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Note To the Teacher

Hello dear teacher I am excited about our camp meeting lesson for 2017. The lesson has been presented in a manner that children from 0-3years can learn and enjoy. I hope you are excited to share the love of Jesus with children. It is the firm conviction of the author of this lesson that children in this age group learn through repetition of key concepts so you will note that there are concepts that are repeated, this is intentional. This age group has short attention span and often need to engage different sense like touch, smell, taste and sight for them to learn effectively. Thank you for accepting the challenge to disciple the children of God. God bless you!

Instructions

In each there lesson there is a key thought that must be repeated on three different occasions.

1. The key thought should be repeated until the children are able to grasp it. While the lesson has been written in English, there may be need for the teacher to translate the concepts into a vernacular language.
2. The memory text should also be repeated several times until the children have memorized.
3. There is an activity that is used to introduce each lesson, these activities are meant to make the lesson practical and meaningful to the children. The lessons that the children will be taught are very short the emphasis should be for children to grasp what they learn so this too can be repeated if necessary.
4. In each lesson there is a section title let's make a joyful noise, this is the time that children can spend singing one or more new songs.
5. Each day children are encouraged to spend moments in prayer. We want to encourage our children to pray for unity in the Body of Christ.
6. Each day the lesson will conclude with a commitment the teacher is encouraged to make an appeal for the students and pray for them.

Lesson Objective

The Objective of this lesson is

1. To teach children about the body of Christ and each of them should know that the church has many different people who perform different tasks but they all come together to make one church.
2. Children should appreciate that though we may have different gifts we are all one in Christ Jesus. Each child should also be able to understand that they are a very important part of the body of Christ.

Lesson Outline

Section One

1. Memory Text
2. Key Thought
3. Activity One
4. Let's Make a Joyful noise (sing a song or two)
5. Object Lesson
6. Memory Text
7. Key Thought
8. Let's Make a joyful noise
9. Prayer Time
10. Coloring Page
11. My Commitment

Monday: Many Parts One Body

Section 1

Memory Verse: 1 Corinthians 12:20. There are many parts but one body
NIV

Key Thought: we are one body

Ask the Children to repeat the key thought (We are one Body)

Activity: Draw a Picture of Yourself:



Introduce yourself to your teacher and your friends

LET'S MAKE JOYFUL NOISE (sing one or two songs)



Suggested songs: We are together, head and shoulders knees and toes
Action (Object Lesson)

How many parts of your body do you know?

Lets play a Game:

Touch your knees, Touch your nose, Touch your feet, Touch your eyes, Touch your legs, Touch your head

You have many different body parts that come together to make you. In the same way Jesus made the church with many different parts but we are all part of the body of Christ.

Repeat Memory Text 1 Corinthians 12:20 "There are many parts but one body" NIV

Key Thought We are one Body

Ask the Children to repeat the key thought (We are one Body)

LETS MAKE A JOYFUL NOISE:



Let's do it together, we are the body of Christ

Summary

The Body has many different parts that come together to make one person the Church has many different people who come together to make one church. Hug each other and shout we are one!



LET'S TALK TO JESUS



As you talk to Jesus ask Him to help you and your church to be united.

Lets Colour:

We are the body of Christ.



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My Commitment;

I will remain a part of the body of Christ.

Tuesday: Better together

Section 1

Memory Text: "Two are better than one"

Key Thought: We are better together

Activity

Color the word unity with your favorite colors

Let's Make a Joyful Noise:



Action (Object lesson)

UNITY

Pick up a stick and let's see who can break it. Put many sticks and let's see if you can break them.

Its much harder to break many sticks together because there is power in unity. The sticks are BETTER TOGETHER! Did you know that Jesus prayed for the church to stay together? Jesus knew that the church was BETTER TOGETHER!

Repeat Memory Verse "Two are better than one"

Repeat Key Thought We are better together

LET'S MAKE A JOYFUL NOISE



LET'S TALK TO JESUS



Jesus wants His Children to stay together. He wants us to pray for each other because when we stay together we can do many great things for God. The children of God are always BETTER TOGETHER!

Lets Colour



Commitment;
I will love and care for my family.

