# Healthy Bodies, Joyful Spirits

**MOVING TOGETHER IN FAITH** 



CHILDHOOD OBESITY AWARENESS MONTH

# **TOOLKIT**

Dr. Boise Kimber, President

#### September 2025

#### To Our Beloved Church Family and Community Partners,

Grace and peace to you in the name of our Lord and Savior Jesus Christ. As we embrace the 2025–2026 theme of the National Baptist Convention, USA, Inc., "Changing the Course, Not Our Conviction: The Gospel Still Works," we are reminded that while our methods may evolve, our mission remains rooted in the transformative power of the Gospel. Under the visionary leadership of our newly elected President, Rev. Dr. Boise Kimber, we are called to reimagine ministry with boldness, compassion, and conviction.

This Childhood Obesity Awareness Month Toolkit reflects that call. It is a faith-driven resource designed to help churches and communities address one of the most pressing health challenges facing our children today. Childhood obesity is not just a medical issue—it is a spiritual and communal concern that touches the heart of our mission to nurture whole, healthy lives.

Inspired by national initiatives like *Let's Move!* and *Move Your Way*, and grounded in the ministry vision of <u>H.O.P.E. NBC</u>, this toolkit offers worship guides, wellness strategies, and community engagement ideas that honor our Baptist tradition while embracing innovative approaches. It is a practical expression of our conviction that the Gospel still works—through education, movement, nutrition, and love.

We invite you to join us in this sacred work. Let us move together in faith, empowering families, uplifting children, and building a legacy of health and holiness that reflects the heart of Christ.

In Christ's love and service, **Dr. Michael O. Minor**National Director, H.O.P.E. HHS Partnership

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#### Core Scripture Anchors

- 1 Corinthians 6:19-20, "Your body is a temple of the Holy Spirit... honor God with your bodies."
- 3 John 1:2, "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."
- Proverbs 22:6, "Train up a child in the way he should go..."

#### **1 Corinthians 6:19–20**

"Your body is a temple of the Holy Spirit... honor God with your bodies."

#### **Support for the Theme:**

This scripture establishes the spiritual foundation for physical health. It affirms that our bodies are sacred spaces, and caring for them is an act of worship. In the context of childhood obesity, it calls families and churches to prioritize wellness as a reflection of faith. Movement becomes more than exercise—it becomes a joyful offering to God.

#### Proverbs 22:6

"Train up a child in the way he should go..."

#### **Support for the Theme:**

This verse highlights the importance of early instruction and modeling. It supports the theme by emphasizing that healthy habits, physical, emotional, and spiritual—must be cultivated from childhood. When churches and caregivers move together in faith, they lay a foundation for lifelong wellness and joyful living.

#### 3 John 1:2

"I pray that you may prosper in all things and be in health, just as your soul prospers."

#### **Support for the Theme:**

This scripture beautifully links physical health with spiritual vitality. It reinforces the idea that joyful spirits and healthy bodies are not separate goals—they are intertwined expressions of God's desire for wholeness. The theme's emphasis on "moving together in faith" reflects this holistic vision of prosperity in body and soul.

Together, these scriptures affirm that promoting childhood wellness is not just a public health effort, it's a sacred calling. They empower churches to lead with conviction, compassion, and creativity as they help children and families move toward health, joy, and deeper faith. Would you like this overview formatted for a bulletin, slide, or devotional card? I can also help pair it with visuals or a short, spoken intro for worship settings.

#### Sermon Guide: "Faith in Motion – Honoring God Through Healthy Living"

**Scripture Focus:** 1 Corinthians 6:19–20, "Do you not know that your bodies are temples of the Holy Spirit... therefore honor God with your bodies."

#### **Sermon Overview:**

This sermon invites the congregation to view physical health as a spiritual discipline. It challenges believers to move beyond passive faith and embrace active stewardship of the body as a form of worship.

#### **Three Key Points:**

#### 1. Sacred Stewardship

- o Our bodies are not our own—they are entrusted to us by God.
- o Caring for our health honors the Creator and reflects gratitude for His grace.

#### 2. Movement as Ministry

- o Physical activity is not just exercise—it's a joyful expression of faith.
- o Churches must lead by example, creating spaces where movement is celebrated and normalized.

#### 3. Community Wellness as Witness

- o When we prioritize health, we strengthen our witness to the world.
- o A healthy church is a vibrant church—ready to serve, uplift, and transform.

#### **Suggested Closing:**

Invite families to commit to one health-focused action this week—whether it's walking together, preparing a nutritious meal, or joining a church wellness event. Close with a congregational affirmation: "We move in faith. We live in joy. We honor God with our bodies."

