

FOLLOW UP ACTIVITY

HOW TO CHANGE YOUR THOUGHTS

Objectives To Be Understood: You have the power to change your thoughts from bad to good; God's living Word has life and light in it and will remove the darkness of any lie or bad thought.

Materials: Bible

Parent/Teacher Script:

God told us to "take every thought captive and make it obey the Messiah." The Messiah is Jesus. What do you think God means when He said to take every thought you have captive, and make it obey our Messiah Jesus? *[Listen to Responses]*

God is good and does everything right. Father does not tell you to do something that He has not given you the power and ability to do. God has given you the power over your mind and your thoughts. You have the power to change what you are thinking about from one thought to another. You can change a bad thought to something good.

One way to change something you don't want to think about is to sing a song out loud, or inside of your mind. Let's practice changing something you are thinking about from one thing to another.

Imagine and think about a big juicy red apple. The apple smells real good and you want to take a bite of it. Hmmm! You can almost taste it. Are you thinking about the apple? *[Listen to Responses]*

Now quit thinking about the apple and think about how much Jesus loves you. Let's sing, Yes, Jesus loves me out loud. *[Sing song aloud together]*

Next sing it silently inside of your mind so no one can hear. *[Sing song silently]*

Were you able to think about the apple when you were singing and thinking about the song? *[Listen to Responses]*

It's hard to think two thoughts at one time. So when you are thinking a bad thought, just change what you are thinking about to something good.

God told us to think about things that are lovely, kind, good and true. God's Word is living and full of light that is lovely, kind, good and true. God's living Word is greater and more powerful than the darkness of any bad thought. Here are some living words full of light to think about and chase away dark, bad thoughts.

Jesus said, "I leave you peace. It is my own peace I give you. I give you peace in a different way than the world does. So don't be troubled. Don't be afraid."

Let's think about these words. Jesus is giving you His peace. Reach out and receive it. Take the peace of Jesus in your hands. Do you have it? Let the peace of Jesus fall all over you. His peace is not like the world's peace. His peace is flowing into every part of you. The peace of Jesus keeps your heart from worry. His peace surrounds you with angels to help you. Feel His peace, and know that you do not have to be afraid. Jesus and Holy Spirit are with you. You have the peace of Jesus. Think about it and say,

"I have the peace of Jesus."

Here's another living word of God to think about to make a bad thought leave:

"Don't worry about anything, but pray and ask God for everything you need, always giving thanks for what you have. And because you belong to Christ Jesus, God's peace will stand guard over all your thoughts and feelings. His peace can do this far better than our human minds."

Let's pray. Let's ask Father to help us remember not worry about anything, but to pray and ask for His help, and to always thank Him.

Father,

You told me not to worry about anything.

You told me to ask you for everything I need.

Please remind me to always ask you.

Thank you Father.

Amen.

Scriptures:

*2 Corinthians 10:5; Isaiah 45:19; 2 Timothy 1:7; John 14:27; Philippians 4:6-8;
John 1:4-5; I John 1:5; I John 5:14-15; Romans 5:20; Matthew 5:28*