Wednesday: The Family of God

Section 1

Memory Verse: 1 Corinthians 12:27 "Now you are the body of Christ, and each of you is part of it." NIV

Have you ever tried to play all by yourself? Sometimes it's boring to play all alone but when you have a friend you can play a lot of fun games. Who is your friend at camp?

Key Thought: We are one family

Activity

Draw a picture of you and your friends:



LET'S MAKE A JOYFUL NOISE

With Jesus in the family

Action (Object Lesson)

Join hands together and make one big circle. As you make your circle think about how many members of the family of God have come to camp meeting God has a very big family and you are part of it! (As the children join hands you can sing a song and remind them about how big the family of God is The younger

children and their mothers can be in the center of the circle while the older children form the circle)

Repeat Memory Verse 1 Corinthians 12:27 "Now you are the body of Christ, and each of you is part of it." NIV

Repeat Key Thought: We are one family

LET'S MAKE A JOYFUL NOISE:



LET'S TALK TO JESUS:



Lets pray and thank God for your friends.

Write the names of you friends and pray for each of them

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.....

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Summary:

No matter where we come from, our status, our possessions or language, we are one in the body of Christ. As a church family, we are bound by the same principle.

Coloring Page



My Commitment;

I will do my best to serve my church.

Thursday: My Place in the Body of Christ Part 1 (Mission)

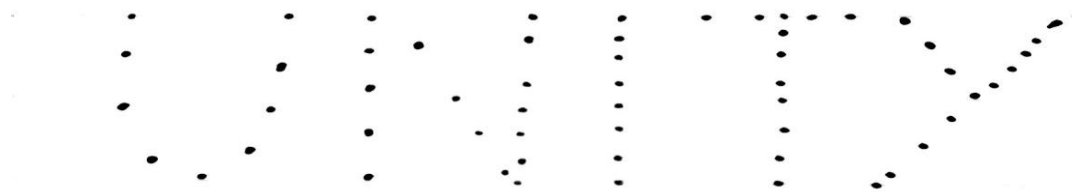
Section 1

Memory Verse 1 Corinthians 12:20 "Many parts but one body"

Key thought: We are one in Mission

Activity

Connect the Dots and write the word unity

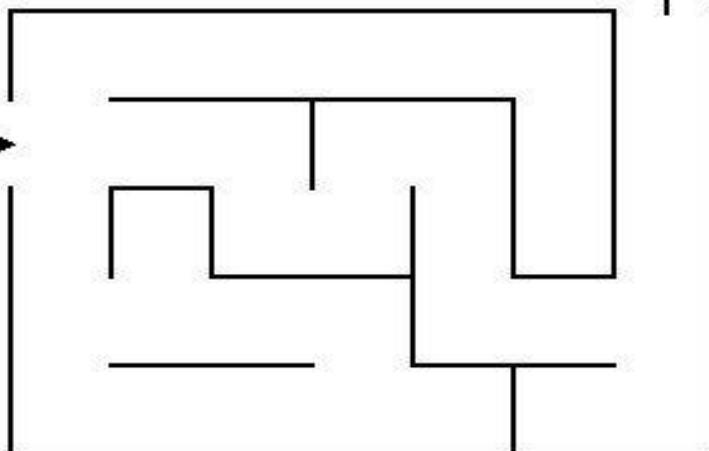


Lets Make a Joyful Noise

One Missionary



Can you help this lost sheep find its way back to Jesus?



Action (Object Lesson)

Who can jump very high? Lets all jump! Which parts of your body did you use to jump? Did you use your legs? How about your eyes? Your hands did they take part?

Some even bend their knees when they jump others were swinging their hands when they were jumping. Many different parts of the body are involved in doing the same thing. In the Body of Christ all the members should be involved in different way to reach others for Jesus!

Repeat Memory Verse 1 Corinthians 12: 20

Repeat Key Thought: We are one in mission

LETS MAKE A JOYFUL NOISE



Come and Go with me to my father's house



LETS TALK TO JESUS



Pray that God helps you to do your part in the Body of Christ. Pray that God helps you to be involved in the church.

Summary:

Jesus, though he was God, He called the 12 apostles to help him do the work. He then asked his chosen ones - the church to spread the good news. I am glad to be part of this team.



