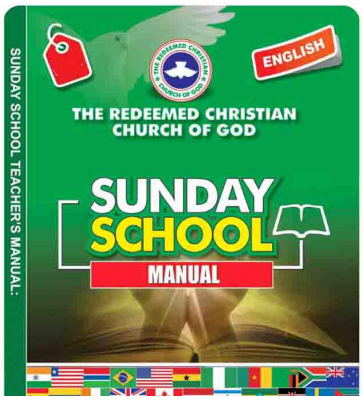


RCCG Sunday School Teachers Manual Lesson 32: 12 April 2026

Description

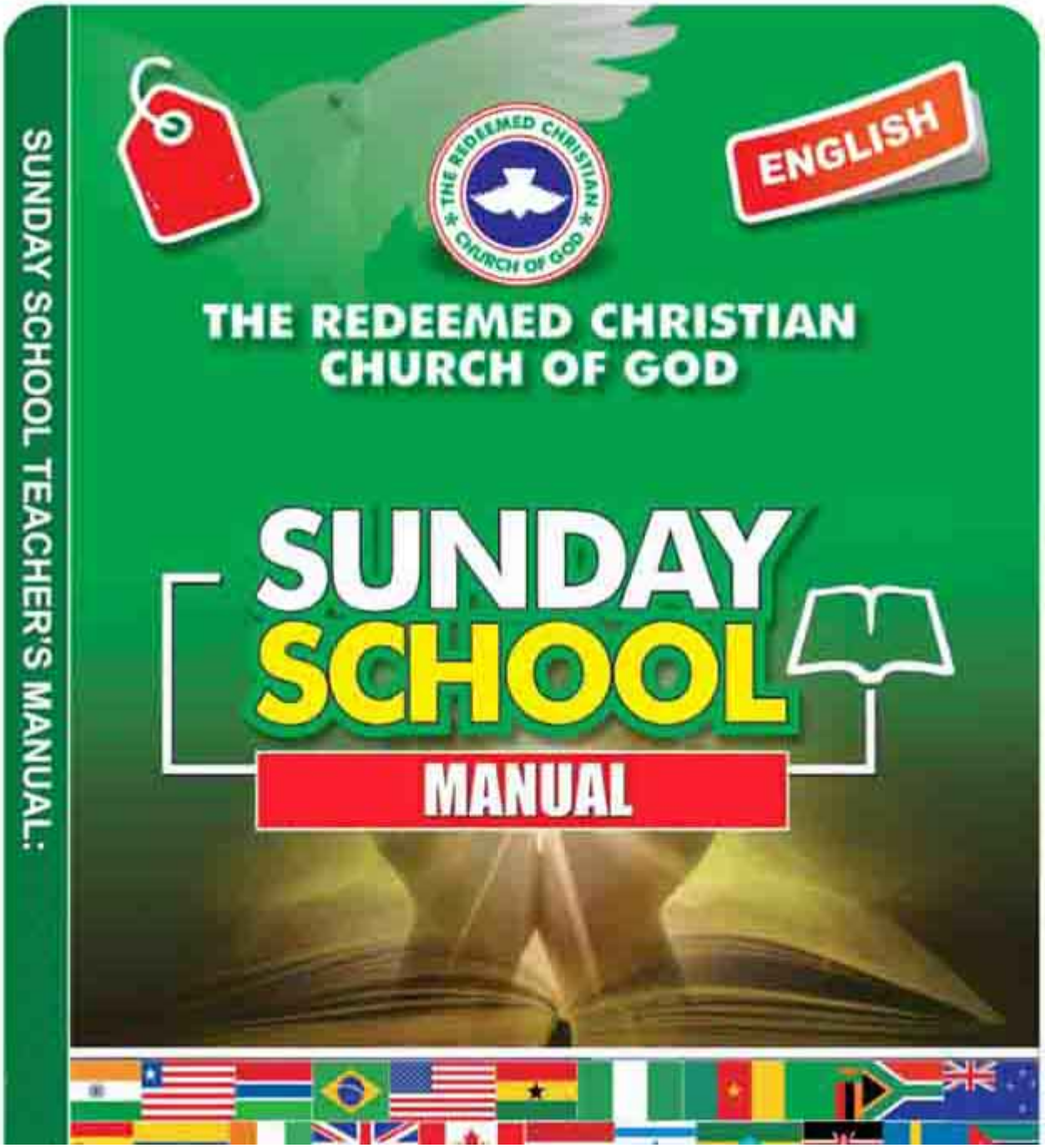
This is RCCG Sunday School Teachers manual for the adult class.

Todayâ??s Lesson 32 topic: LIVE HEALTHY

Date: 12 April 2026

Read:

- **RCCG Sunday School Students Manual Lesson 32**
- **Open Heaven 12 April 2026 Devotional**



Note: Check **RCCG SUNDAY SCHOOL HYMN LYRICS**

RCCG SUNDAY SCHOOL TEACHERS MANUAL LESSON 32 (12 April 2026)

TOPIC: LIVE HEALTHY

OPENING PRAYER:
Father, help me to live healthy in the mighty name of Jesus.

