

# Change your Thinking!

God's perfect design for our MINDS

AD  
55

**NERO** is **EMPEROR OF ROME**

*3rd Missionary Journey*

**FIRST CORINTHIANS WRITTEN**

**NERO** expels his mother from Rome

Last years of **CHINESE EMPEROR LIU XIU**



## MORE ABOUT THIS LESSON

Last week's lesson focused on how God created our minds to learn, feel emotions, and choose right from wrong. Our lesson today narrows in on how to guard the amazing mind God created within us. To guard something means to protect it from danger. Just like Proverbs 4:23 instructs us to guard our hearts, we must also learn to guard our minds, because what is in our heart and mind comes out in our words and actions (Matthew 12:34).

The world our children are growing up in is a world that is constantly sending messages that can influence how we think. It is imperative to remind the students that they must fill their minds with Scripture to guard it from the influences they face every day. We must follow Paul's instruction to take every thought captive (2 Corinthians 10:5). We must compare the thoughts coming in to the truth Jesus provides in Scripture. We are to take every thought that doesn't align with His Word and correct it to obey Jesus.

Sin separates us from God, but guarding our mind draws us closer to Him and the life He desires for us to live. We have control over our thoughts and the ability to guard them through the help and power of the Holy Spirit. Be conscious of your thoughts this week and rely on God and His Word to win the battle of the mind.

**THEME:** Guard your mind.

**KEY PASSAGE:** Romans 12:2

**KEY VERSE FOR THE MONTH:** "Don't copy the behaviour 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)

**BIG IDEA:** "God's truth helps you guard your mind against wrong thoughts and Satan's lies."

## Bible Message

Last week's lesson focused on how God created our minds to learn, feel emotions, and choose right from wrong. Our lesson today is on how to **guard** the amazing mind God created within us. The Bible tells us to guard our hearts and minds, because what is in our heart and mind comes out in our words and actions.

What does it mean to guard something? *Pause*. To guard something means you keep it safe; you protect and watch over it. Let's discover some ways to guard our mind and keep out wrong thoughts.

Every day we receive so many messages that go to our brains. Some messages are good, while others are bad. For example, getting a note from your mum saying, "I love you" is a good thing. Unfortunately, bad messages can cause us to think in a wrong way, which leads us to act in a wrong way and to sin against God.

When you watch a TV show or play a game on your iPad or computer, thoughts are coming into your mind. Some thoughts are good. Maybe you are watching a show about cute little animals or about being kind to people in your family. But not all thoughts are good. Maybe there is a show where the character is mean to others, tells lies, or uses bad language. Are those good thoughts to put in your mind? No.

The Bible tells us to bring our thoughts under the control of Jesus (2 Corinthians 10:5). We shouldn't let wrong thoughts into our brains. We are to guard our minds and compare our thoughts to the truth Jesus gives. We are to take those wrong thoughts and correct them to obey Jesus. If the message is not true, we are to throw it out of our mind. Let's talk about three messages that come at us and learn how to compare those messages to the truth. We are going to find the biblical truths to guard against the wrong thoughts that come into our mind.

- **Things will make you happy.**
  - We see so many adverts with the message that you need a certain thing to be happy. Can things make you happy? They might for a little while, but they do not bring real joy. Things break, get lost or stolen, or we get tired of them.
  - In Luke 12:15 it reads "Guard your heart against greed, because your life is not about how many things you own." This verse is a warning from Jesus to a rich man, but it applies to us as well. We are to make knowing Jesus our main purpose and He will give us what we need (Matthew 6:33).
- **Sin is no big deal.**
  - Do any of you remember what sin is? Sin is anything we think, say, or do that goes against God's way. Have you ever watched a show or read a book about a character who lied about something or to someone and everyone thought it was funny? Have you ever noticed the way some kids on TV talk back to their parents? Many times, the message we get is that sin isn't so bad, and it doesn't hurt anyone.
  - Sin is a big deal; sin separates me from God (Romans 6:23). So, why do you think God cares about our sin? God loves us, and He knows sin hurts us. When Jesus died on the cross, He paid a high price so we could be forgiven and not have to give in to sin.
- **It does not matter what I see or watch.**
  - Have you ever said that? Maybe you wanted to play a video or computer game that your parents wouldn't allow and you said, "I can play this, and it won't affect me." You may have

## Primary Prep-5 Bible – 13-14 February 2021

heard others say, “I can watch that television show or movie with bad scenes, and it does not bother me.” Your mind is like an amazing computer; what you put into it, stays there. What you see and what you put into your mind matters.

- Keep your thoughts pure. Jesus said to guard what you see, because letting bad things in can open you up to darkness and sin. Don’t look at books, shows, movies, or video games with inappropriate words or scenes that will harm your mind.

Not all wrong messages are from TV shows, movies, music, or books. Sometimes wrong messages come from other people. We are to compare every wrong thought with the right thought, God’s truth.

### APPLICATION & CLOSING (5 MINS)

There is a saying in computer language: G.I.G.O. That means garbage in, garbage out. A computer can only put out the information that has been put into it. If you put garbage into a computer, what will come out of it? Yes, garbage. Your brain is like a computer. What you put in will come out of you. What are some things we should not put in our brains or minds?

When we put wrong things in our minds, wrong thoughts, words, and actions come out. If you want to live a holy life, you cannot put rotten things in. Can you think of some good things to put in our minds? When we put right things in our minds, right thoughts, words, and actions come out.

Have you heard of a computer virus before? A computer virus is a piece of software that damages a computer program. For example, a virus might attach itself to a program on your computer and then each time that program runs, the virus runs too and has the chance to mess up and damage your computer. To stop this, you can install antivirus software or like a virus vaccination that blocks a virus’ access to your programs.

The same is true with our minds. We have to guard our minds so wrong thoughts are stopped before they cause us to sin. Would you believe me if I said we have control over our thoughts and the ability to guard them if we choose to do so? Well, we do! We have to be careful what we let in, and what we allow to influence us. We have to keep wrong thoughts out of our minds, because how we think will affect how we live. Wrong thoughts lead to wrong, sinful actions.

This is a big battle for Christians and we **need God’s help**. And God has provided us with this help through

- **His Word** – when we read the Bible and obey it; and the
- **Holy Spirit** – we can ask the Holy Spirit to help us

Our **BIG IDEA** today is “**God’s truth helps you guard your mind against wrong thoughts and Satan’s lies.**” If you ask God for help by reading His word and listening to the Holy Spirit, then wrong thoughts can be replaced with God’s thoughts.

Let’s look at our memory verse for the month:

“Don’t copy the behaviour 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)

In our memory verse God is warning us not to copy how the world thinks, talks, or acts, but to change the way we think to the way God wants us to think.



When you watch TV or listen to music, your thoughts are being shaped. The world's ideas and thoughts are not always God's ideas and thoughts. We do not want to believe the lies (some we learned earlier) because that will lead us to act in a wrong way. In order to be changed, we must renew our minds and compare those lies to God's truth. Then we will have a new way of thinking and we will change to be more like Jesus.

Let's pray

*Dear God, thank you that you want and know what is best for us. Help us to not follow the wrong thoughts, but to ask you for help and change our thinking to the right way. Thank you that you are always there to help us with your word and the Holy Spirit. We love you. In Jesus' Name. Amen.*