



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

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

**Memory Verse:** *Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out.. Proverbs 10:9 (NIV)*

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

## 1. Bible Story

**What You Need:** Bible

**What You Do:** Read **Philippians 4:8**

- *Work through the passages of scripture with your group—spend time engaging in the passages with the kids. Think of questions you can ask them as you read these verses (Who, what, when, where, why how questions).*
- *What is something they already knew about this passage? What is something new they noticed in these verses? How was God active in today's passage? How should they apply what they learned in the passage to their lives?*
- For further discussion ask:
  - Paul wrote this letter to the Philippians. What do all the things Paul lists in Philippians 4:8 have in common?
  - Why do you think Philippians 4:8 is important to us? Why is what we focus on important? *(Because what we focus on, what we spend time thinking about determines how we act and react in certain situations.)*
  - What are some things you can do to help train yourself to focus what is true? *(Talk about how not every thought that pops into our head is going to be happy and positive. We can't always control the thoughts that pop into our head but we can work on redirecting our thoughts toward good things instead.)*

## 2. FOCUSED Art

**What You Need:** Paper and markers

**What You Do:**

- Give each kid a piece of paper.
- Instruct kids to open their Bibles to Philippians 4:8 and read the verse aloud.
- Encourage them to illustrate the verse in any way they choose.
  - 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?

#### 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.”

### 3. Discussion Questions

**What You Need:** No supplies needed

**What You Do:**

**Ask:**

- When you're daydreaming or just thinking your thoughts, what do you usually think about?
- Why we do often focus on the negative instead of the positive?
- Does choosing to be truthful in whatever you say and do, mean that it's okay to say something that could be hurtful as long as it is true? Why?
- What are some ways we can train ourselves to focus on what is true?
- What can we do when we find ourselves thinking about or worrying about something negative? Or when we start to worry? For example: You have a big test coming up and you are worried you will fail it. What can you do to focus on what is true?

### 4. Lesson Recap and Prayer Journal

**What You Need:** Prayer journal, paper, something to write with, Bible, artwork from “FOCUSED Art”

**What You Do:**

- As a family, **add to your prayer journal** or make a prayer journal if you have not already done so.
  - The Bible teaches us that the “the prayer of a righteous person is powerful and effective” (**James 5:16b**). We are encouraging you to make a family prayer journal. It can be as fancy or as simple as you want. An example is provided on our Kids at The Heights Facebook Page! A prayer journal can be a tool to record your prayer requests and thanksgivings. It can also help you grow your faith as you keep a record of how the Lord answer your prayers.
- 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.”