

# Touchy

TOPIC : *Body Image*

SCRIPTURE : *Matthew 6:25-29*

SUPPLIES : *1 blindfold per group of 6 to 8*

**H**ave teenagers form groups of six to eight. Give each group a blindfold, and have one person in each group put on the blindfold.

To begin the game, call out one part of the body from the list below.

- Hair
- Ear
- Elbow
- Forearm
- Knee
- Toe
- Hand
- Ankle

Have one person stand in front of the person wearing the blindfold. Have another person pick up the hand of the blindfolded person and place it on the designated part of the other person. The blindfolded person should try to guess who he or she is touching. If the guess is correct, the guesser gets to give the blindfold to the other person. If the guess is incorrect, the guesser must keep the blindfold on for the next round.

Have another person stand in front of the guesser, and call out another body part from the list. Continue the game until everyone has had a chance to be blindfolded.

## DISCUSSION

- Read Matthew 6:25-29. In what ways do people worry too much about their bodies? Why?
- How does God want us to feel about our bodies? Explain.
- How do you think God sees your body?
- When you were blindfolded, did people feel similar or different?
- Do you think God desires for us to all look similar or different? Why?
- What can we learn from thinking about birds and flowers, as the Scripture passage suggests?