

# TOB MONTHLY KIDS

THEOLOGY OF THE BODY

AGES 6-9  
(+PARENT)

ISSUE 7 (CYCLE A)

## INSIDE:

RELATIONSHIPS ARE  
LIKE PIGGY BANKS

THERE IS AN ART  
TO GIVING AND  
RECEIVING GIFTS

WE CAN SHOW  
LOVE THROUGH  
SERVICE

JESUS CAME TO  
SERVE

To serve  
is to love!

## TO GIVE + RECEIVE ACTS OF SERVICE IS TO GIVE + RECEIVE LOVE

I CAN BE A GIFT WHEN I SERVE GRACIOUSLY. I CAN ALSO BE GRATEFUL  
TO RECEIVE THE GIFT OF SERVICE FROM OTHERS.

I AM A GIFT! MY NAME IS: .....


# MAIN POINT: BEING OF SERVICE MAKES A SINCERE + MUTUAL GIFT-OF-SELF

(Christian Anthropology Standards 5 + 6)

## FIRST THOUGHTS...

We already know that people are more important than "stuff," but do we really know how to make sure that we value the people in our lives in the way God wants us to? A previous issue of **TOB Monthly Kids** showed us that we love people and use stuff... we don't use people and love stuff. Thankfully, we are called to do so much more for people than simply 'not use them.' Whew! Thank goodness there's more. There is a fullness and beauty to our relationships when we learn to enter into mutual\* self-giving\* love and sacrifice\*. Big words! Let's break it down: mutual - we BOTH give (and receive) ... self-giving - we are selfless.... sacrifice - we would accept\* something hard for ourselves in order to bring something joyful to another. We are called to do this in all of our healthy\* relationships: family, friends, neighbors, teachers. The easiest place to start is in our homes, with our parents, and then our siblings.

\*work with a parent to define these words (there is a glossary in the back!)



**How is a relationship like a piggy bank?**

### Discuss with your parent...

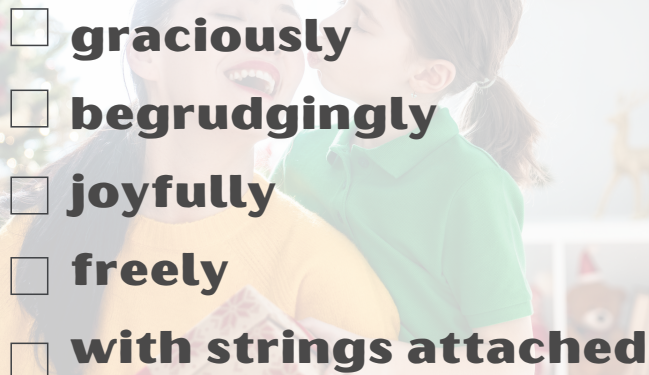
Can you get money out of your piggy bank if you never put any money into your piggy bank?

What happens if you invest money into your piggy bank regularly?





HOW DO I GIVE GIFTS?  
check all that apply

- 
- ☐ **graciously**
  - ☐ **begrudgingly**
  - ☐ **joyfully**
  - ☐ **freely**
  - ☐ **with strings attached**

“

"For the Son of Man came not to be served but to serve, and to give his life a ransom for many."  
- Mark 10:45

”