## **6** Children's Message: "God Made Me Strong!"

**Scripture Focus:** Psalm 139:14, "I praise You because I am fearfully and wonderfully made."

#### **Interactive Format:**

- Begin with a joyful declaration: "God made you strong, smart, and special!"
- Lead children in simple movements: jumping, stretching, clapping, celebrating the gift of their bodies.
- Use visual props (e.g., heart, apple, sneakers) to connect health with faith.

#### **Key Message:**

God made our bodies to move, grow, and serve. When we eat well, play actively, and rest, we're saying "thank you" to God.

#### **Closing Activity:**

Have children repeat: "I am strong in body, joyful in spirit, and moving in faith!" Send them home with a "Healthy Habits" sticker or card to share with their families.

# A Prayer Focus: Intercession for Children's Health and Family Wellness Prayer Leader Prompt:

Invite the congregation to stand or join hands in unity as you lift up children and families.

#### **Prayer Themes:**

- Healing for children struggling with obesity or related health issues
- Wisdom and strength for parents and caregivers
- Empowerment for churches to be centers of health, hope, and joy
- Protection and provision for underserved communities

#### Sample Prayer Excerpt:

Lord, we lift up every child in our care. May their bodies be strong, their spirits joyful, and their paths guided by Your love. Equip our families with wisdom, our churches with compassion, and our communities with the resources to thrive. Let us move together in faith, honoring You in all we do. Amen.

#### **Faith and Fitness Events**

#### Move Your Way" Family Walk

**Purpose:** To unite families in joyful movement while integrating prayer, scripture, and community wellness.

#### **Event Overview:**

- Host a church-wide walk using Move Your Way planning tools for route design, safety tips, and promotional materials.
- Include **prayer stations** along the route with themes such as:
  - o *Gratitude for Our Bodies* (Psalm 139:14)
  - o Strength for Our Families (Isaiah 40:31)
  - o Healing for Our Communities (Jeremiah 30:17)
- Begin with a short devotional and warm-up led by youth or health ministry leaders.
- End with a celebration featuring healthy snacks, music, and testimonies.

#### Add-on Ideas:

- Provide branded water bottles or wristbands with the theme.
- Invite local health partners to offer screenings or resources.

#### **Healthy Temple Challenge**

Purpose: To encourage children to build healthy habits through movement, nutrition, and spiritual reflection.

#### **Challenge Format:**

- Distribute a **30-day activity tracker** for kids with daily goals such as:
  - o "Drink water instead of soda"
  - o "Stretch and pray for 5 minutes"
  - o "Eat a fruit or veggie with dinner"
  - o "Walk with a family member and thank God for your legs"
- Include weekly scripture reflections tied to health:
  - Week 1: 1 Corinthians 6:19–20 "My body is God's temple"
  - Week 2: Proverbs 3:7–8 "Health to your body and nourishment to your bones"
  - Week 3: Daniel 1:12–16 "Choosing healthy food honors God"
  - Week 4: 3 John 1:2 "God wants me to prosper in health and spirit"

#### **Celebration:**

At the end of the month, host a recognition ceremony with certificates, prizes, and testimonies from children and families.

## **\$\mu\$** Dance and Praise Night

**Purpose:** To celebrate movement as worship and joy, inspired by *Let's Move!* and rooted in faith.

#### **Event Overview:**

- Host an evening of **praise music and guided dance** led by youth, worship leaders, or local instructors.
- Include segments such as:
  - o "Move for the Lord" choreographed praise routines
  - o "Joyful Jumps" fun cardio with scripture shout-outs
  - o "Holy Cool Down" stretching with meditative prayer
- Share brief testimonies between sets about how movement has impacted health and faith.

#### **Atmosphere:**

- Use vibrant lighting, banners with scriptures, and themed T-shirts.
- Encourage intergenerational participation—children, parents, elders moving together in unity.

#### **Optional Add-ons:**

- Livestream the event for virtual participation.
- Create a playlist of gospel fitness tracks for families to use at home.

## Mutrition and Wellness Workshops

#### Eat Healthy, Live Holy" Class

**Purpose:** To teach families that healthy eating is a spiritual discipline rooted in gratitude, stewardship, and self-control.

#### **Class Overview:**

#### • Opening Devotion:

Daniel 1:12–16 – Daniel's choice of vegetables and water as a holy stand against cultural excess.

Reflect on how food choices reflect faith convictions.

