



Think Good Thoughts

Thank you for downloading this product. This lesson plan is designed to engage the child in what they are learning. The child will learn the importance of thinking good thoughts and what the Bible has to say about it.

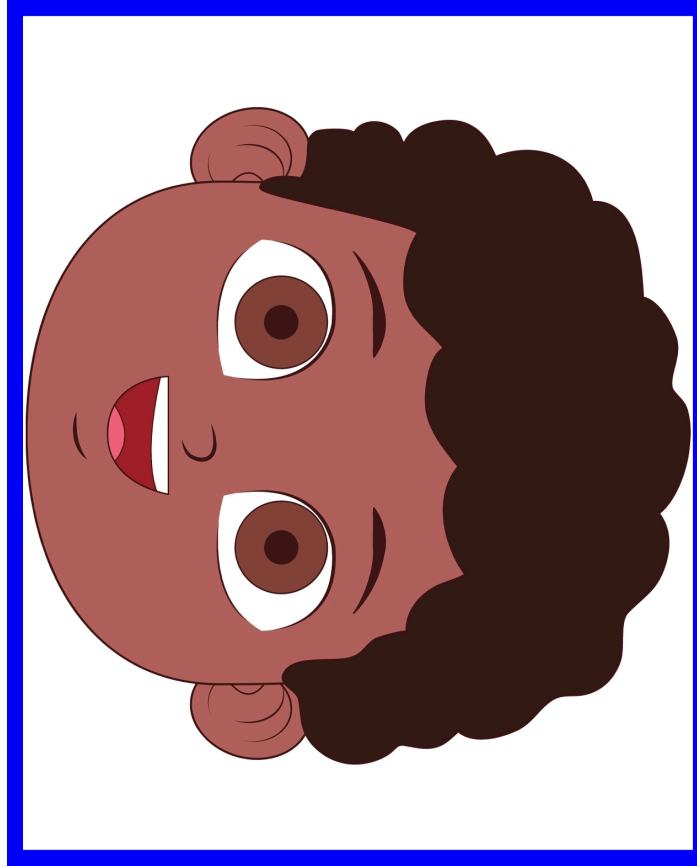
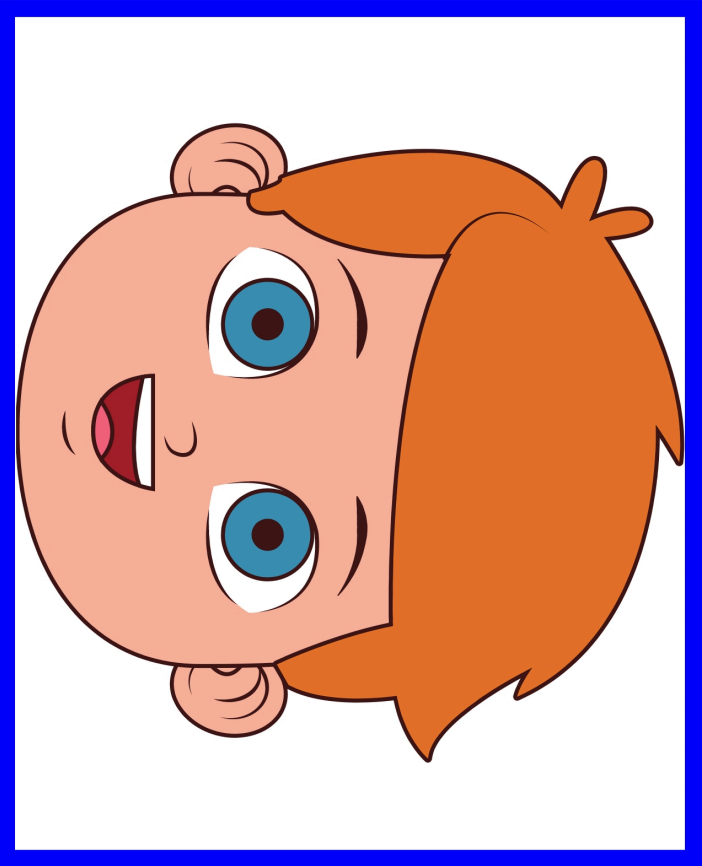
Think Good Thoughts

I like to keep my supply lists very simple so hopefully, you have the supplies on hand. Here is the list for this activity:

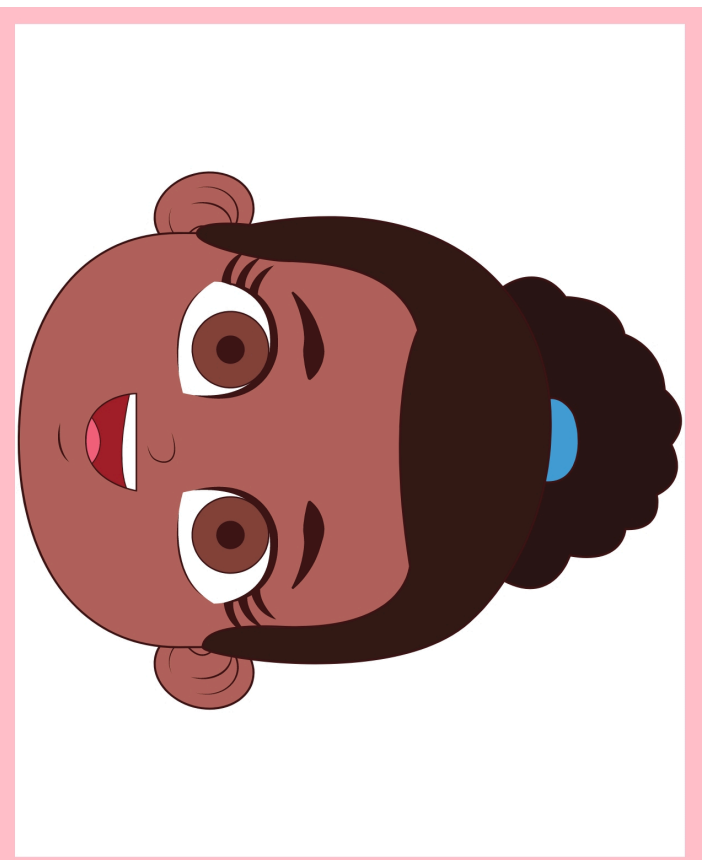
- | | |
|---------------------------------|--------------|
| • Printed Lesson Plan | • Scissors |
| • 1 Cardboard Toilet Paper Roll | • Bible |
| • Black Construction Paper | • Pencils |
| • White Construction Paper | • Dictionary |
| • Glue | |

Preparation Directions:

1. Gather all the supplies.
2. Cut or tear the black construction paper into small pieces, wad them into little balls, and place them in a pile.
3. Cut or tear the white construction paper into small pieces, wad them into little balls, and place them in a separate pile.
4. Cut out the pictures of the character faces.
5. Find the verse Philippians 4:8 in the Bible.



www.hobbscrew.com
© 2020 Copyright Hobbs Crew



Pick a Character face

Have the child choose a character face.

Glue the Character face on the toilet paper roll.

Give them some glue and a cardboard toilet paper roll. Put glue on the toilet paper roll and wrap the character face around it. Set it aside and let it dry while you talk about the lesson.



Read Philippians 4:8.

After you have read the verse, complete the study guide.

Discuss the difference between good thoughts and bad thoughts.

- What is a bad thought? *Bad thoughts can be anything scary, things that make us worry, things that make us want to do bad things, and anything that is not on the list in the study guide.*
- This is the perfect opportunity for the child to share anything that may be scaring them or causing them to think bad thoughts. I encourage the parent or leader to simply listen or share a story when they thought some bad thoughts.

How do we get rid of bad thoughts?

We can control our thoughts through prayer and following the directions in Philippians 4:8. It directs to think on good things and that will push the bad thoughts away.

Object Lesson: Pushing The Bad Thoughts Out

Have the child get their character head that they glued onto the toilet paper roll. Put the black construction paper and white construction paper in two separate piles in front of them.



First, have them share an example of a bad thought and then stuff a wad of black construction paper into their "head." Repeat this three or four times until their "head" is about half full of bad thoughts.



Second, stop them and ask "How are we going to get rid of all these bad thoughts? By thinking good thoughts!" Have the child refer to their study guide and name some good thoughts. For every good thought they name, have them shove a white construction paper wad into their "head."

Repeat this until all the bad thoughts start falling out of their "head."



Think Good Thoughts

Final Thoughts and Prayer

In closing, remind the child that our thoughts matter because it determine how we act. So if we are thinking about bad things, then we will do bad things. This is one of the reasons why the Bible tells us to think about good things and even helps us by making a list of those things in Philippians 4.

Pray together and ask God to help you think good thoughts and get rid of the bad thoughts. Post the verse where it can be seen as a good reminder.



Think Good Thoughts

Study Guide

Look up the following words in a dictionary or on the internet. Write the definition on the line below them.

True:

Noble:

Right:

Pure:

Lovely:

Admirable:

Philippians 4:8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