My Commitment;
I will go where He sends me.

Friday: My Place in the Body of Christ Part 2 (Stewardship)

Section 1

Memory Verse Acts 20:35 "It is more blessed to give than to receive"

Key Thought: My Best for Jesus

Activity

Colour the word below

GIVE

LET'S MAKE A JOYFUL NOISE



Action (Object Lesson)

Touch your head, touch your nose touch your feet, touch your stomach. All those parts belong to your body they all come together to make you. Did you know that we all belong to God? God made us and everything that is in the world. Look around you what do you see? Can you see the trees? The grass? Mountains? The Sky the sun? Did you know that all that we see belongs to God?

Repeat Memory Verse Romans 12:1

Repeat Key Thought: My Best For Jesus

LET'S MAKE A JOYFUL NOISE



LET'S TALK TO JESUS



Pray that God helps you to be able to give your time, money, sweets, toys and heart to Him.

Summary:

All that I have belongs to God. I will give my all, time, talents, treasure for the benefit of spreading the good news to others for I know I receive from God to bless others.



My Commitment;

I will rejoice in giving as I receive from my friend Jesus.

OTHER ACTIVITIES

TRACING

BODY OF CHRIST

ONE MISSION

ONE CHURCH

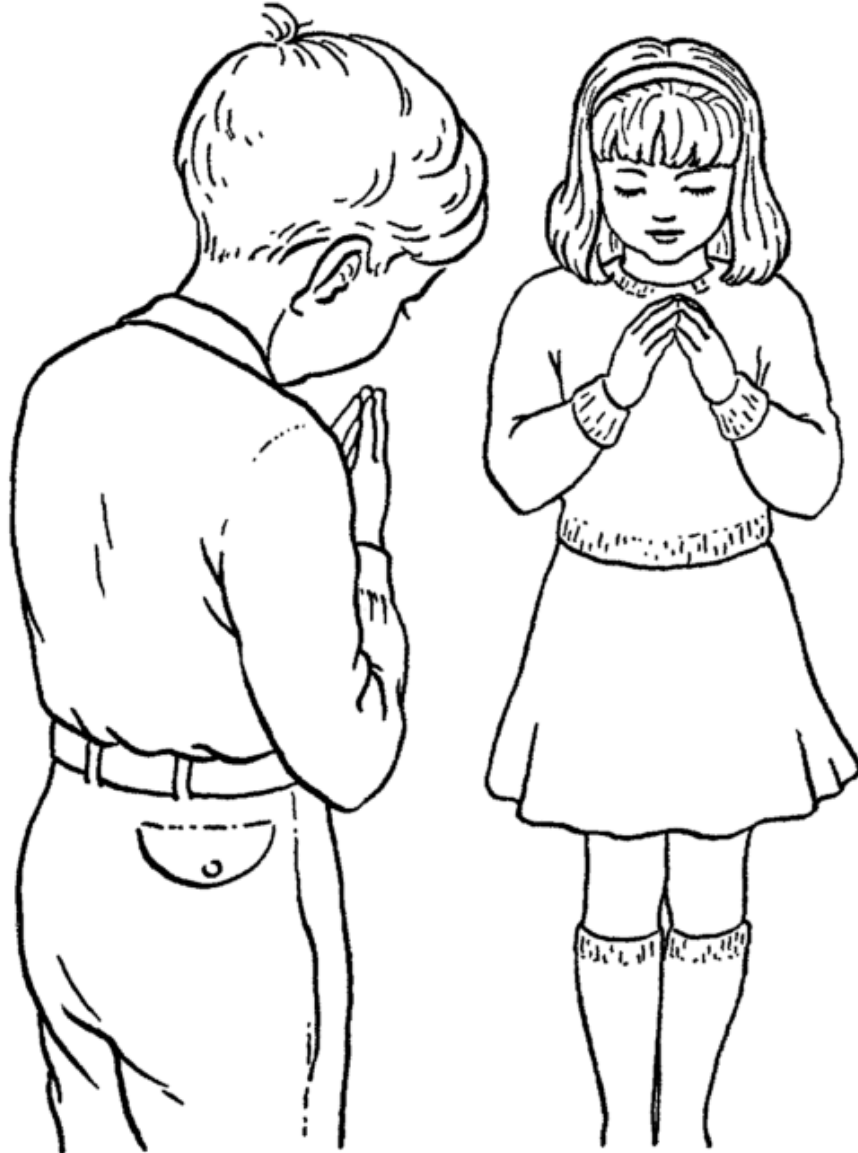
ONE BODY

WE ARE ONE

COLOURING



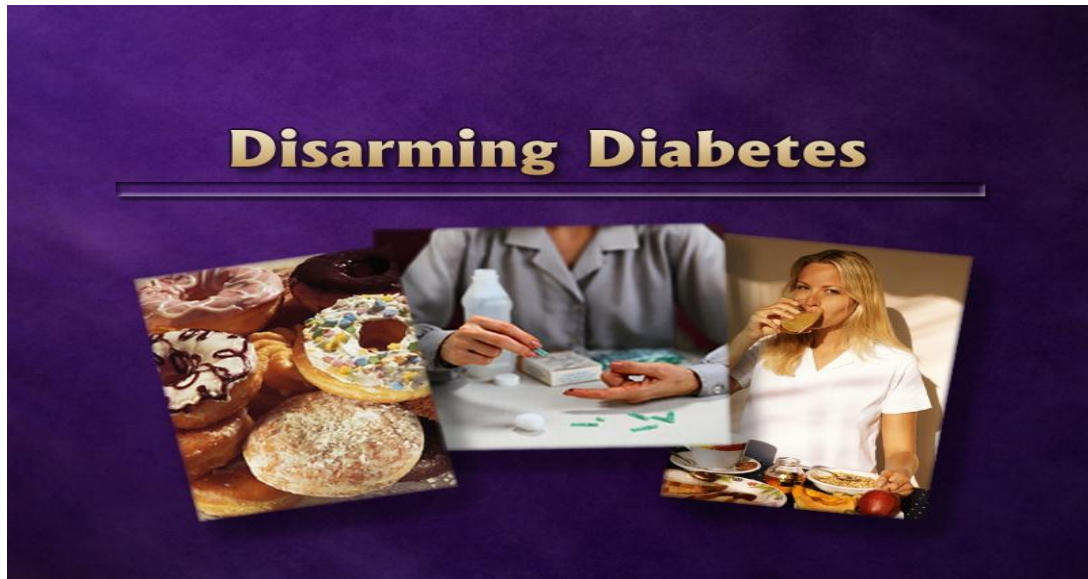
Jimmy and Janet say Thank You to God, with their Prayers.



Author

Pastor T. Machamire

HEALTH TALK



DAY 1

Introduction

- Sugar diabetes has been classified by World Health Organization (WHO) as one of the top ten major killers in the world. The 2016 Global Report on Diabetes noted that diabetes prevalence has been rising more rapidly in middle to low income countries. This is driven by an increase in behaviors such as reduced physical activity, a shift to higher calorie diets, and the associated increases in obesity.