#### • Nutrition Tips from Let's Move!:

- Choose water over sugary drinks
- o Fill half your plate with fruits and vegetables
- Limit processed foods and added sugars
- o Practice portion control and mindful eating

#### **Faith-Based Discussion Topics:**

- o "What does it mean to honor God with our meals?"
- "How can churches model healthy hospitality?"
- "How do we teach children to see food as fuel for purpose?"

#### • Interactive Activity:

Create a "Holy Meal Plan" with scripture pairings for each day of the week (e.g., "Meatless Monday with Matthew 6:33").

#### **Takeaway Resource:**

Distribute a branded handout with tips, scriptures, and a sample weekly meal plan.

#### **Cooking Demonstrations**

Purpose: To show families how to prepare affordable, nutritious meals that align with cultural tastes and spiritual values.

#### **Event Format:**

- Partner with local chefs, dietitians, or health ministry leaders
- Host live or recorded demos in church kitchens, fellowship halls, or outdoor spaces
- Focus on meals that are:
  - Budget-friendly
  - o Culturally familiar (e.g., baked catfish, collard greens without pork, fruit-infused
  - o Kid-approved and easy to prepare

#### **Faith Integration:**

- Begin each demo with a short prayer of gratitude for provision and health
- Share scriptures that connect food and faith (e.g., *Proverbs 15:17* "Better a meal of vegetables where there is love...")

#### **Add-on Ideas:**

- Offer recipe cards with devotionals
- Include a "Bless This Meal" family prayer guide
- Invite youth to assist and learn cooking skills

#### **Parent Empowerment Sessions**

**Purpose:** To equip parents with practical tools and spiritual encouragement to lead their families toward healthier lifestyles.

#### **Session Structure:**

- Use Move Your Way parent fact sheets to guide discussion on:
  - o Recommended physical activity levels for children
  - o Tips for integrating movement into daily routines
  - o Overcoming barriers to healthy eating and exercise

#### • Faith-Based Topics:

- o "Raising Whole Children: Body, Mind, and Spirit"
- o "Breaking Generational Cycles Through Faith and Food"
- o "Creating a Home Culture of Wellness and Worship"

#### • Interactive Elements:

- o Family wellness goal setting
- o Scripture journaling around health challenges
- o Group prayer and testimony sharing

#### **Takeaway Resource:**

Provide a "Faith and Family Wellness Toolkit" with scriptures, movement ideas, and healthy snack recipes.

#### **Branded Bulletin Inserts**

**Purpose:** To provide weekly, faith-based health encouragement that families can take home and apply.

#### Format:

Each insert includes:

- Scripture of the Week (e.g., 1 Corinthians 10:31 "Whatever you do, do it all for the glory of God.")
- Movement Tip (e.g., "Take a 10-minute walk after dinner and thank God for your legs.")
- **Healthy Recipe** (e.g., "Grilled veggie wrap with hummus" or "Fruit-infused water with mint")
- Mini Devotional Thought (2–3 sentences connecting health to faith)
- Family Challenge (e.g., "Try one new vegetable this week and pray together before meals.")

#### **Design Notes:**

- Use H.O.P.E. NBC branding and NBCUSA theme colors
- Include QR codes linking to Move Your Way resources and H.O.P.E. NBC devotionals
- Make inserts printable and shareable on social media

#### Social Media Campaign: #FaithMovesKids

**Purpose:** To engage families, churches, and communities in daily health challenges that blend movement, scripture, and joy.

#### **Campaign Structure:**

- **Daily Posts** for 30 days featuring:
  - Short challenges (e.g., "Jump for Jesus! Do 20 jumping jacks and shout your favorite verse.")
  - Inspirational quotes or scriptures
  - o Photos/videos from participating families or churches
  - o Links to Move Your Way tips and Let's Move! legacy stories
- Weekly Themes:
  - Week 1: *Move with Gratitude*
  - o Week 2: Eat with Purpose
  - Week 3: Pray for Strength
  - Week 4: Celebrate Wellness

#### **Engagement Ideas:**

- Host a hashtag contest: families post their challenge videos using #FaithMovesKids
- Feature "Wellness Warriors of the Week" from participating congregations
- Share testimonials from children and parents about their health journey

#### **Newsletter Feature**

**Purpose:** To spotlight the mission of H.O.P.E. NBC and connect readers to national health initiatives through a faith-based lens.

