

LESSON OVERVIEW

Big Idea: We should think about the good stuff

Key Question: Why do our thoughts matter?

Memory Verse: Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable **Philippians 4:8**

Overview: We're continuing in our series called Don't Phlip Out. It's all about how to handle stress or worry. We all have things in our lives that cause us to worry but God doesn't want us to do that. The book of Philippians tells us what we should do with our worry: 1. Don't worry 2. Pray 3. Thank God. Last week, we learned about the special gift God gives us when we trust him with our worries. He gives us the gift of peace. Instead of filling our minds with thoughts that make us worry and fear, we can be filled with God's peace. He promises to take care of us. Today, we're going to talk more about our thoughts. How we think is important because our thoughts affect our actions. So, we need to think about good things, not things that make us feel yucky. Instead of focusing on our stress, we need to focus our thoughts on lovely things like 1. Jesus loves us 2. we are special because we were created by God 3. we can obey God because he gives us the strength to live for him. Our thoughts are important. So, make sure to focus on the lovely things not the yucky things.

CLASSROOM AGENDA

5 min **PLAY:** Begin working on Activity Page #1.

5 min **WARM UP:** Make two lists: Bad thoughts kids might have (I'm not smart, I'm not funny) Good thoughts kids might have (I'm funny, I'm nice) What happens if we only focus on the bad thoughts.

5 min **PREVIEW:** Write out the Big Idea and Memory Verse and Key Question on a whiteboard. Have the kids copy it down on Activity Page #1. (if applicable)

20 min **LARGE GROUP:** Gather for songs and videos with other kids. Then return to small group to finish this guide.

5 min **RECAP:** Read the **Lesson Overview** from the Teacher's Guide to the class and then **answer** the KEY QUESTION.

5 min **EXPLORE:** Read [Ephesians 4:21-24](#). What are we supposed to throw off? How does the Holy Spirit help us to be a new creation?

10 min **PLAY:** Do the group activity from Activity Page #2.

5 min **CLOSE:**

- What did you learn from this lesson?
- Share prayer requests and pray as a class.

TEACHER TIPS

Don't forget that you set the tone for your kids. Smile. Have fun. Pursue God together.

Allow each kid to share. The point: Our thoughts are important. If we focus on bad thoughts, then we'll feel yucky and bad about ourselves. God doesn't want us to do that.

Answer: Our thoughts affect our actions.

Our thoughts matter because we choose our behaviors based on how we think. So, if we fill our minds with bad thoughts like "God doesn't love me" or "God won't take care of me" then we will act on those things. We will be sad people with no hope or trust in God. But, if we fill our minds with lovely thoughts like "God loves me" and "God is always there for me" then we will act on those things. We will be happy, hopeful and confident.

Bonus Questions: Why do our thoughts matter? Make a list of lovely thoughts God wants you to have.

4-5th: Share a time your good thoughts helped you in a situation in your life.

We need to throw off our old sinful ways-the way we acted before we met Jesus. Remember, sin is going our own way instead of God's way. Instead, we should obey God by listening to the Holy Spirit. The Holy Spirit helps us to know how to live to honor God and gives us the strength to say "No" to sin.

Allow each kid to share. Encourage them to be specific.

ACTIVITY PAGE #2

Classroom Activities **2nd-5th**

Option #1

Old Testament or New Testament Game

- Put the game template (**page 5**) in a bag or bowl.
- Put two columns on the whiteboard, one labeled OT and the other NT.
- Give kids Bibles to use to find the answers.
- Divide the class into two teams.
- Have each team take turns coming up to grab a slip out of the bag. Have them read the book or name on the slip to their team and decide together if that person or book belongs in the OT or NT.
- If they guess right, the team gets a point. Have each kid tape their slip in the correct column before sitting down.
- Continue playing the game for 10 minutes.
- The team with the most points wins.

Supplies needed

- game template (pg 5) pre cut, 1 set per class
- bowl or bag
- tape
- whiteboard/markers

Bonus Activity:

Play **True or False**

See who is the quickest to answer correctly.

1. We should worry about everything. (F)
2. Our thoughts don't matter. (F)
3. We should think about good things. (T)

Option #2

Think About Good Stuff

- Give each kid a THINK template (**page 6**).
- Give each kid a Words template (**page 7**).
- Have kids color the letters.
- Have kids cut out the words template.
- Have kids glue the correct word beside the correct letter.
 - **T**ruth
 - **H**onorable
 - **I**nspire
 - **N**oble
 - **K**ind
- As the kids work, remind them that they need to think about lovely things. They can use the THINK acronym to remind them of what lovely thoughts look like;
 - Truth-focused on the Bible,
 - Honorable- living to honor God in everything,
 - Inspire- point others to Jesus.
 - Noble- the courage to stand up for God.
 - Kind- treat others with respect.

