



# Right Choices About Thinking

**MEMORY VERSE:**

**Romans 12:2**, "And be not conformed to this world: but be ye transformed by the renewing of your mind." (KJV)

**BOTTOM LINE:**

Your thoughts influence your choices.

You are what you think you are. The Bible says it like this, "For as he thinketh in his heart so is he."

The reason for this is that your thoughts influence your choices and your life is a product of the choices you make. If you want to change your life you can do so by making different choices; however, if you want to change your choices, you have to change how you think.

Think about what you have been thinking about! Do you constantly have negative thoughts about yourself and others? If you have a negative mind, it is impossible to have a strong spirit man. Your thought life is directly connected to your spiritual growth and the quality of your life.

The vicious cycle goes like this: If a child thinks he is not good at math he will choose to not do his math homework or study for his math test. When he flunks the math test it reaffirms his thinking that he is not good at math.

The Bible says to "think on things that are honest, true, pure, lovely and of good report." We can change our life by changing the way we think.



**SUPERCHURCH2.0**

# Right Choices About Thinking

## LARGE GROUP SCHEDULE

Today's Date: \_\_\_\_\_

Lead Teacher: \_\_\_\_\_

WHO	LESSON OUTLINE	WHAT
_____	1. Participation Awards	
_____	2. Praise & Worship	
_____	3. Announcements	
_____	4. Offering	
_____	5. Motion Comic	Adventures of the Masked Hero #11
_____	6. Motion Comic Follow-up	
_____	7. Bottom Line	Your thoughts influence your choices.
_____	8. Memory Verse	Romans 12:2, "And be not conformed to this world: but be transformed by the renewing of your mind." (KJV)
_____	9. Drama	Dr. Rubenstein: "Brain Check"
_____	10. Object Lesson	Get Rid of It
_____	11. Short Film	The Grasshopper Spies
_____	12. Short Film Application	
_____	13. Inter-Active Lesson	What's In Your Mind?
_____	14. Altar Call	
_____	15. Digital Review Questions	
_____	16. Small Groups	



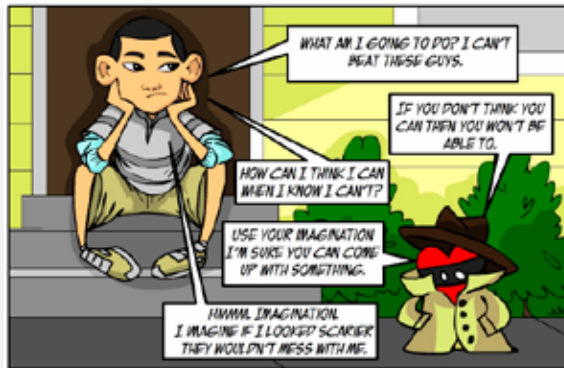
MOTION COMIC

*The Adventures of the Masked Hero*  
*Choices: Episode #11*

▶ TO THE TEACHER:

**Goal:** get the kids to laugh and introduce the lesson.

- Johnny's situation is going from bad to worse.
- He made some wrong choices and now he's getting depressed about his situation.
- Johnny is feeling trapped and he is thinking negative thoughts
- Is there a way out of this situation for Johnny?
- Yes. It begins with thinking right thoughts.
- Let's look at the bottom line, "Your thoughts influence your choices."



Panel 1



Panel 2



Panel 3



Panel 4



**DRAMA**

***Dr. Rubenstein: "Brain Check"***

**CHARACTERS:**

Dr. Rubenstein

**PROPS:**

Brain Modifier (helmet), stethoscope, magnifying glass and rubber bat.

**DRAMA SCRIPT:**

(Dr. Rubenstein enters with his Brain Modifier, stethoscope and magnifying glass.)

Dr. Rubenstein: Hello everyone!

Teacher: Hello, Dr. Rubenstein. It is so good to see you. What new invention do you have today?

Dr. Rubenstein: Vell, I have with me today the brand new Brain Modifier.

Teacher: A brain modifier? Uh, what would you do with that?

Dr. Rubenstein: Ah, yes, dis is da cutting edge technology.

Teacher: Okay, but again, what for?

Dr. Rubenstein: Vell, you know the saying, "What goes in comes out?" Vell, that works for da brain too. And sometimes what is in da brain is not so good.

Teacher: Yes, that is right. In fact, today that is exactly what we are talking about.

Dr. Rubenstein: Villy? What have you covered?

