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SERIES: TOXIC

# Don't Drink Poisonous Thoughts

[pursueGOD.org](http://pursueGOD.org)

## 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](http://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: "Memory Verse Game"

Say the memory verse as a class. Say it again while **hopping** on one foot. Say it again while **clapping**.

## OPTION 2: THINK RIGHT BRAIN BAG

### Instructions:

- Give each kid a paper bag and a Thoughts template (page 6).
- Have kids draw their face on their bag nice and big.
- Then have kids open up their bag so it can stand up on its own. Then help kids staple each side of the opening to the sack, leaving a slit in the middle.
- As a class, read each thought and decide if it's a good thought or a poisonous thought. If a good thought, have them put it in their bag. If bad, have them crumple it up and toss it to the side. Have them throw away the crumpled thoughts at the end of the activity.
- Remind the kids to get rid of poisonous thoughts.

### Supplies needed:

Paper sacks (1 per kid), Markers, Staplers, Thoughts template (pg. 6, pre cut, 1 set per kid)

### Bonus Activity: "Telephone"

Have kids sit in a circle. Whisper the **Big Idea** in the ear of one kid. Have them whisper it to the kid on their right. Continue around the circle. Last kid as to say the message they heard.



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## Don't Drink Poisonous Thoughts! (Kids)

 [www.pursuegod.org/dont-drink-poisonous-thoughts-kids/](http://www.pursuegod.org/dont-drink-poisonous-thoughts-kids/)

Do you know what poison is? It's stuff in your house that can really hurt you if you eat it or drink it. Usually, it's marked with a scary symbol that tells you to stay away from it! Did you know that our thoughts can be poisonous to us? The Bible says that we should be on guard against allowing certain thoughts in our lives. See, our thoughts shape everything about us. So if we think wrong, we'll act wrong. The Bible tells us there are 3 kinds of poisonous thoughts we need to keep out of our lives:

### Poison #1: Being \_\_\_\_\_

Walking around being negative all the time isn't good. It makes you sad, and it makes people around you sad. It's poisonous to everyone.

### Poison #2: Being \_\_\_\_\_

Have you ever been so scared that you could hardly sleep? And even when your parents told you not to worry, you still did. Fear is poison because it makes us doubt God. Just remember: God is always in control, no matter what.

### Poison #3: Being \_\_\_\_\_

Do you ever get so angry that you want to hit somebody or hate somebody? That's poison! It's not just bad for the other person – it's bad for you!

### The Bible Helps Us \_\_\_\_\_ Poisonous Thoughts

Want to know what the Bible says to do with negative, fearful, or angry thoughts? Fight them! Chain them up and don't let them control the way you think!

| **2 Corinthians 10:5 (NIV)** ...we take captive every thought to make it obedient to Christ.

Once you chain up your bad, poisonous thoughts, you can replace them with good, healthy thoughts: God's truth from the Bible!

Answers: Negative, Afraid, Angry, Fight

Parent Signature: \_\_\_\_\_

### Questions:

1. What was your favorite part of the video? What is one thing you learned from the video?
2. What are some poisonous things you shouldn't eat or drink? What can happen if you do?
3. Think about your own thoughts. What makes you angry? What makes you scared?
4. Read [Philippians 4:8](#). What are some examples of good and honorable thoughts? How does focusing on things that please God help us in life?
5. How will you apply this lesson to your life this week?

**Instructions:** Color the picture.

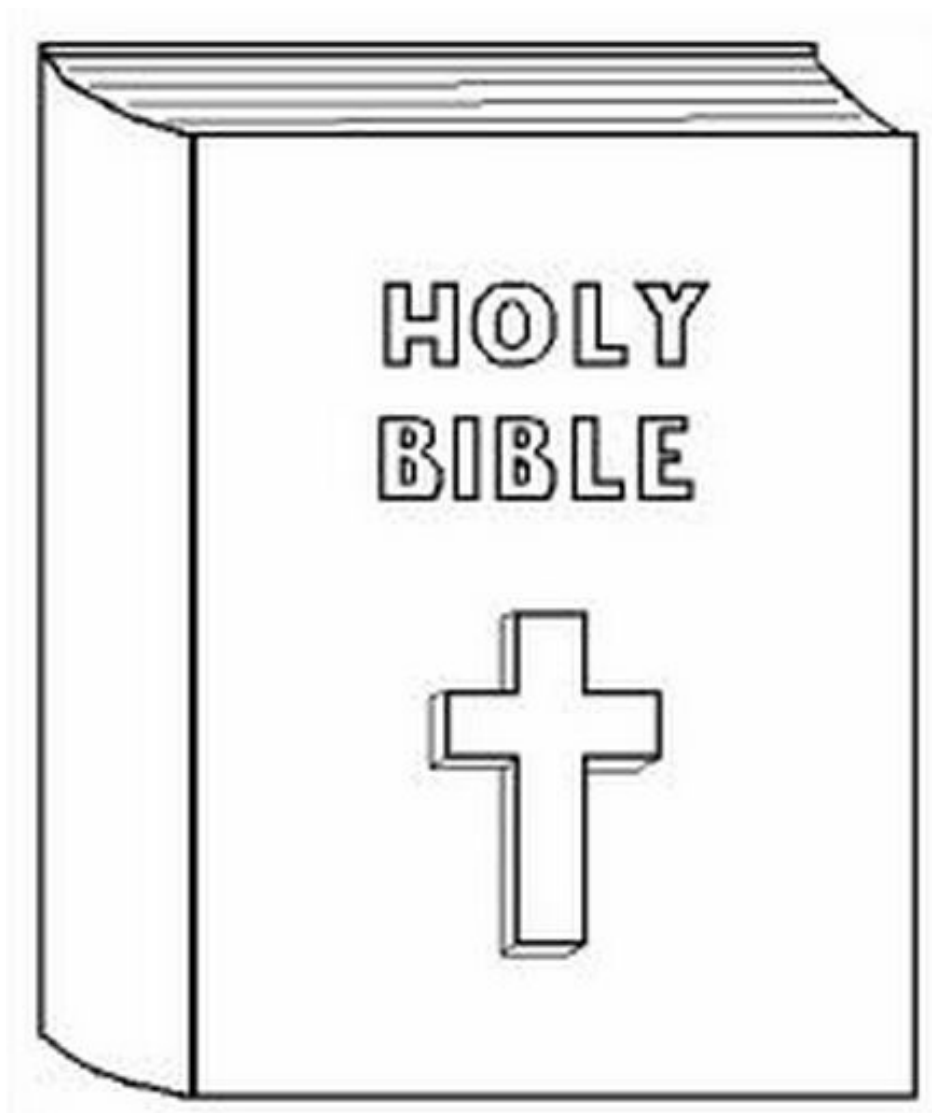
THE BIBLE HELPS  
US TO FIGHT  
POISONOUS  
THOUGHTS

**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."*





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.



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