



BIG IDEA:

THINK GOOD THOUGHTS

FAMILY ACTIVITY:

OUR THEME IN EK FROM JUNE 3-JULY 8 IS CAMP GENESIS! THIS WOULD BE A GREAT TIME TO CONSIDER A BACKYARD CAMP-OUT, OR A REAL ONE! EVEN A TRIP TO A LAKE TO BUILD A FIRE AND ROAST MARSHMALLOWS WOULD BE A FUN FAMILY ACTIVITY TO GO ALONG WITH OUR THEME!

USE THIS ILLUSTRATION TO HELP YOUR KIDS UNDERSTAND!

IN TODAY'S LESSON, WE TALKED ABOUT HOW OUR THOUGHTS CAN LEAD US DOWN A BAD PATH IF WE DON'T KEEP THEM UNDER CONTROL. FOR EXAMPLE, IF WE ARE ANGRY AT SOMEONE AND WE CONTINUE TO LET BAD THOUGHTS FILL OUR MINDS, EVENTUALLY THAT ANGER WILL COME OUT— AND USUALLY SOMEONE GETS HURT!

FOR THIS FAMILY ACTIVITY, GRAB A WARM CAN OF SODA AND HEAD OUTSIDE. HAVE YOUR FAMILY SIT TOGETHER IN A CIRCLE. EXPLAIN THAT THE SODA CAN REPRESENTS US. AND THE SODA INSIDE REPRESENTS OUR THOUGHTS. KEEPING OUR THOUGHTS UNDER CONTROL IS LIKE KEEPING THIS CAN OF WARM SODA STILL. WHEN WE OPEN THE CAN, IT WILL NOT EXPLODE. BUT WHAT HAPPENS WHEN WE LET OUR THOUGHTS TURN UGLY. WE LET ONE BAD THOUGHT LEAD TO ANOTHER BAD THOUGHT. THAT IS LIKE WE ARE SHAKING THE CAN! NOW, WHEN I OPEN THE CAN, WHAT WILL HAPPEN? LET'S SEE. (WHEN YOU OPEN THE CAN, SODA SHOULD EXPLODE EVERYWHERE— EVEN ONTO YOUR FAMILY MEMBERS!) OUR BAD AND MEAN THOUGHTS WILL END UP MAKING US ACT IN A WAY THAT IS DESTRUCTIVE. WE HURT OURSELVES AND WE HURT OTHERS! LET'S PRAY RIGHT NOW THAT GOD WILL HELP US TO CONTROL OUR THOUGHTS AND MAKE THEM OBEY CHRIST!

MEMORY VERSE:

PSALM 139:14

"HOW YOU MADE ME IS AMAZING AND WONDERFUL. I PRAISE YOU FOR THAT. WHAT YOU HAVE DONE IS WONDERFUL. I KNOW THAT VERY WELL."