Teacher: It is very important to think about what we are thinking about. Romans 12:2 says that we should "be transformed by the renewing of your mind."

Dr. Rubenstein: That is right. Da verd transformed means to change. You can change your life by changing your mind.

*Continued on next page*



**Dr. Rubenstein: "Brain Check" Drama Script — Continued**

Teacher: Exactly! It's important to kick bad thoughts out of your mind. You can't stop them from coming but, when they do come, you can choose to not think about them.

Dr. Rubenstein: Very good. Dis is what I have been working on.

Teacher: Can you show us?

Dr. Rubenstein: Can I show you. Yes I can. But I vill need a guinea pig, ah, I mean a volunteer.

(Teacher picks a boy volunteer from the class.)

Dr. Rubenstein: Okay, dis vill be very good. (Puts helmet on head of child.)

Teacher: Now what?

Dr. Rubenstein: Vell, you see it is very important vhat goes on inside da brain. Cuz' vhat is inside vill determine vhat you vill do. So da Brain Modifier verks like dis.

(Dr. Rubenstein takes the stethoscope and puts on forehead. Then he shakes his head a bit.)

Dr. Rubenstein: Vell, vell, vell. Dis not too bad. But sonny, you need to change vhat you think about Math. You are very smart cuz you have da mind of Christ. Don't let those Math problems get you down.

(Pats child on back and sends him on his way.)

Teacher: Okay, so how did that work?

Dr. Rubenstein: Vell, da Brain Modifier lets me see what is bouncing around inside. Then I can prescribe a modification.

Teacher: Okay, how about another volunteer?

*Continued on next page*



**Dr. Rubenstein: "Brain Check" Drama Script — Continued**

Dr. Rubenstein: Yes, send them on.

(Teacher picks a girl this time.)

Dr. Rubenstein: Oh, hello young lady. Put dis Brain Modifier on and lets see what is going on.

(Puts helmet on, puts stethoscope on forehead again, and this time looks a bit panicked. Then takes magnifying glass and look inside her ear.)

Dr. Rubenstein: Oh, whew! I vas a bit vorried der for a minute.

Teacher: Why?

Dr. Rubenstein: Vell, when I looked inside I didn't think I vas seeing right.

Teacher: What did you see?

Dr. Rubenstein: Vhat I saw vas amazing. It was lovely, pure and full of kindness!

Teacher: Really, well that is what we are supposed to think on.

Dr. Rubenstein: Exactly. No modification needed here. (Takes Brain Modifier off.)

Teacher: How about one more?

Dr. Rubenstein: Okay, one more.

(Teacher picks a 5th grade boy and someone who can take a joke. You may want to talk to him ahead of time.)

Dr. Rubenstein: Okay, voung man, put dis on. (Puts Brain Modifier on and stethoscope on forehead again. He taps stethoscope a couple of times. Grabs the magnifying glass and looks frantically in both ears. Then he pats his head.)

*Continued on next page*



**Dr. Rubenstein: "Brain Check" Drama Script — Continued**

Teacher: Dr. Rubenstein, what is it?

Dr. Rubenstein: (Takes teacher by the arm and faces away from boy.) Vell, dis is bad. Der are da bad thoughts running all over dis boy's brain.)

Tacher: What do we do?

Dr. Rubenstein: Okay. (Faces boy.) Young man it looks pretty scary in der. I need to do some modifications on your brain. You see der are all kinds of thoughts running around and de only vay to get rid of them is to kick them out. But I am going to help you today.

(Dr. Rubenstein takes rubber bat in his hand and gently taps boy on his head.)

Okay, you bad thoughts about dis boy's brother, you get out. You bad thoughts about dis boy's teacher, you get out. Now all you other bad thoughts get out too!

(Takes stethoscope and listens again.)

Ahh, very good. Dis is da way it should be, peaceful. (Takes Brain Modifier off.) Der you go, good as new. Now don't let dese thoughts get built up. You kick them out yourself next time.

Teacher: Thank you, Dr. Rubenstein.

Dr. Rubenstein: Okay, boys and girls. Learn your lesson today. Don't let da bad thoughts stay inside. They may come, but you can kick dem out yourself. Don't let dem get so big dat you need da Brain Modifier.

Teacher: That is right. You control your thought life.

Dr. Rubenstein: Yes. Thank you for the chance to work out the kinks in my new invention.

Teacher: Okay. Come back again.