- According to John Mangwiro, Zimbabwe Diabetes Association (ZDA) president, Zimbabwe is having a dramatic increase in the number of people diagnosed with diabetes. He cited that diabetes was multiplying among Zimbabwe's poor communities, and there was need to heavily subsidize diagnosis and treatment. The disease is estimated to be affecting one in every 10 people in Zimbabwe, including infants. These among other reasons justify our study of **sugar diabetes** this week.
- Proverbs 27:12 "The prudent sees danger and hides himself, but the simple go on and suffer for it." As we see danger, we do well by hiding ourselves. Don't be simple!
- **What is sugar diabetes**
Diabetes can best be understood by the role of insulin in the body. When food is consumed/ eaten, the body turns that food into sugars, or glucose. At that point, your pancreas is supposed to release insulin. Insulin serves as a "key" to open cells, to allow the glucose to enter -- and allow the use of glucose for energy, or there can be too much glucose in the body because insulin production is inadequate. When sugars or glucose level is high in the blood, that is referred to as **diabetes**

Sugar diabetes types

- **Type 1 Diabetes-** It happens when your immune system mistakenly attacks and destroys the cells in your pancreas that produce insulin. The damage is permanent. Type 1 diabetes belongs to a group of conditions known as autoimmune diseases. Autoimmune diseases are when the body incorrectly identifies its own useful cells as an attacking organism. In type 1

diabetes, it is the beta cells in the pancreas which produce insulin that are wrongfully targeted and killed off by specific antibodies created by the body's immune system.

