



SERIES: TOXIC

Don't Drink Poisonous Thoughts

PursueGOD.org

Props: Create signs that say "Beware!" "Toxic" and "Poison" in varying sizes and colors.

Slide: Welcome

(Start kid's countdown once all classes are present.)

Hey kids! Welcome to Kid's Church. I'm so glad you could be here today.

Slide: Series Intro

Today we're starting a new series called "Toxic". Who knows what the word toxic means? (allow kids to answer). Right, toxic means something that is really dangerous to us and can make us sick if we eat or drink it. Another word for toxic is poison. Can you think of something in your house that would be toxic to you? (allow kids to answer). You came up with a good list. A lot of the things your Mom uses to clean the house would be toxic to you if you tried to drink it. So, stay away!

But, did you know that there are some other things that can be dangerous to us that aren't found under the kitchen sink? Have you ever thought about the fact that your thoughts can be poisonous to your life?

We'll talk about that more in a few minutes. But first, let's stand and sing.

Song

We Are Your People

Good job! I think God loves hearing all your voices praising him! Now let's say our Big Idea together.

Slide: Big Idea

All together:

The Bible helps us to fight poisonous thoughts. (Repeat)

Video

Play lesson video.

Slide: Recap

So, what did we learn from the video today? Let's review...

- Why don't we need to be afraid? (God is always with us)
- What book helps us to fight bad thoughts? (Bible)
- True or False: Our thoughts don't matter. (F)

Our thoughts do matter because how we think will affect the way we act. So, if we think wrong, we will act wrong. If we allow negative and fearful thoughts into our lives, we will be sad people who are no fun to be around and we'll never do anything because we're too scared. Instead, we should think the right way so we can act the right way. That's where the Bible comes into play. The Bible tells us the right way to think and it tells us the things we should do if we want to honor God.

That reminds me of our memory verse. Let's all stand and say it together.

Slide: Memory Verse

"Carefully guard your thoughts (point to the head) because they are the source of true life (Two thumbs up)." Proverbs 4:23 (Repeat)

Just like this verse says, we need to guard against, or throw away, bad thoughts. We shouldn't waste our time on thoughts that make us negative, fearful or angry. Instead, we should think about thoughts that make us thankful, brave and happy. And, remember, we have the Bible to help us. If you ever wonder if a thought you're having is good or bad, go to the Bible and see what it says. Don't let poisonous thoughts ruin your life. Stay away from toxic thoughts!

Now let's all stand and sing one last song together.

Song

All The Glory

Okay, let's all say the Big Idea together one last time!

Slide: Big Idea

The Bible helps us to fight poisonous thoughts. (Repeat)

Slide: Let's Pray

Pray and dismiss.