PREVIOUS KNOWLEDGE:
The teacher should allow the assistant teacher to review the lesson for the previous week.

BIBLE READING

BIBLE PASSAGE: Daniel 1:12-15

12 Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.
13 Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the kingâ??s meat: and as thou seest, deal with thy servants.
14 So he consented to them in this matter, and proved them ten days.
15 And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the kingâ??s meat.

MEMORY VERSE:

â??For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.â?• 1 Timothy 4:8.

INTRODUCTION

While it is good to pay serious attention to critical aspects of our lives like career, family, fellowship with God, and ministry, we should not neglect our health (Acts 27:34; 1 Timothy 5:23). Without knowing it, we put our health at risk which results in health problems that could range from minor to chronic.

TEACHERâ??S DIARY

LESSON AIM:

To teach believers the importance of maintaining good health and how to live a healthy lifestyle following Godâ??s will.

TEACHING OBJECTIVES:

Through this lesson, students should be able to:

- Learn the importance of prioritising physical health alongside other aspects of lite.
- Identify the biblical foundation for taking care of our bodies as temples of God.
- Know practical tips for living a healthy lifestyle.
- Understand how to involve God in their desire to be healthy and to renew their minds with positive thoughts.

TEACHING PLAN:

To achieve the above-stated objectives, the teacher should:

- Allow the students to recite the memory verse, read the Bible passage, contribute to the discussion, and do class activities and assignments.
- Allow the Assistant Teacher to see to the well-being of the class, and mark attendance and assignment.
- Teach the lesson outline, summarise, conclude, evaluate the lesson and give assignments.

TEXT REVIEW: Daniel 1:12-15.

The above passage highlights the connection between physical health and spiritual obedience (through wise dietary choices), showcasing that the care of our bodies is both a practical and spiritual responsibility:

1. Daniel, in the company of his friends, requested to be fed â?¦ V12.

2. He further requested that their appearances be â?¦ after which further decision could be made on their dietâ?¦ V13.

3. So Melzar consented to
i. Inspecting the countenances of Daniel and his friends after ten daysâ?¦V14.
ii. .. V15.

TEACHING METHOD:

The Lecture Method.

TIME MANAGEMENT:

The teacher should apply the two-lesson outline teaching time.

LESSON OUTLINE 1: THE IMPORTANCE

A. Inasmuch as God created us as spirit beings after His image (Genesis 1:26-27),

i. He also gave us material bodies (Genesis 2:7) and
ii. He is concerned about our physical health (Jeremiah 30:17).

B. It is, therefore, our responsibility and our offering of gratitude to God (Romans 12:1) to prioritise our health because our bodies are:

i. Godâ??s temple (1 Corinthians 6:19) and
ii. The containers that enable us to exist and interact with the physical world, without which we would be unable to fulfil Godâ??s purpose (Genesis 1:28; 2:Z).

C. It is important to take care of our bodies because:

a. Good health is Godâ??s will for us (Jeremiah 30:1Z).
b. It is impossible to serve God without good health (Mark 5:18-20)
c. Good health brings glory to God (Acts 3:8-10).
d. It increases our productivity in every aspect of our lives (Proverbs 31:17).
e. Living healthy increases our self-worth (Daniel 1:12-15).
f. It is less expensive than ill-health (Mark 5:25-26).
g. We need to fulfil our purpose in life (Philippians 2:25-28).

CLASS ACTIVITY 1:

Give reasons you should prioritize your health as a believer.

LESSON OUTLINE 2: THE TIPS

A. First and foremost, we need to involve God in our desire to be healthy:

1. God will ensure that we are healthy when we obey/fear Him and depart from evil (Proverbs 4:20-22; Proverbs 3:7-8)

2. It is important to renew our minds because negative thoughts and mindsets can be detrimental to our health (Romans 12:2).

B. Practically, we must:

1. Minimise the intake of sugar and processed food. Eat more of whole grains, fruits and vegetables (Genesis 1:29; Daniel 1:8,12-15).

2. Always drink water, and take lots of it, especially during the day. Engage in regular exercise to aid blood circulation in the body (1 Timothy 4:8a).

3. Ensure that we walk more than sit in one position for long periods at a stretch, as this is detrimental to our health.

4. Spend time outdoors and reduce screen time to prevent eye problems and brain malfunction. v. Be mindful of what you consume (Proverbs 23:1-3, 20-21; 1 Corinthians 10:31)

5. Steer clear of alcoholic/strong drinks: they damage the organs and the image of the victims (Proverbs 20:1; 31:6).

CLASS ACTIVITY 2:

Share how you stay healthy with the class.

CONCLUSION: RCCG Sunday School Teachers Manual 12 April 2026

What we eat or drink is our first medicine. Take good care of yourself.

EVALUATION:
Mention five (5) healthy tips.

CLOSING PRAYER:
Father, I receive the grace to live healthy all my days in Jesusâ?? name.

ASSIGNMENT: RCCG Sunday School Teachers Manual Lesson 32

State five (5) importance of living healthy (2Ã?5=10 Marks).

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