

Body is a Temple

Home Huddle is meant to be an opportunity for families to talk about their faith together. Scripture and multiple research studies affirm that parents and grandparents are the #1 faith role models in a child's life. We know life is busy, but we still encourage families to take time to grow in faith together. Complete/talk through the 'Faith 5' (Share, Read, Talk, Pray, Bless) below as a family. Then sign and return this page at the beginning of the next class.



SHARE Highs and Lows of the day/week



READ

No Memory Work – Lent Lesson



TALK

1. Read 1 Corinthians 6:19-20. How does this verse relate to the following:

Alcohol =

Smoking/Vaping =

Caffeine =

Pornography =

2. What is one thing you can do to honor your body as God's temple?



PRAY

for one another. Praise and thank God for today's highs. Ask the Holy Spirit for help with today's lows. Include highs and lows of your family, friends and world in this prayer. Close in Jesus' name.



BLESS

one another with the sign of the cross and these words:

(Name), child of God, may you be pure and right and true in all you do.
Amen.

Student First and Last Name: _____

(Please print so we can read it!)

Parent Signature: _____

Body is a Temple +

During the “Hot Topic” Unit, we will be covering some big issues. Following each lesson, families are encouraged to continue the conversations from class by using Home Huddle+. Parents can also find a list of resources that may be helpful if there is a desire to further explore the topic. These pages do not need to be returned as they are intended to be tools for families to use together.



TALK (Further Discussion Questions)

1. Read through the following lies about drugs:

- Drugs make you feel better.
- Drugs make you more creative.
- Marijuana is actually better for you than tobacco.
- Drugs make you more fun to be with.
- Drugs wear off and don't cause any permanent damage to your body.
- Drugs give you energy.
- Prescription drugs can't hurt you.
- You can stop taking drugs whenever you want.
- Alcohol isn't really a drug.
- Taking drugs is a personal decision. It's not going to affect anyone else but you, so it's really your own business and no one else's.

2. What are some truths to combat these lies?



EXPLORE (Resources)

Websites

- <https://www.getsmartaboutdrugs.gov/family/why-do-teens-use-drugs>
[Resources for Parents and Educators about drug use, prevention, and education]
- <https://www.focusonthefamily.com/parenting/the-vicious-truth-about-drug-addiction-and-alcoholism/>

[Article by Focus on the Family that examines drug use through a Biblical lens]

- <https://www.drugfreeworld.org/drugfacts/the-truth-about-drugs.html?fbclid=IwAR3B7hBtPei1bYpRzonkKN0ZWDuuGXHM6-vcMuM6PjkO3QSUwjCjRTutBho>

[Drug Free World is a foundation committed to educating youth and adults about the dangers of drug use]



DO (Practical Ideas)

- Ask your child about the most commonly abused substances and the dangers associated with their use. (Alcohol, prescription drugs, tobacco/vaping, etc.). Note that not all these substances are illegal.
- Talk to your child about what to do if he/she is offered or pressured to use drugs. How should he/she react if their friends are doing them?
- Be aware of the risk factors that can lead to drug use:
 - o Low grades or failure in school
 - o Victim of bullying or cyberbullying
 - o Low self esteem
 - o Permissive parenting
 - o Parent or older sibling drug/alcohol use
 - o Living in a community with a high tolerance for smoking, drinking, or drug use among youth
 - o Attending a school without strict rules for tobacco, alcohol, or drugs and inconsistent enforcement for breaking those rules
 - o Belief that there is little risk in using a drug.