Supplies needed

- THINK template (pg 6), 1 per kid
- Words template (pg 7), 1 set per kid
- scissors
- crayons
- glue

Bonus Activity:

Play **Fast Facts**.

See who is the quickest to answer correctly.

1. We should ____ (pray) about everything.
2. Our ____ (thoughts) affect our actions.
3. We should think about ____ (good/lovely) things.

1 Discover Truth

Watch this week's lesson video as a family (see link above) and fill in the blanks.

1. We should think about the _____ stuff.
2. _____ loves you.
3. _____ are special.
4. You can _____.

2 Talk about it

Answer these questions together as a family.

1. Make two lists: Bad thoughts kids might have (I'm not smart, I'm not funny) Good thoughts kids might have (I'm funny, I'm nice) What happens if we only focus on the bad thoughts?
2. How do our thoughts affect our actions?
3. Why is it important to know that Jesus loves you?
4. What are some things that make you special?
5. Read [Ephesians 4:21-24](#). What are we supposed to throw off? How does the Holy Spirit help us to be a new creation?

3 Live it out

Memorize this week's Bible verse:

"Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable."

Philippians 4:8

Bonus: Read these additional passages as a family this week

- Read [Romans 12:9-10](#). How can you honor your friends more?
- Read [Hebrews 10:24](#). How can you be an example to your friends?
- Read [Colossians 4:5](#). Why does it matter how you act around others?

Parent Signature _____



ACTIVITY PAGE #1

2nd-5th Grade

Kids

PUZZLE #1



Find the words:

pray

lovely

thoughts

good

worry

BIG IDEA

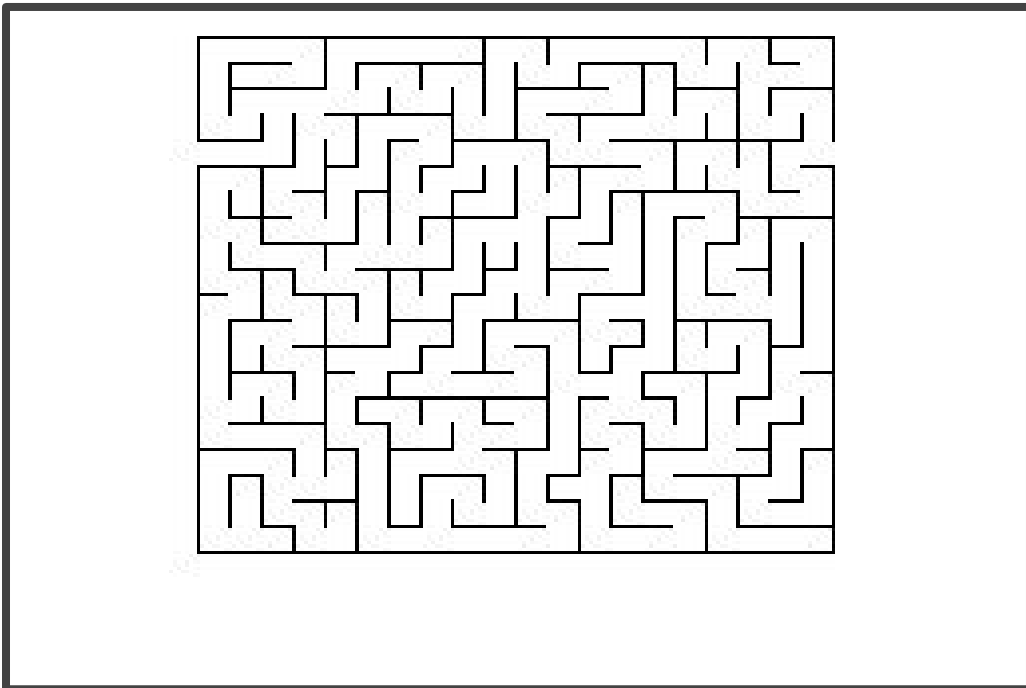
KEY QUESTION

MEMORY VERSE

Fix your _____ on what is _____, and honorable, and _____, and pure and _____ and admirable.

Philippians 4:_____

PUZZLE #2



MOSES

ACTS

PHILIPPIANS

PAUL

ABRAHAM

EXODUS

TITUS

ISAIAH

COLOSSIANS

NOAH

GENESIS

LUKE

PETER

NUMBERS

JEREMIAH

GALATIANS

RUTH

1 TIMOTHY

MALACHI

MATTHEW

WE SHOULD THINK ABOUT
THE GOOD STUFF

T

H

I

N

K

RUTH (the Bible is the truth)

HONORABLE (honor God in everything)

INSPIRE (point others to Jesus)

COURAGE (courage to stand for God)

RESPECT (respect others)

RUTH (the Bible is the truth)

HONORABLE (honor God in everything)

INSPIRE (point others to Jesus)

COURAGE (courage to stand for God)

NICE (nice to others)