HOW DO I RECIEVE GIFTS?  
check all that apply

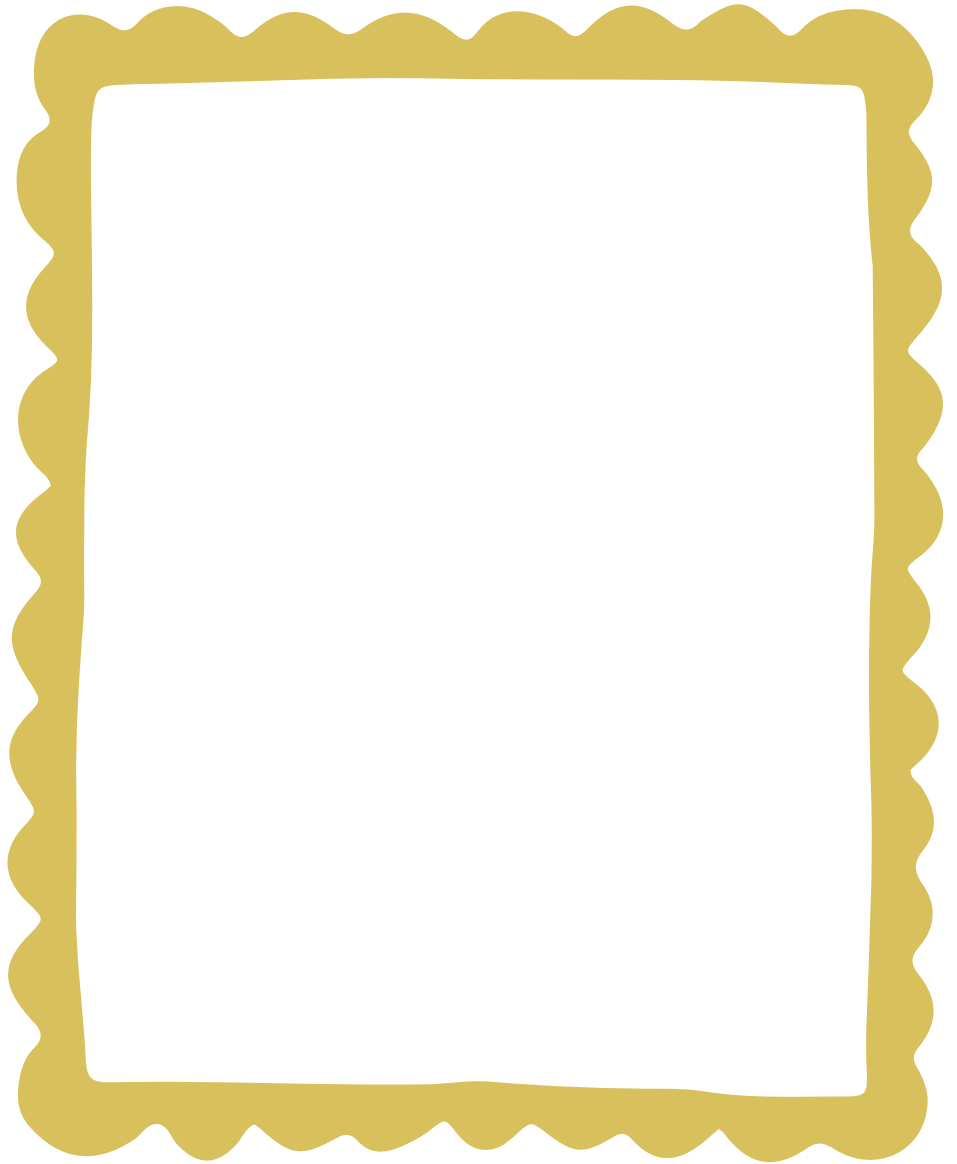
- 
- ☐ **graciously**
  - ☐ **gratefully**
  - ☐ **joyfully**
  - ☐ **with apathy**
  - ☐ **while complaining**

Our bodies are made of trillions of cells. Every cell of the human body is designed to contain 46 chromosomes—except for eggs and sperm. They each have only 23 chromosomes. They become a complete set of 46 chromosomes when they join. This is the moment that life begins. Our chromosomes act in the most natural mutual gift of self: new human life only occurs when the egg and the sperm join together.

When we focus on ourselves, our needs, our wants, our desires we begin to feel depressed; we begin to feel like we do not have enough, and selfishness grows inside of us. When we turn that around and practice gratitude and serve others, we increase our sense of well-being. Research shows after just four weeks of writing down every day what we are grateful for and doing acts of service for others, we feel happier and more joy-filled; we begin to recognize that we are a gift and we can make a difference.

- Journal of Economic Psychology

## DRAW YOU + A PERSON YOU LOVE IN THE FRAME



### Discuss with your parent...



Q: How do you give love to this person through acts of service?

Q: How do you receive love from this person through acts of service?

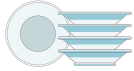
Q: What happens to your relationship when the balance of giving and receiving is off?



# HOW CAN I TURN EVERY ACT INTO AN ACT OF LOVE?



Cleaning the yard can be an act of service (love) for .....



Washing dishes can be an act of service (love) for .....



Doing homework can be an act of service (love) for .....



Recycling can be an act of service (love) for .....

**"Wash the dish not because it is dirty nor because you are told to wash it, but because you LOVE the person who will use it next." - St. Teresa of Calcutta**



..... can be an act of service (love) for a grandparent.



..... can be an act of service (love) for the vulnerable.



..... can be an act of service (love) for my church.



..... can be an act of service (love) for my neighbor.