**THE END**



**OBJECT LESSON**

***Get Rid Of It***

**TAKE HOME POINT:**

It is important what we think about. You may need to get rid of junk and put new things in your head.

**WHAT YOU NEED:**

Plastic tub filled with a bunch of old and broken toys.

**OBJECT LESSON APPLICATION:**

Have your parents ever had a garage sale? Every year we used to have a garage sale and I would ask my kids to go through their toys and either sell or throw away all the old toys they didn't play with anymore. In order to make room for new toys, we had to get rid of the old toys.

(Pick up a toy.)

Look at this GI Joe that doesn't have a head anymore. We should get rid of him. (Throw the GI Joe into the trash can.)

Look at this. It is Luke Skywalker and it looks like Darth Vadar cut off his leg this time. (Throw Luke in the trash can.)

Most of these toys are old and broken. This tub of toys reminds me of our brain. We have a lot of old and negative thoughts in our minds about ourselves and other people. We need to get rid of these thoughts.

*Continued on next page*





***Get Rid of It*** Object Lesson — *continued*

(Pick up another broken toy.) Here's a negative thought: "I'm ugly." That is not true. God made you and He doesn't make junk. (Throw the toy away.)

(Pick up another broken toy.) Here's another negative thought: "I'm not good at reading." That is not true. You have the mind of Christ. You just need to practice reading more and you will get good at it.

(Throw away the toy.)

(Pick up another broken toy.) Here's another negative thought that may come your way: "Adam and Eve weren't real. We really evolved from the monkeys." That is not what God says. Let's get rid of this lie. (Throw the toy in the trash.)

In fact, some of us need to have a big giant garage sale. We need to have a giant mental garage sale. We need to get rid of all those bad thoughts, (dump the entire tub onto the floor) and make room for good thoughts that come from the Bible. We need to change our mind!

Say this with me:

God created Me! I have the mind of Christ. I get good grades in school. I am good at reading. I am good at math. I have lots of good friends.

Only you can control your thoughts. Even your parents can't control your thought life. Bad thoughts come to everyone, but you don't have to keep thinking about them. You can choose to think good thoughts.

**SHORT FILM  
APPLICATION:*****“The Grasshopper Spies”***

Did the DVD we just watched remind you of a Bible story?

It was the story about the twelve Israelite spies. After the Lord delivered the children of Israel, He told Moses to send twelve spies (one from each tribe) to search out the Promised Land, to see what kind of land it was and also what kind of people lived there.

The twelve spies went into the Promised Land to check things out, and when they came back there were ten spies who had an evil report and two spies (Joshua and Caleb) who had a good report.

The ten spies said that the land flowed with milk and honey, but that there were giants in the land and they would beat them up. They were like grasshoppers in their sight.

(Hold up the grasshoppers)

Then Joshua and Caleb stood up and said, “Yes, there are giants in the land, but God is on our side and we are able to kick out those giants!”

It’s sad to say that the children of Israel did not listen to Joshua and Caleb. They listened to the bad

report that the ten spies brought. The Israelites began to weep and cry like little babies. They said things like, “I wish I was a slave back in Egypt. We will never get into the Promised Land.”

What they said made God angry, so He said to the children of Israel, “You can have what you say! Not one of you that is over the age of 18 will enter the Promised Land.”

So the children of Israel wandered around in the desert for forty years and not one adult entered the Promised Land except Joshua and Caleb.

What kept the children of Israel out of the Promised Land? Most people will say that the giants kept them out. But it wasn’t the giants that kept them out. It was the grasshoppers.

(Hold up the grasshoppers again.)

Here is the problem. The children of Israel had been slaves for years. They thought like slaves. They had “grasshopper” thinking. (Put a grasshopper on top of your head.) When God delivered them and told them that He was taking them to a land that flowed with milk and honey, they thought they wouldn’t have to fight for the land. When they found out they had to fight for the land that started to cry like babies.

**INTER-ACTIVE  
OBJECT LESSON*****What's In Your Mind?*****WHAT YOU'LL LEARN:**

Your conscience will lead and guide you.

**WHAT YOU NEED:**

3 assistants, 3 signs (1. I'm Sick, 2. I'm Stupid, 3. My Brother is a Jerk)

**INSTRUCTIONS:**

- Choose 3 assistants.
- Talk to them ahead of time.
- You will talk about 3 different scenarios and, when you talk about them, the person holding the sign will begin walking saying their bad thought.
- The idea is to show how bad thoughts repeat themselves in your head and you can't think about anything else.