Feature Title: "Faith in Action: Building Healthy Bodies and Joyful Spirits"

#### **Content Highlights:**

#### • Introduction:

Share the purpose of Childhood Obesity Awareness Month and the theme Include a message from leadership on faith-rooted wellness

#### • H.O.P.E. NBC Spotlight:

- o Overview of H.O.P.E. NBC's mission and impact
- Quotes from families or pastors involved in health ministry
- o Link to hopenbc.com for devotionals, events, and resources

#### • National Connections:

- o Link to Move Your Way stories and planning tools
- o Highlight Let's Move! legacy content and its relevance to faith communities
- Suggest ways churches can adapt these tools for ministry settings

#### • Call to Action:

Encourage readers to host a wellness event, share the toolkit, or join the #FaithMovesKids campaign

#### **Design Notes:**

- Include branded visuals, scripture banners, and clickable links
- Make it suitable for email, print, and website posting

## Nartnership and Outreach Ideas

#### **Collaborate with Local Schools and Clinics for Joint Events**

Purpose: To build bridges between faith communities and public institutions for holistic child wellness.

#### **Action Steps:**

#### **School Partnerships:**

- o Host joint "Faith and Fitness Fridays" with movement breaks, healthy snacks, and scripture-based encouragement.
- Offer chapel-style assemblies or classroom visits with H.O.P.E. NBC leaders sharing messages on health and faith.
- o Provide branded activity trackers or devotionals for students to take home.

#### **Clinic Collaborations:**

- o Partner with pediatricians, dietitians, or community health workers to offer screenings, nutrition talks, and parent Q and A sessions at church events.
- o Co-host "Wellness Pop-Ups" in church parking lots or fellowship halls with BMI checks, hydration stations, and prayer booths.
- Share H.O.P.E. NBC resources in clinic waiting rooms to extend ministry reach.

#### Impact:

These partnerships reinforce the message that churches are not just spiritual centers—they are wellness hubs committed to the whole child.

#### Invite Community Leaders to Speak on Health Equity and Faith

**Purpose:** To elevate the conversation around childhood obesity by connecting it to justice, access, and spiritual responsibility.

#### **Speaker Ideas:**

- Local pastors or youth ministers with health-focused ministries
- School board members or educators advocating for physical education and nutrition
- Public health officials or nonprofit leaders working in underserved communities
- Parents or youth sharing testimonies of transformation through faith and wellness

#### **Event Formats:**

- Panel discussions during worship or midweek gatherings
- "Faith and Health Town Hall" with breakout sessions for families
- Facebook Live or YouTube interviews to expand digital reach

#### **Suggested Topics:**

- "Faith-Based Solutions to Childhood Obesity"
- "Breaking Barriers: Health Equity in Our Neighborhoods"
- "The Gospel Still Works—Even in the Gym and Kitchen"

#### **Impact:**

These conversations deepen awareness, inspire action, and position the church as a thought leader in health equity.

#### **Distribute H.O.P.E. NBC-Branded Devotionals and Activity Guides**

**Purpose:** To provide families with tangible, faith-rooted tools for daily wellness and spiritual growth.

#### **Devotional Content:**

- Short reflections on scriptures like 3 John 1:2, Proverbs 22:6, and Daniel 1:12–16
- Topics such as "God Cares About My Health," "Moving in Faith," and "Healthy Habits for Holy Living"
- Prayer prompts and journaling spaces for children and parents

#### **Activity Guide Features:**

- Movement challenges with scripture tie-ins
- Healthy snack ideas with biblical themes (e.g., "Fruit of the Spirit Smoothie")
- Family goal-setting worksheets and progress trackers

#### **Distribution Channels:**

- Sunday school classes and youth groups
- Community events, clinics, and school partnerships
- Digital downloads via H.O.P.E. NBC.com and social media

#### **Impact:**

These branded resources extend the ministry beyond the pulpit, empowering families to live out the theme, "Healthy Bodies, Joyful Spirits"—in their homes and daily routines.



#### **Build a Culture of Wellness Rooted in Faith and Joy**

#### Vision:

Create a lasting environment where health is celebrated as a spiritual gift, not a burden. Wellness becomes part of worship, fellowship, and discipleship—woven into the fabric of church life. **Strategies:** 

- Integrate movement and nutrition into regular ministry programming (e.g., youth groups, Sunday school, women's and men's ministries)
- Normalize joyful physical activity in worship settings—dance, walking ministries, fitness devotionals
- Use scripture, song, and storytelling to reinforce the message that caring for the body is an act of praise

#### **Long-Term Impact:**

Children grow up seeing health as holy. Congregations become known for vitality, joy, and compassionate care.



