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## Always on My Mind

**Bible Story:** Always on My Mind (Think on These Things) • *Phillipians 4:8*

**Bottom Line:** Focus on what's true.

**Memory Verse:** Anyone who lives without blame walks safely. But anyone who takes a crooked path will get caught. Proverbs 10:9 (NirV)

**Life App:** Integrity—Choosing to be truthful in whatever you say and do

### Activity #1- Bible Story

Parents, read through this week's Bible story with your child or check out our video teaching on this page. This week we are learning about Phillipians 4:8 and how we can focus our minds to think about what is true.

### Activity #2- Focused Art

**What you need:** Paper, markers, crayons,

**What you do:**

- Have your child open their Bible to Phillipians 4:8 and read it out loud.
- Encourage them to illustrate the verse in any way they choose.
  - They can write out the verse and decorate it, write a few phrases from the verse, or paraphrase in their own words.
  - Encourage them to use their creativity any way they choose to capture the meaning of the verse as they illustrate it.
- As they're working, engage them in conversation about the verse, using the following questions:
  - What do you think it means to focus on something?
  - How do the things you THINK about affect how you act?
  - Why would Paul tell us in Phillipians to focus on what's true? How can focusing on negative or untrue things affect how we feel or act?
  - Tell me about a situation this week that wasn't so awesome. How did you respond? Did you focus on the good or the bad? What happened as a result of what you chose to focus on?
  - Why is it important to remember that what God says and what God does are always true?

## Activity #2- Discussion Questions

1. When you are daydreaming or just thinking your thoughts, what do you usually think about?
2. Why do we often focus on the negative instead of the positive?
3. What are some ways we can train ourselves to focus on what is true?
4. What can we do when we find ourselves thinking about or worrying about something negative? Or when we start to worry? For example: You have a big test coming up and you are worried you will fail it. What can you do to focus on what is true?
5. Look up and read Philippians 4:8. Why do you think this verse is important to us? Why is what we focus on important? *(Because what we focus on, what we spend time thinking about determines how we act and react in certain situations.)*