- **Type 2 Diabetes** –happens when the body can't use insulin efficiently. People with type 2 diabetes produce insulin; however, the insulin their pancreas secretes is either not enough or the body is unable to recognize the insulin and use it properly (**insulin resistance**). When there isn't enough insulin or the insulin is not used as it should be, glucose (sugar) can't get into the body's cells and builds up in the bloodstream instead. When glucose builds up in the **blood** instead of going into cells, it causes damage in multiple areas of the body. Also, since cells aren't getting the glucose they need, they can't function properly
- **Gestational Diabetes**- occurs in pregnant women. Risk factors for gestational diabetes include **obesity**, a history of gestational diabetes in a previous **pregnancy**, a family history of type 2 diabetes, and having **pre-diabetes**, that is high sugar level though not high to be diagnosed as type 2 diabetes.

This type of diabetes can cause the fetus to be large than normal. Delivery of the baby may be more complicated as a result. The baby is also at risk for developing low blood glucose (hypoglycemia) immediately after birth.

Day 2

Diabetes Symptoms

Early symptoms of diabetes, especially type 2 diabetes, can be subtle or seemingly harmless — that is, if you even have symptoms at all. Over time, however, you may develop diabetes complications, even if you haven't had diabetes symptoms

- Going to the toilet a lot, especially at night – as the body tries to reduce blood glucose levels by flushing the excess glucose out of the body in the urine.
- Being really thirsty - When you have diabetes, excess sugar (glucose) builds up in your blood. Your kidneys are forced to work overtime to filter and absorb the excess sugar. If your kidneys can't keep up, the excess sugar is excreted into your urine, dragging along fluids from your tissues. This triggers more frequent urination, which may leave you dehydrated. As you drink more fluids to quench your thirst, you'll urinate even more.
- Feeling more tired than usual -You may feel fatigued. Many factors can contribute to this. They include dehydration from increased urination and your body's inability to function properly, since it's less able to use sugar for energy needs.
- Losing weight without trying to - When you lose sugar through frequent urination, you also lose calories. At the same time, diabetes may keep the sugar from your food from reaching your cells — leading to constant hunger. The combined effect is potentially rapid weight loss, especially if you have type 1 diabetes.
- Genital itching or thrush - High levels of glucose being passed in the urine are a perfect breeding ground for the fungal infection which cause thrush.
- Cuts and wounds take longer to heal - people with diabetes have observed that infections seem more common if you have diabetes. It may be that high levels of blood sugar impair your body's natural healing process and your ability to fight infections.

- Blurred vision - High levels of blood sugar pull fluid from your tissues, including the lenses of your eyes. This affects your ability to focus. Left untreated, diabetes can cause new blood vessels to form in your retina — the back part of your eye — and damage established vessels. For most people, these early changes do not cause vision problems. However, if these changes progress undetected, they can lead to vision loss and blindness
- Tingling hands and feet - Excess sugar in your blood can lead to nerve damage. You may notice tingling [prickling or stinging sensation] and loss of sensation in your hands and feet, as well as burning pain in your arms, hands, legs and feet.
- Red, swollen, tender gums - Diabetes weaken your ability to fight germs, which increases the risk of infection in your gums and in the bones that hold your teeth in place. Your gums may pull away from your teeth, your teeth may become loose, or you may develop sores or pockets of pus in your gums — especially if you have a gum infection before diabetes develops.