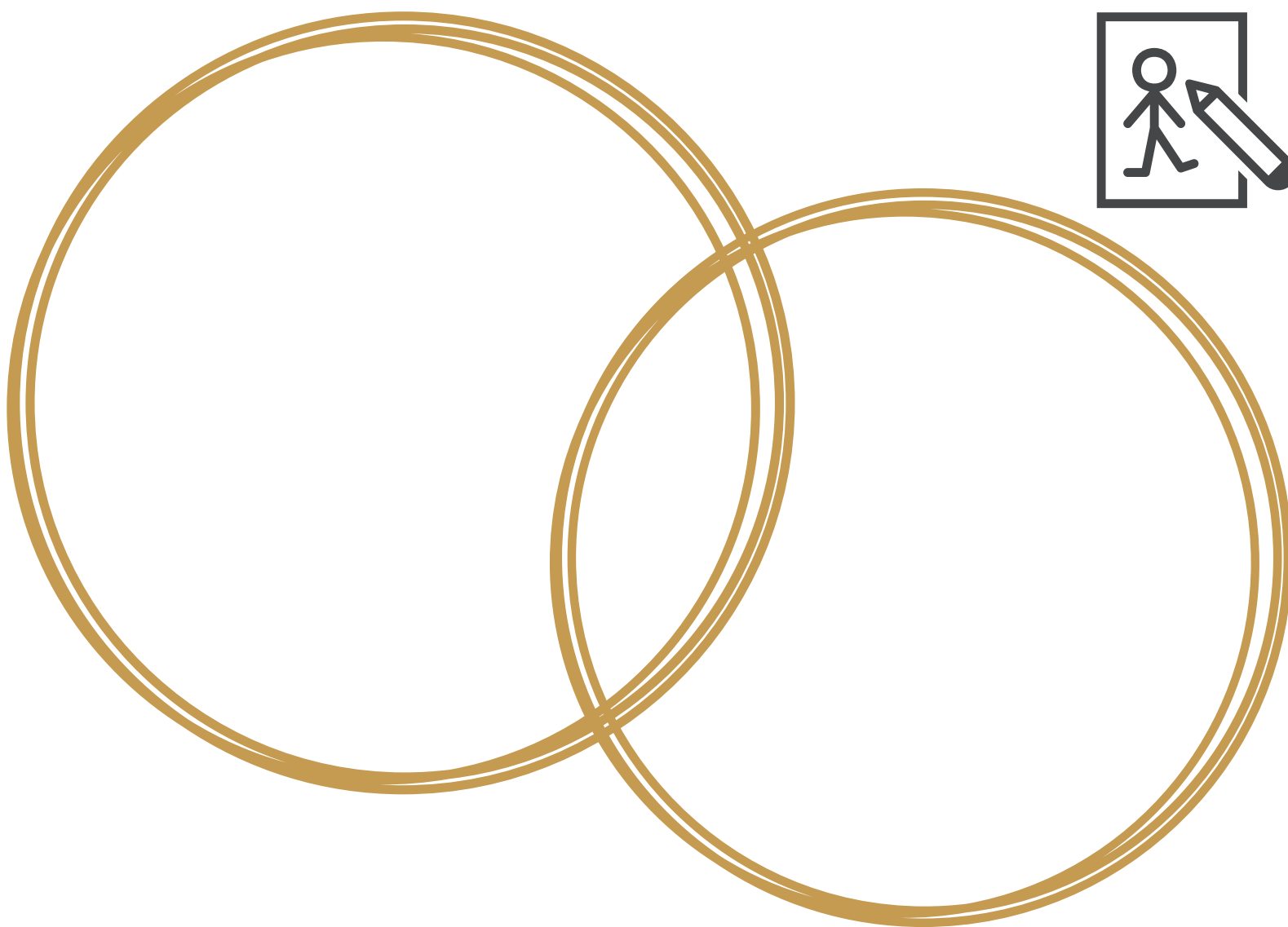
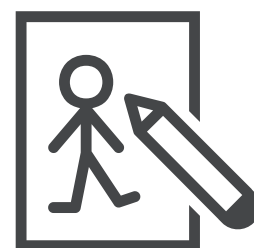
"BEING BORED IS THINKING  
TOO MUCH OF YOURSELF."

– ANONYMOUS



What do you think this quote means?

In the circles below, draw acts of service (love)  
you can do for others when you feel bored.



**"Man (human), the only earthly being God has willed for itself,  
finds himself, by the sincere gift of himself."**

– Guadium et Spes #24

We are created male or female by God, who is Love. We fully discover the importance of this gift by offering ourselves in love to others. - St. JP2, TOB 15:1

## GLOSSARY OF TERMS

**ACCEPT:** to agree to receive a duty or an answer

**HEALTHY:** to enjoy good health with safe boundaries

**MUTUAL:** experienced by two or more people in the same way

**SACRIFICE:** to give up one thing in order to help with another

**SELF-GIVING:** unselfish, willing to give of oneself to another person or cause

**Want  
to learn  
more?**

**VISIT:**



[tobparentschool.org](http://tobparentschool.org)

**READ:**



I'm a Saint  
in the Making  
by Lisa Hendey

*Have a little  
extra time?*

## CRAFT EXTENSION

### Fill a piggy bank

**TIME:** 1 hour

**MATERIALS:** tissue box, slips of paper

**ACTIVITY:**

- 1) Decorate your box (piggy bank)
- 2) Write acts of service you do for a parent in one color, and have them write acts of service they do for you in another color on different paper slips
- 3) Fill the box with the slips for a week
- 4) See if your give/take was mutual

## SERVICE EXTENSION

### Choose an act of service (love)

**TIME:** 30 minutes

**MATERIALS:** a generous heart

**ACTIVITY:**

- 1) Choose your favorite act of service from the preceding pages for someone other than your immediate family
- 2) Do the act of service
- 3) Tell a parent how it made you feel





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