



# LESSON 7

I WILL PUT GODLY THINGS IN MY MIND!

## FAMILY DEVOTIONAL

Our Bible Verse this week is Philippians 4:8. This verse teaches us that we should have godly thoughts.

In our Bible Story, Jesus shows us why it is important to fill our minds with godly things. Read Matthew 4:1-11 with your child.

### SUBSTITUTION CASSEROLE

Make a casserole of any type that your family usually likes. As you sit down to eat, tell your family that you made a few substitutions to the recipe because the store was out of your favorite ingredients. For example, if beef is one of the normal ingredients, say that you put in weasel instead. If you normally use broccoli say that you used grass from the side of the road instead, or anything that your family would not like to eat. After getting their reactions, explain to them that the dish has all the good ingredients and none of the bad. As you eat, talk to the family about the "ingredients" that we put into our minds. Putting bad ingredients into a recipe can ruin the dish, and putting bad ingredients into our minds can ruin our thoughts and affect our actions too. Read Philippians 4:8 and tell your family that this verse is a list of good ingredients for our minds. Talk you your family about things in life that are good or bad "ingredients" for the mind.

### CHANGE THE CHANNEL

While riding in the car, talk with your children about the channels on the radio. Ask them what they would do if a song came on the radio that they didn't like. There are lots of things that they could do: change the channel, put in a CD, plug in an MP3 player, or turn the radio off. Explain to the children that sometimes bad things that we should not put in our minds happen around us. A bad song might come on the radio, a friend might turn the television to a station with a bad show or movie, someone around us might tell a bad joke or use bad language. When that happens they can learn to "Change the Channel."

There are lots of ways that they can do that, they could tell some good jokes, they could change the channel or turn off the radio or TV, they could sing a good song, or they could leave the room. Encourage your kids to be a good influence to people around them by choosing to change the channel toward good things. When you do that you are helping to put good things in your mind and in the minds of those around you.