

## Always on My Mind (Think on These Things)—October 2020, Week 4

**Today's Bible Story:** Always on My Mind (Think on These Things) • *Philippians 4:8*

**Today's Bottom Line:** Focus on what's true.

**Monthly Memory Verse:** *Anyone who lives without blame walks safely. But anyone who takes a crooked path will get caught.* Proverbs 10:9 (NIRV)

**Monthly Life App:** Integrity—Choosing to be truthful in whatever you say and do

**Basic Truth:** I need to make the wise choice.

### **SOCIAL: Providing Time for Fun Interaction (15 minutes)**

*Before kids arrive, take a few moments to pray for them. Pray for kids to be able to fill their hearts and minds with positive, noble, right, and true things. Ask God to guide them to memorize key verses that will always be on their hearts. Pray the same for yourself: that you will find space to be mindful of the things filling your heart and that you will be able to think on what is right, true, pure, and noble.*

#### **1. Early Arriver**

*Made to Connect: an activity that invites kids to share and collaborate with others while growing their understanding*

**What You Need:** “Hidden Pictures” Activity Page and pencils

##### **What You Do:**

- Greet kids as they arrive.
- Give each kid a “Hidden Pictures” Activity Page and a pencil.
- Point out the key on the side so they know what to look for.
- They can circle the hidden items as they find them on the page.
- While kids are working, talk about their week using the questions below as a guide.
  1. Tell me about your favorite day this week. Why was it your favorite?
  2. What did you do this weekend (or yesterday)?
  3. If you could switch places with your teacher tomorrow, what would you teach?
  4. What are you reading?
  5. Did you have a chance to practice integrity this week? When? What happened?

#### **2. Opening Activity**

*Made to Move: an activity that increases the oxygen in the brain and taps into the energy in the body*

**What You Need:** No supplies needed

##### **What You Do:**

- Gather the kids to sit in a circle on their knees.
- Explain that this game requires four moves:
  - Up – hands up over your head
  - Down – hands at your sides
  - Pat – pat the floor
  - Clap – clap hands together
- Call out the four motions in any random order for the kids to follow.

- To keep interest high, increase the speed of the commands. You can also select a kid in the group to lead in calling out the motions.
- If the kids in your group seem to master this fairly easily, ask them to do the OPPOSITE of what you call.
- So if you say, “Up,” kids will put their hands down. If you say, “Pat,” kids will clap, and so on.

**What You Say:**

“You really had to FOCUS in order to play this game! *[Transition]* In our Bible story today, we’ll hear about something even more important that we all should focus on. Let’s go.”

## **GROUPS: Creating a Safe Place to Connect (25 minutes)**

### **\*1. FOCUSED Art**

**[Talk about God | Bible Story Review]**

*Made to Create: an activity that explores ideas through the process of drawing, building, designing, and problem-solving*

**What You Need:** paper, Bibles, and markers

**What You Do:**

- Give each kid a piece of paper.
- Instruct kids to open their Bibles to Philippians 4:8.
- Encourage them to illustrate the verse in any way they choose.
  - They can write out the verse and decorate around it, write a few phrases from the verse, or paraphrase in their own words.
  - Encourage them to use their creativity any way they choose to capture the meaning of the verse as they illustrate it.
- As they’re working, engage them in conversation about the verse, using the following questions to get you started:
  - What do you think it means to “focus” on something?
  - How do the things you THINK about affect how you act?
  - Why would Paul tell us in Philippians to focus on what’s true? How can focusing on negative or untrue things affect how we feel or act?
  - Tell us about a situation this week that wasn’t so awesome. How did you respond? Did you focus on the good or the bad? What happened as a result of what you chose to focus on?
  - Why is it important to remember that what God says and what God does are always true?
- After you discuss the questions, give kids a chance to show off their artwork to the rest of the group.
- Set their artwork aside (you will need these again during “Pray and Dismiss”).

**What You Say:**

“What we choose to focus on is SUPER important. During quarantine, if we choose to focus on all the negative things, the days seem WAY longer. But if we choose to look at the good things, the true things—that God is still in control, that time at home means more time with family—then we have a

better chance of responding in a way that honors God and the people around us. That's why it's important to **[Bottom Line] focus on what's true.**

"So this week, to help you **[Bottom Line] focus on what's true**, I want you to hang your artwork in a place where you will see it every day. Remember to look for whatever is true, noble, pure, lovely, or worthy of respect. Let this artwork and the words of Philippians 4:8 remind you to **[Bottom Line] focus on what's true**, so that you can live with integrity this week."

