

## Lesson #1 Illustrated SERMON: Control Your Thoughts!



### Supplies

Whiteboard with erasable markers, or have someone draw on the computer screen while the narrator speaks. A large garbage can with a clean bag inside.

*Gather the children close to you so they can see the drawing.*

*Draw the shape of a person's head.*

**SAY:** Thoughts come into our minds all the time...and who is the boss of what thoughts stay there...? That's right YOU are! YOU RULE YOUR THOUGHTS!

*Draw a "bad, sad, mad, nasty, scary thought" inside the head (like a bunch of squiggly lines)*

**SAY:** So...when a "bad, sad, mad, nasty, scary thought" comes into your mind you need to quickly take it captive - like Sherlock Thought Collector taught us to do - and get rid of it!

*Erase the "bad, sad, mad, nasty, scary thought."*

**SAY:** But here's what happens to most of us is that when a "bad, sad, mad, nasty, scary thought" comes - *(Draw a "bad, sad, mad, nasty, scary thought" inside the head.)* - instead of getting rid of it, we let it run around and play inside our head! And when we let that thought stay, more of its relatives come in, too! *(Draw several "bad, sad, mad, nasty, scary thoughts" inside the head)*

Yikes! And when we let all those thoughts stay in our minds, it is called "entertaining wrong thoughts." *(Draw the thoughts sitting around a dining table.)*

And when we let all those thoughts stay in our minds for a long time, they like it so much they decide to build a house...and it is called a "stronghold."

*(Draw the thoughts inside a strong-looking house/fortress.)*

And once we have allowed a stronghold to be built in our minds, it is hard to get rid of it....but God will help us. *(Erase all the "bad, sad, mad, nasty, scary thoughts and stronghold.)*

It would be SO MUCH BETTER if we would just do what we have been learning! The moment a thought comes into our mind we need to ask ourselves: is this thought TRUE? Is it HONORABLE? Is it PURE? Is it GOOD? Is it WORTHWHILE? And if not - don't let it run around in your head!

Do you remember the story from a few weeks ago about the boy who had his very own house?...How did the "bad, sad, mad, nasty, scary" characters get into his house?...That's right - he let them in through his doors and windows - through what he saw and heard. And what happened to the boy?... That's right - he had bad dreams; he became sad and grouchy and disobedient; he didn't have any joy or peace or happiness...

Hmmm. I wonder if that has happened to anyone here...???

Boys and girls - your life is like a house and your eyes and ears are like doors and windows. Let's suppose you have heard or seen things...on TV or video games or the computer - that are bad, sad, mad, nasty, or scary... *(Draw "bad, sad, mad, nasty, scary thoughts" inside the head.)* Or maybe you have heard kids talking about things that are bad, sad, mad, nasty, scary... *(Draw more "bad, sad, mad, nasty, scary thoughts" inside the head so it's like a bog tangled mess.)*

Or maybe...something happened in your life that wasn't even your fault! Maybe something happened to you that was very, very bad, sad, mad, nasty, scary and that's how the thoughts got into your head. I'm SO SORRY if something bad, sad, mad, nasty, scary has happened to you!!

Boys and girls - however the thoughts got there - you can get rid of them! Right here. Right now. You can bring every thought into captivity! You can pull those thoughts out of your head and throw them in the garbage!

***(Put the big garbage can in front of the kids.)***

Is there anyone here who wants to get rid of any thoughts that are bad, sad, mad, nasty, scary? Well you can - right here, right now. You can pull those thoughts out of your head (*demonstrate pulling thoughts out of your head*) and throw them into the garbage.

This is not a game. We are about to do something very, very important. Everyone please close your eyes. No one talking. If you have thoughts in your head that are bad, sad, mad, nasty or scary...and if you want to get rid of them, you can! It starts by talking to God and repenting - saying sorry for LETTING those thoughts stay in your head! Please put your hands on your heads and pray after me...

Lord God! (*kids echo*) I'm sorry!...I'm sorry watching things...and listening to things...that I shouldn't have!...I'm sorry!...For letting wrong thoughts....stay inside my head!....And right here...right now...I TAKE CONTROL of my thoughts!...I am the boss of my thoughts!...And in the Name of Jesus...I say... every bad, sad, mad, nasty, scary thought...get out of my head!!!! Amen!!!

Okay kids - when I count to three - I want you to pull those thoughts out of your head and run up here and throw them into the garbage. Are you ready? 1...2...3!

***While the kids run and throw their thoughts into the garbage can, cheer for them and erase all the bad, sad, mad, nasty, scary thoughts from the board. Then have a leader very dramatically tie up the (super-stinky!!) trash bag and with great authority take it out of the room.***

Wonderful! Hooray!!! And now - let's ask God to help us have our minds full of good thoughts - thoughts from His Word! Let's pull those thoughts into our head right now! Please repeat after me!

Lord God! (*kids echo*) HELP!!!...Help me to have WISDOM! ...Help me to be careful what I let into my house!! ...I take Your Words into my head!... My thoughts are OBEDIENT to Christ! (***"Pull thoughts from Heaven into your head" as you pray.***) And I will CONTROL MY THOUGHTS!...I will only think about what is TRUE!...I will only think about what is TRUE! HONORABLE!...PURE!....GOOD! I will only think about what is WORTHWHILE!...Amen!...

***Lead in cheering and praise.***

Wonderful! Hooray!!! Kids - whenever any bad, sad, mad, nasty or scary thoughts come back into your mind - you know what to do! Don't let them run around in your head! Take them captive - get rid of them! Even get your own garbage can to put them in! And fill your head up with GOOD THOUGHTS!

***Say today's memory verses***