Day 3

Risk Factors and Complications

Diabetes Risk Factors include:

- Failure to breastfeed and exposing babies to solid foods at an early age increase their diabetic risk
- Genetics – having a close relative with diabetes increases diabetes risk for both type 1 and type 2
- Weight gain – leads to too much fat tissue, leading your body cells to become resistant to insulin.
- Lack of physical activity – a sedentary lifestyle leads to weight gain which is a risk factor for diabetes. By exercising, fat is burnt, making way for the efficient function of insulin.
- High blood Pressure – high blood pressure of over 140/90 is linked to an increased risk of type 2 diabetes.
- High blood fat – saturated and trans fat raise cholesterol level, risking heart diseases, heart attack, stroke as well as diabetes.
- High fat and carbohydrate diet- junk foods are high in calories and fats but low in nutritional value. These foods include processed and prepacked snack foods with long, often unpronounceable ingredient lists. Consuming excess sugars and fats found in these foods can contribute to weight gain, which is associated with diabetes.
- Age 40+ - the older one gets, the higher the risk, however, more and more children and adolescents are being diagnosed with type 2 diabetes

Complications

- Heart and blood vessels – diabetes dramatically increase the risk of various cardiovascular (relating to the heart and blood vessels) problems such as heart attack, stroke, or narrowing of arteries.

- Eyes damage (**retinopathy**) – diabetes can cause vision loss or vision problems. When blood vessels of the retina are damaged, blindness can occur. Diabetes also increase risk of cataracts or glaucoma
- Kidneys damage (**nephropathy**) – diabetes damages the tiny blood vessels that filter waste from your blood. Severe damage can lead to kidney failure.
- Nerve damage (**neuropathy**) – excess sugar can injure the walls of blood vessels that nourish your nerves, especially in your legs. This causes tingling, numbness, burning or pain that usually begins at the tips of the toes or fingers and gradually spreads upward.
- Gastrointestinal tract – diabetes can lead to bloating, diarrhea, abdominal pain, nausea, vomiting, ulcers and mouth thrush to name a few.
- Gums and teeth – increase risk of infection in your gums
- Foot damage – nerve damage in the feet risk complications such as blisters which often heal poorly. These leads to toe, foot or leg amputation.
- Skin conditions – diabetes can increase risk of bacterial and fungal infections



Diabetic Feet Care

Feet care is very important to diabetic patients. Feet should be washed everyday and dried especially between the toes because infections tend to develop in moist areas. Moisturize dry skin with lotion or oil. Due to neuropathy, it is wise to avoid the use of hot water bottle, electric blanket, or warming on fire because these injure your feet without you knowing it. Do not walk barefoot or walk on hot pavements as this can cause sores or injuries that can get infected. Choose comfortable shoes, well-fitting with plenty of room. Avoid tight plastic shoes or other materials that do not breathe. Always inspect your feet for blisters, skin color change, or skin breaking so you avoid serious complications that come as a result of diabetic neuropathy.

Day 4

Treatment and Management of diabetes

- The major goal in treating type 1 and type 2 diabetes is to control blood sugar (glucose) levels within the normal range
- Basic principles of good health like eating right, exercising regularly, and maintaining a healthy weight can be as effective as medicine in diabetes management.
- Some people with type 2 diabetes can manage blood sugar level target with diet and exercise alone but many need medication or insulin therapy. Medication is prescribed by healthy professionals depending on many factors such as blood sugar level and other health challenges
- It is advised to check for blood sugar regularly and watch for signs and symptoms of low blood sugar (hypoglycemia) such as sweating, shaking, weakness, hunger, dizziness, headache, blurred vision, heart palpitations, slurred speech, drowsiness, confusion and seizure
- When you experience low blood sugar, drink or eat something that will quickly raise your blood sugar level such as a sweet, fruit juices (pineapple, apple), honey, syrups,

dissolve a tablespoon of sugar in water, or eat fruits ½ a banana, ½ small apple, grapes etc

Diabetes Diet

Adherence to a healthy diet is a critical aspect of controlling blood sugar in people with diabetes. When considering an ideal diabetic diet, a number of factors must be taken into consideration, including the amount and type of carbohydrates consumed as well as the amount of fiber, fat, and protein contained in foods. Glycemic index and glycemic load [food's effect on a person's blood glucose level] are further considerations. Foods with low glycemic index and load raise blood sugar more slowly than high glycemic index/load foods. Glycemic index refers to a standardized measurement, while glycemic load takes a typical portion size into account.

