



3. SMALL GROUP Lesson

CHANGE YOUR MIND

PROPS: 1 glass filled with water, 1 can of pop, 1 bowl

LESSON:

- Hold glass of water and soda pop up in front of class.
- Talk about how great it would be if you had a drink of pop - but you need to pour it into the glass first. Oops, it is filled with water.

POINT TO MAKE:

- I can't pour myself a glass of this soda because the glass is already filled with water.
- In order for me to fill up this glass with soda pop I need to get rid of the water.
- Pour the water into the bowl.
- Now, I can have a nice glass of soda pop. (Pour the pop into the glass and take a big drink of it.)
- That reminds me about something we are talking about today.
- It is important to get the junk out of your head.
- All kinds of thoughts will come in our head, but we don't have to let them stay.
- Just like I poured out the water, you can kick out the bad thoughts.

DISCUSS:

- Ask group what types of thoughts they struggle with.
- Different age groups will have different thoughts.
- Be prepared with scriptures.
- This is an opportunity for you to allow children to open up.

QUESTIONS:

1. T or F You should be shocked if you ever have a bad or negative thought. (false - thoughts come to us all)
2. What do you do if you want to get rid of a thought? (kick it out with the Word of God)
3. What if it comes back? (kick it out again)



Small Group Notes

SMALL GROUP SCHEDULE

1. Pre-Service Activity
2. Bible Time
3. Small Group Lesson
4. Dismiss

FINDING GOD 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.



1. PRE-SERVICE Activity

- During the Pre-Service Activity, group leaders will direct conversation and games to help kids make friends at church.
- As a group leader you have the choice of Ice Breaker Questions or Game to use as the children arrive.

ICE BREAKER Questions:

Question #154:

- Have you ever gone to another state?
- If so, which one?

Question #894:

- Have you ever gone to another country?
- If so, which one?

ICE BREAKER Game:

Last One Sitting

- Have the children sit in a circle.
- Pick one child to start by standing in the middle.
- Ask them to share something that describes how they look, for example: I have blue eyes. Everyone who has blue eyes has to stand up.
- Next, the same child should describe something else, for example: I am a boy. Then all the boys stand up.
- Have them continue until there is only one person still sitting – they win!
- The winner gets to start the game again by being the one in the middle.

2. BIBLE Time

READ THE BIBLE:

1st-2nd Grade - Day by Day Bible: A New Land (page 34)

3rd Grade and up - NIV Bible: Numbers 13:1-14:35

- Have each child read one verse out loud.
- Go around the room.
- This works best if everyone uses the same, easy-to-read translation of the Bible.

BIBLE STORY:

Afraid of Giants

BIBLE CONNECTION:

God led the Israelites to a new land. But before they went into the land, they sent 12 men to spy out the land. They came back and said it was good. But 10 of them said they could not go in. The people who live there are giants and we are as grasshoppers. Joshua and Caleb reminded them that God would help them.

BIBLE QUESTIONS:

1. What kept the Israelites out of the Promised Land? (their own thoughts)
2. Did Joshua and Caleb see the giants? (yes, but they believed God would deliver them)
3. What kind of thoughts influenced the nation of Israel? (negative and defeated thoughts)

Point To Make: *No one believed Caleb and Joshua. Because they did not believe them, that got what they believed and could not enter the land.*