\_\_\_

5. "A new **arm** also will I give you, and a new spirit will I put within you" (Ezekiel 36:26).

**Should be :** \_\_\_\_\_

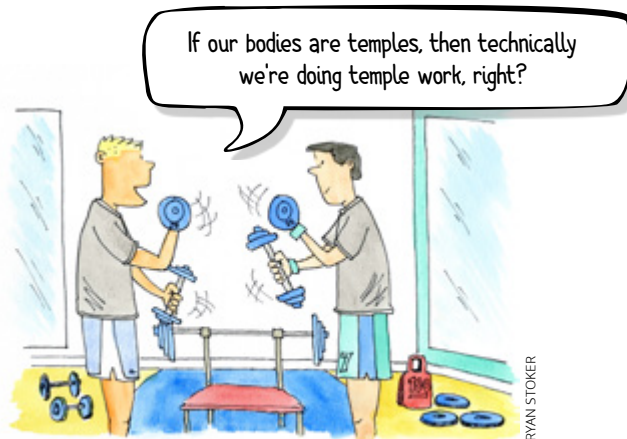
6. "Yea, and thou heardest not; yea, thou knewest not; yea, from that time thine **mouth** was not opened" (1 Nephi 20:8).

**Should be :** \_\_\_\_\_

7. "In the **eye** of two or three witnesses shall every word be established" (2 Corinthians 13:1).

**Should be :** \_\_\_\_\_

**HEART** **EAR**  
**FEET** **ARM**  
**MOUTH** **EYE** **BOWELS**



## Stair Challenge

When these five deacons heard how President Russell M. Nelson climbs stairs two at a time, they decided to start jogging stairs at their school's bleachers. Can you figure out how many stair flights each deacon could do that first Saturday morning?

### CLUES:

1. Jian did six more flights of stairs than Mason.
2. Garret did two more flights than Jian.
3. Mason did half as many flights as Hector.
4. No two friends did the same number of flights.



	# of Flights of Stairs				
	2	4	6	8	10
Garret					
Hector					
Jian					
Mason					
Sam					

### NOTE

1. See Sarah Jane Weaver, "Get to Know President Russell M. Nelson, a Renaissance Man," Jan. 16, 2018, news.ChurchofJesusChrist.org.

# What do I do if I don't like my body?



*"When you sing 'I Am a Child of God,' think of His gift to you of your own physical body. The many amazing attributes of your body attest to your own 'divine nature' [2 Peter 1:4]. . . .*

*". . . A perfect body is not required to achieve a divine destiny. In fact, some of the sweetest spirits are housed in frail frames."*

**President Russell M. Nelson,**  
*"Your Body: A Magnificent Gift to Cherish," New Era,*  
 Aug. 2019, 4, 5.



## Accept Your Body

Accept your body for what it is instead of what it's not. Every time I look at myself in the mirror, I say,

"Heavenly Father, I'm grateful with the progress You're making with me."

**Temperance B., 18, Victoria, Australia**

## Take Care of It

I take care of my body by exercising and eating healthy. Taking care of my body makes me more grateful for it. When I take care of the temple that Heavenly Father has blessed me with, my mood shifts and I better recognize and appreciate the wonderful blessing of having a body created by God.

**Camille A., 16, Florida, USA**



## Think about It as a Temple

Think about how your body is a temple (see 1 Corinthians 3) and also

that the Lord looks on the heart (see 1 Samuel 16), not on the body!

**Vico W., 17, North Rhine-Westphalia, Germany**

## Remember You Are Loved

My friend struggled because he worried about what others think of him, and he lost his self-respect. What helped him the most was remembering that God, his friends, and his family were all there to love and support him.

**Matthew V., 16, Missouri, USA**