#### 🔐 Empower Families to Make Lasting Lifestyle Changes

#### Vision:

Equip families with the tools, encouragement, and spiritual grounding to transform their homes into centers of wellness and worship.

#### **Strategies:**

- Provide branded devotionals, activity trackers, and meal plans that are simple, affordable, and faith-based
- Host regular workshops and events that teach practical skills—meal prep, movement routines, and stress management
- Offer mentorship and testimony-sharing from families who've made health transformations through faith

#### **Long-Term Impact:**

Generational cycles of poor health are broken. Parents become health disciples for their children, and homes reflect God's design for wholeness.

#### 🚣 Position the Church as a Beacon of Holistic Health and Spiritual Vitality

#### Vision:

Establish the church as a trusted, visible leader in community wellness—where physical, emotional, and spiritual health are nurtured together.

#### **Strategies:**

- Partner with schools, clinics, and nonprofits to host health screenings, fitness events, and educational forums
- Train ministry leaders to speak on health equity, nutrition, and movement from the pulpit and in outreach
- Use digital platforms to share H.O.P.E. NBC's message, resources, and success stories across congregations and communities

#### **Long-Term Impact:**

The church becomes a lighthouse of healing and hope—where people come not only for salvation, but for strength, support, and transformation.

## **Appendix**

# **III** Planning Calendar Monthly Overview:

Week Theme		Key Activities
1	Faith in Motion	Launch worship integration, family walk, bulletin inserts
2	Eat Healthy, Live Holy	Host nutrition workshops, cooking demos, distribute devotionals
3	Joyful Movement	Dance and Praise Night, Healthy Temple Challenge
4	Legacy and Impact	Share testimonies, distribute branded resources, close with celebration

#### **Daily Suggestions:**

- Monday: Movement tip + scripture reflection
- Wednesday: Midweek prayer for children's health
- Friday: Family challenge + social media post
- Sunday: Worship integration + bulletin insert

#### Scripture Reference Index

Theme	Scripture	Use Case		
Body as Temple	1 Corinthians 6:19–20	Sermon, devotionals, workshops		
Child Formation	Proverbs 22:6	Bible study, parent sessions		
Health and Prosperity	3 John 1:2	Devotionals, prayer focus		
Movement and Joy	Psalm 150:4, Isaiah 40:31	Dance night, family walk		
Food and Discipline	Daniel 1:12–16, Proverbs 15:17 Cooking demos, nutrition class			
<b>Bonus:</b> Include short reflections or one-line devotionals for each scripture in printed handouts				

## Contact and Support Information

#### H.O.P.E. NBC Ministry Team

- Website: www.hopenbc.comEmail: info@hopenbc.com
- Social Media: Facebook | Instagram | YouTube

#### **Toolkit Support and Requests**

- Request branded materials or workshop facilitation
- Submit photos, testimonies, and impact stories
- Access digital downloads and campaign updates

#### **OR Code:**

Link to digital resource hub with flyers, devotionals, calendar, and graphics

## **Sample Flyers and Graphics**

#### **Included Template:**

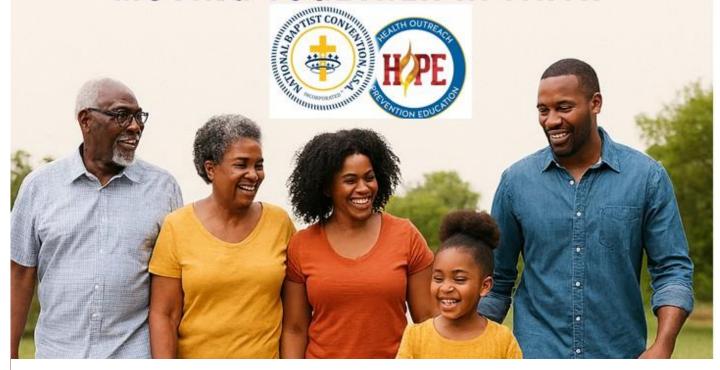
- Campaign Poster with theme and intergenerational image with blank space (next page)
- Use to develop Event Flyers:
  - o "Move Your Way" Family Walk
  - o "Eat Healthy, Live Holy" Workshop
  - o Dance and Praise Night
  - o Parent Empowerment Sessions

#### **Design Notes:**

- Use H.O.P.E. NBC branding and NBCUSA colors
- Include QR codes linking to devotionals and Move Your Way resources
- Format for print (8.5x11) and digital sharing

# Healthy Bodies, Joyful Spirits

**MOVING TOGETHER IN FAITH** 



## CHILDHOOD OBESITY AWARENESS MONTH