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SERIES: TOXIC

Don't Drink Poisonous Thoughts

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Lesson Overview

We're starting a new series today about guarding ourselves from poisonous things. Poison is anything that can make us really sick. Did you know that our thoughts can be dangerous and can be like poison to us? They can and you know why? Because our thoughts affect the way we act. So, if we think wrong, we will act wrong. But, if we think the right way, then we'll act the right way. Some of the poisonous thoughts we need to avoid are; being negative, afraid and angry. These kinds of thoughts keep us from trusting and honoring God. So, how do we know the right way to think? We need to go to the Bible to find out. The Bible is full of God's truth that will help us to identify the poisonous stuff we need to guard against and will tell us the right way to think. So, watch out for poisonous thoughts that can make you sick.

Big Idea

The Bible helps us to fight poisonous thoughts.

Key Question

How does the Bible help us?

Memory Verse

Proverbs 4:23 "Carefully guard your thoughts because they are the source of true life."

Classroom Agenda

1. (5 min) **PLAY: Let kids start working on Activity Page #1..**
2. (5 min) **WARM UP: What are some poisonous things we shouldn't eat? What can happen if we do?** (Tip: Poison is dangerous and can be found in a lot of our cleaning products or other household chemicals. If used improperly, they can make us really sick.)
3. (5 min) **PREVIEW: Write out the Big Idea, Memory Verse, and Key Question on a whiteboard.** Have the kids copy it down on Activity Page #1 (if applicable).
4. (20 min) **LARGE GROUP: Gather for songs and videos with other kids.** Then return to class to finish this guide.
5. (2 min) **RECAP: Read the Lesson Overview (see above).**
6. (3 min) **KQ: Answer the Key Question.** (Answer: **The Bible tells us the right way to think.** (The Bible is full of God's truth that is meant to help us. It tells us how we should think and act. And, it tells us the things we need to guard against. The Bible tells us that we shouldn't waste our energy on being negative, angry or afraid. These things make us sad. Instead we should be positive, joyful and brave.)
 - **Bonus Questions:** How does the Bible help us? Who gave us the Bible? **4-5th:** What are some other poisonous thoughts we should avoid?
7. (5 min) **EXPLORE: Read Philippians 4:8. What are some good and honorable thoughts? How does focusing on things that please God help us in life?** (Answer: Good and honorable thoughts lead us to do things that honor God like; being helpful to friends and family, being kind, forgiving, and looking for ways to compliment our friends. Living for God is always the best way. We will be happier and safer if we do.)
8. (10 min) **PLAY: Choose a group activity from Activity Page #2.**
9. (5 min) **CLOSE: Share prayer requests and pray as a class.** Encourage kids to use the Family Guide at home with their parents - and remind them to go online to pursueGOD.org/kids to find this week's lesson video.

Teacher instructions: Choose an activity for your classroom.

OPTION 1: GOOD VS. POISONOUS THOUGHTS

Instructions:

- Before class, place the Scenarios template (page 5) in a bowl or basket.
- Read a scenario to the class and have the class come up with two things:
 - A poisonous thought you could have about that situation.
 - A good thought you could have about that situation.
- Then, as a class, talk about why the good thought is the better option.

Supplies needed:

Scenarios template (pg. 5, pre cut, 1 set per class)
Bowl

Bonus Activity: "Fast Facts"

See who's the quickest to answer correctly.

1. What is a poisonous thought we should avoid? (anger, fear, negativity)
2. What book tells us how to think? (Bible)
3. Thinking right means we'll __(live) right.

OPTION 2: GOOD OR POISONOUS?

Instructions:

- Before class, put the Thoughts template (page 6) in a bowl or basket.
- Make two columns on the whiteboard, one labeled "Good" the other labeled "Poisonous"
- Read a thought to the class and decide if it's a good thought or a poisonous one. Tape each thought in the correct column.
- Remind the kids to throw away the poisonous thoughts and keep the good ones.

