



SMALL GROUP GUIDE

Thoughts

The things I think about
are very important!

Thoughts

Leader Guide

Engage:

For this activity, look up a few riddles for kids. Gather the kids together and see if they can figure out the answer to the riddle. Here is a sample: If you don't keep me, I'll break. What am I? (Answer: A promise.)

Talk to the kids about how they had to stop and think in order to figure out what the answers would be. In life, there will be times that things may be confusing or hard, but their thoughts and reactions are important. The way that they think about themselves and others is also important.

Discuss:

**Have the kids open up their Bibles and read together
Genesis 37**

Jacob, Joseph's dad, loved Joseph more than any of his other children and gave him a very special coat. His brothers were jealous of him. Their jealousy controlled their thoughts, and they ended up doing something pretty crazy. They actually wanted to kill their brother. Instead, they sold Joseph, their own brother, into slavery. Their thoughts led them down a path that ended up hurting someone in their family and making their dad upset.

—Have you ever had a time when your thoughts got out of control and you did something you regretted later?

—Why are our thoughts so important?

—When you are starting to have negative thoughts, what is something you can do to change them?

Response:

Give each of the kids a piece of paper in the shape of a thought bubble. Ask them to pray about thoughts that they may be struggling with. Have them write their thoughts in the bubble. On the back of the thought bubble, have the kids write down what they think God would say about that thought. This will be kept between them and God. If the kids would like someone to pray with them, tell them to raise their hands, and a leader will come and pray for them.

Memorize: "Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect." (Romans 12:2, NLT)

Write each word (or a couple of words) of the memory verse on index cards. Have the kids review the verse a few times in funny accents. Have the kids shuffle the cards and put them in order as fast as they can. They can work together as a team.

Create:

Give the kids a journal and some sharpies. Allow time for them to create their own thought journals. They can decorate them and make them their own, then take them home. Talk to the kids about how journals are a great place to express their thoughts. Have them write or draw the things that they are feeling.

Thoughts

What was the Big Idea?

The things I _____ about
are very _____!

How can you honor God with your thoughts this week? Talk to God and tell Him what is on your mind!

Memory Verse:

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Romans 12:2 (NLT)