**SPIRITUAL APPLICATION:**

Have you ever had the thought that you were sick? You read something or saw someone that was ill. That thought then starts talking to you, "I'm Sick." (Sickness sign starts walking in a circle quietly.) A lot of times we just move on. Have you ever had the thought that you were not smart. Maybe you had a low score on a test. The thought "I'm Stupid" starts walking around in our head. (Now the thought "I'm Sick and "I'm Stupid" start walking around together getting louder, but the teacher can still be heard.) Have you ever had bad thoughts about your brother or sister? Maybe you called shot gun or the front seat and your brother beat you to the car and wouldn't move. The thought starts up "My Brother Is A Jerk." (All three thoughts start walking and start getting louder so the teacher can't be heard.) The Bible tells us what we should think about and that we can transform our thinking. (Thoughts are very loud now.) You do that by kicking these thoughts out of your mind. When the thought comes that you are sick, you can tell it, "No I Am Not Sick. By Jesus Stripes I Am Healed." (The sickness thought leaves.) If the thought tries to come that you are stupid you can tell it, "No I Am Not Stupid, I Have The Mind

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***What's In Your Mind? Inter-Active Object Lesson — continued***

Of Christ.” (The stupid thought leaves.) If you ever have a bad thought about your brother or sister you can tell it, “Leave Me Alone. The Love Of God Is Shed In My Heart.” (Bad thought about brother leaves.) You need to think about what you are thinking about. Romans 12:2 says that you should “be transformed by the renewing of your mind.” The word transformed means to change. You can change your life by changing your mind. Kick bad thoughts out of your mind. You can’t stop them from coming, but when they do come you can choose to not think about them. Think God thoughts instead. For example, if negative thoughts come into your mind about your parents then choose to think about something positive that your parents have done for you. You control your own thought life. No one else can do it for you. Make a commitment today to change your mind.



# Right Choices About Thinking

## DIGITAL REVIEW QUESTIONS

NEEDED: Review Prizes (penny candy for right answers)

### ▶ TO THE TEACHER:

The **Digital Review Questions** are a part of “The Masked Hero” download.

Once you get to the Memory Verse, then **PAUSE** the video.

After you have done your teaching then **PLAY** the Digital Review Questions.

You can turn this into a **Review Game** by rewarding kids for correct answers.

1. Your \_\_\_\_ influence your choices.
  - a. homework
  - b. thoughts**
  - c. food
  - d. goldfish
2. Romans 12:2 says, “And be not conformed to this world: but be ye transformed by \_\_\_\_.”
  - a. the renewing of your mind**
  - b. the renewing of your bicycle
  - c. the food that you eat
  - d. praying a long time
3. What does the word “transformed” mean?
  - a. Robot
  - b. Truck
  - c. Movie
  - d. To change**
4. If you have a negative mind it is impossible to have a strong spirit.
  - a. True**
  - b. False
  - c. Sometimes
  - d. All of the above
5. What kept the children of Israel out of the Promised Land?
  - a. The giants
  - b. Joshua and Caleb
  - c. The grasshoppers
  - d. Their own thoughts**



# Right Choices About Thinking

## PROP LIST (Props, supplies, costumes and characters)

\_\_\_\_\_ Participation Awards (Large candy bars or prizes)

\_\_\_\_\_ How many needed?

\_\_\_\_\_ Review Prizes (penny candy)

### Drama: Dr. Rubenstein "Brain Check" — Pages 4-7

#### Characters

\_\_\_\_\_ Dr. Rubenstein

#### Props

\_\_\_\_\_ Helmet

\_\_\_\_\_ Magnifying glass

\_\_\_\_\_ Stethoscope

\_\_\_\_\_ Rubber bat

### Object Lesson: Get Rid Of It — Pages 8-9

\_\_\_\_\_ Plastic tub filled with a bunch of old and broken toys

### Inter-Active Lesson: What's In Your Mind?— Page 11-12

\_\_\_\_\_ 3 assistants

\_\_\_\_\_ 1 sign - I'm Sick

\_\_\_\_\_ 1 sign - I'm Stupid

\_\_\_\_\_ 1 sign - My Brother is a Jerk

### Small Group: Change Your Mind

\_\_\_\_\_ 1 glass filled with water, 1 can of pop, 1 bowl

\_\_\_\_\_ How many needed?

### Special Edition: Pastoring Your Kids

\_\_\_\_\_ How many needed?