Meal timing and amount of insulin administration are considerations when planning a diet for people with type 1 diabetes. The meals should be small and eaten more frequently as well as:

- balanced,
- nutritious, and
- low in fat, cholesterol, and simple sugars.

It's important to center your diet on these high-fiber, low-fat foods:

- Fruits
- Vegetables
- Whole grains – zviyo, mhunga, brown rice

Meals are best when they are prepared by baking, boiling, grill, sauté, roast than frying.

Weight reduction and exercise

Weight reduction and exercise are important treatments for type 2 diabetes. Weight reduction and exercise increase the body's sensitivity to insulin, thus helping to control blood sugar elevations. People with diabetes must remember the importance of diet and exercise. Control of diabetes begins with a healthy lifestyle, regardless of prescribed medications

Day 5

Facts and Myths of Diabetes

- **People with diabetes should not exercise** - NOT TRUE!! Exercise is important for people with diabetes, as it is for everybody else. Exercise helps manage body weight, improves cardiovascular health, improves mood, helps blood sugar control, and relieves stress. Patients should discuss exercise with their doctor first.
- **Fat people always develop type 2 diabetes eventually** - this is not true. Being overweight or obese raises the risk of becoming diabetic, they are risk factors, but do not mean that an obese person will definitely become diabetic. Many people with type 2 diabetes were never overweight. The majority of overweight people do not develop type 2 diabetes.
- **Diabetes is a nuisance, but not serious** - two thirds of diabetes patients die prematurely from stroke or heart disease. The life expectancy of a person with diabetes is from five to ten years shorter than other people's. Diabetes is a serious disease.

- **I know when my blood sugar levels are high or low** - very high or low blood sugar levels may cause some symptoms, such as weakness, fatigue and extreme thirst. However, levels need to be fluctuating a lot for symptoms to be felt. The only way to be sure about your blood sugar levels is to test them regularly. Researchers from the University of Copenhagen, Denmark showed that even very slight rises in blood-glucose levels significantly raise the risk of ischemic heart disease.
- **Diabetes diets are different from other people's** - the diet doctors and specialized nutritionists recommend for diabetes patients are healthy ones; healthy for everybody, including people without the disease. Meals should contain plenty of vegetables, fruit, whole grains, and they should be low in salt and sugar, and saturated or trans-fat. Experts say that there is no need to buy special diabetic foods because they offer no special benefit, compared to the healthy things we can buy in most shops.
- **High blood sugar levels are fine for some, while for others they are a sign of diabetes** - high blood-sugar levels are never normal for anybody. Some illnesses, mental stress and steroids can cause temporary hikes in blood sugar levels in people without diabetes. Anybody with higher-than-normal blood sugar levels or sugar in their urine should be checked for diabetes by a health care professional
- **Diabetics cannot eat bread, potatoes or pasta** - people with diabetes can eat starchy foods. However, they must keep an eye on the size of the portions. Whole grain starchy foods are better, as is the case for people without diabetes.
- **One person can transmit diabetes to another person** - NOT TRUE. Just like a broken leg is not infectious or contagious. A parent may pass on, through their genes to their offspring, a higher susceptibility to developing the disease
- **Only older people develop type 2 diabetes** - things are changing. A growing number of children and teenagers are developing type 2 diabetes. Experts say that this is linked to the explosion in childhood obesity rates, poor diet, and physical inactivity.
- **I have to go on insulin, this must mean my diabetes is severe** - people take insulin when diet alone or diet with oral or non-insulin injectable diabetes drugs do not provide good-enough diabetes control, that's all. Insulin helps diabetes control. It does not usually have anything to do with the severity of the disease.
- **Diabetes patients are more susceptible to colds and illnesses in general** - a person with diabetes with good diabetes control is no more likely to become ill with a cold or something else than other people. However, when a diabetic catches a cold, their diabetes becomes harder to control, so they have a higher risk of complications.



Proverbs 27:12 “The prudent sees danger and hides himself, but the simple go on and suffer for it.”

May we enjoy good health now and forever.

N.B It is best to invite health professionals in our camps to help us deliver the health talk. Where possible, set a day when kids can be tested for blood sugar by professionals. Thank you

Compiled by: Mrs. K. Katswairo

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