Supplies needed:

Thoughts template (pg. 6, precut, 1 set per class), Tape, Whiteboard

Bonus Activity: "True or False"

See who's the quickest to answer correctly.

1. Our thoughts can be poisonous to us? (T)
2. The Bible helps us to think right. (T)
3. Our thoughts don't matter. (F)

Instructions: Solve the puzzles.

New Testament Books

P	M	S	N	A	I	T	A	L	A	G	K	L	I
C	J	N	S	N	A	I	S	E	H	P	E	S	N
A	S	M	N	S	G	S	A	L	W	S	W	U	T
E	C	A	U	W	S	N	O	M	E	L	I	H	P
S	E	T	S	N	A	I	S	S	O	L	O	C	E
M	I	T	S	T	S	N	A	M	O	R	U	S	
T	M	R	N	E	O	T	I	M	O	T	H	Y	O
H	M	J	A	M	E	S	H	E	B	R	E	W	S
L	T	E	M	A	R	K	M	P	A	S	A	S	P
A	W	N	K	H	N	O	A	E	T	O	I	N	A
S	E	W	P	U	N	H	L	T	L	C	P	S	M
T	D	I	U	S	L	C	I	E	I	S	I	A	E
O	U	U	R	A	A	E	G	R	A	N	O	G	E
W	J	N	H	O	J	O	M	A	T	T	H	E	W

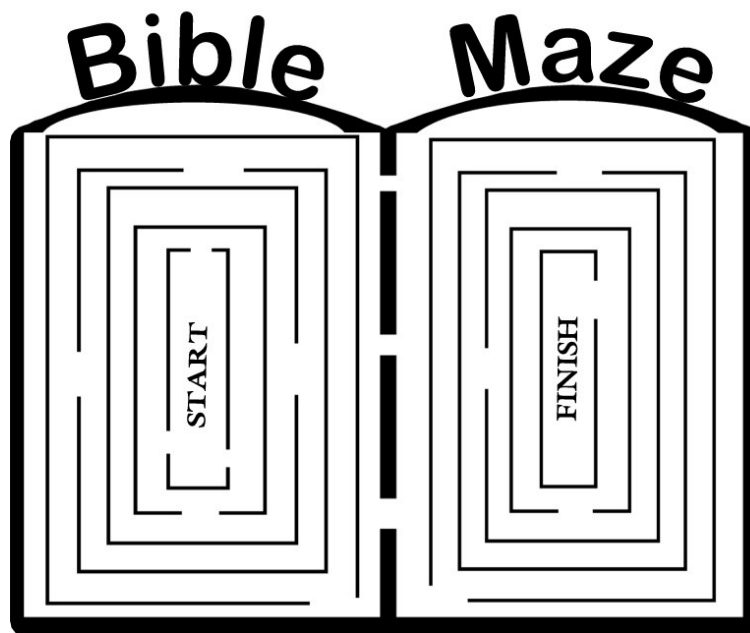
- JOHN
- JUDE
- TIMOTHY
- ACTS
- JAMES
- LUKE
- PHILEMON
- EPHESIANS
- TITUS
- PETER
- GALATIANS
- HEBREWS
- COLOSSIANS
- ROMANS
- MARK
- MATTHEW

Big Idea

Key Question

Memory Verse

Proverbs 4:_____ "Carefully
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4th-
5th

[link](#)

Your teacher took away recess.

Your friend took your dessert.

Your team lost a close game.

Your parents won't let you play after school.

Your sibling keeps taking your stuff.

Your friends are leaving you out.

Your friend got student of the month.



[link](#)

I SHOULD SHARE MY TREAT WITH A FRIEND

MY PARENTS HAVE STUPID RULES

I SHOULD OBEY MY TEACHER

I LOVE MY FAMILY

I WANT TO PUNCH SOMETHING

GOD DOESN'T CARE ABOUT ME