***[Make it Personal] (Tell the kids about a time when you chose to focus on what was true instead of a lie. Maybe you could talk about how you handled the time of social distancing and what you chose to focus on. Make sure your example is age-appropriate.)***

## 2. Thoughts and Actions Line Up

### [Live for God | Application Activity]

*Made to Imagine: an activity that promotes empathy and facilitates concrete application through role-play and reenactment*

**What You Need:** "What You Think" and "How You Respond" Activity Pages, scissors, and floor tape

#### What You Do:

- Cut apart the Activity Pages, keeping all the "What You Think" cards in one pile and all the "How You Respond" cards in another.
- Use the floor tape to create two parallel, two-foot lines on the floor, about six inches apart.
- Divide the group into two teams.
- Sit one team near the "What You Think" cards and spread the cards out on the floor.
- Sit the other team near the "How You Respond" cards and spread them out on the floor.
- Call on a kid from the "What You Think" team to read one of their cards aloud and place it at the top of the tape line near them.
- Call on the other group to read through their "How You Respond" cards and select the one they believe corresponds. Then, they set it on the other line across from the "What You Think" card.
- Repeat with the remaining cards until all cards are matched.
- Point out how in each of these scenarios, the "What You Think" card determines the "How You Respond" action.
- Point to any "negative" thought cards and allow the kids to give an example of how they could change their thinking to produce a different action.
  - For instance, the card "The new kid is strange" and the corresponding action "I'm not inviting him to play with my group of friends at recess" could be changed to "you decide the new kid is just quiet." The corresponding action could be "you invite the new kid to play with you and your friends at recess."

#### What You Say:

"What we THINK about has a big impact on how we respond or what we do. It's easy to see that in these examples. But in real life, we sometimes forget to **[Bottom Line] focus on what's true**. It's easier to believe the worst or to decide that things are bad or that they'll never get better. But that's just NOT true. God is good, always. His way is best, always. And He is true, always. So if you find yourself focusing on negative, untrue things this week, or just generally having a bad attitude, ask God to help

you change your thinking and **[Bottom Line] focus on what's true**. Because when you THINK about what's true, you'll DO what's true in response."

### 3. Right on Target

#### [Hear from God | Memory Verse Review]

*Made to Move: an activity that increases the oxygen in the brain and taps into the energy in the body*

**What You Need:** "Memory Verse Phrases" cards, Bibles, floor tape, scissors, and beanbags

#### What You Do:

- Call on a volunteer to open a Bible to Proverbs 10:9 and review the memory verse as a group.
- Ask a second kid to read the verse as you prepare for the game using the instructions below:
  - Use the floor tape to create two, 3' x 3' squares on the floor of your small group area.
  - Shuffle each set of "Memory Verse Phrases" cards and lay out one set of cards in random order inside each square.
  - Divide the group into two teams to line up about three feet from their team's square.
- When you say, "Go!" the first kid in each team will toss the beanbag, aiming to land on the first phrase of the verse.
- If successful, they run to grab the phrase card and hand off the beanbag to the next kid in line.
- If they miss, they must retrieve the beanbag and try again.
- Each team must pay attention so they collect each phrase *in the order* of the verse.
- Once all phrases have been collected, the team puts the cards in verse order and sits down to signal they are finished.
- Check their work by reading the verse aloud then declare a winner.

#### What You Say:

"All month long, we've been talking about what it means to live with integrity, to choose to be truthful in all we say and do. This verse reminds us that choosing integrity keeps us on the safe, straight path. So this week, let's ask God to help us **[Bottom Line] focus on what's true**. Because what we choose to think about—focus on—really does affect what we DO! Let's stay off the crooked path by choosing to **[Bottom Line] focus on what's true**."

### 4. Pray and Dismiss

#### [Pray to God | Prayer Activity]

*Made to Reflect: An activity that creates space for personal processing and application*

**What You Need:** Kids' artwork from "FOCUSED Art"

#### What You Do:

- Help the kids grab their artwork.
- Ask them to look at their creation as you pray Philippians 4:8 over them using the dialogue below or your own words.

#### What You Say:

"God, thank You for loving us. Thank You for Your word that shows us how to follow You. Help us **[Bottom Line] focus on what's true** this week. That includes those things that are noble, right, and pure. Help us think about what is lovely and worthy of respect. If anything is excellent or worthy of

praise, help us think about these things! Thank You that we can trust You, always. We love You, God. In Jesus' name, amen."

As adults arrive to pick up, encourage the kids to show off their artwork and share how they've learned to **[Bottom Line] focus on what's true**. Kids can also discuss where they plan to hang their artwork so they will see it as a reminder every day to live with integrity.

### **HOME: Prompting Action Beyond the Experience**

- Hand out this week's GodTime devotionals and Parent Cue cards.
- Tell parents about our additional family resources: **Studio252.tv** and the **Parent Cue app**.