



KID for Teens: Leader's Guide

Brainwaves

Our thoughts shape our lives. When something happens to us, we can choose to think about what happened in many different ways. The way we choose to think will help us decide how we should respond. Every time we choose to think about the things that happen to us in a certain way, we strengthen that thinking pattern in our mind. When our thinking patterns are based on God's truths, then we'll develop healthy, confident and positive thinking patterns in our mind.

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Before you start:

1. Prayerfully read through the whole lesson at least twice.
2. Gather all the materials you need for each section (see right).
3. Work with another team member and plan who will manage each section of the session.

Leadership Personal Preparation:

What are your brain habits like? What are your healthy and positive thinking patterns that help you to reflect God's character? What are your unhealthy thinking patterns? What effect have they had in your life? How do they interfere with your desire to develop your Christian character? If the Holy Spirit invites you to do so, be willing to share something of your experiences during today's session. Otherwise use the inspiration of your personal experience to fill you with enthusiasm for today's session.

You will need:

- Marker pens/felt pens
- Icebreaker:**
- A variety of objects - Wellington boot; jam-jar; sheet of newspaper; paper plate; egg-box; cardboard tube; metal coat-hanger; a flat bed-sheet (any size); a pillow case; a small branch; an empty, clear plastic drink bottle; plastic teaspoon; etc.
- Sheets of plain copy paper
- A medium sized bowl
- Scissors
- Kitchen timer, buzzer, bell, or whistle
- Mission Possible:**
- Copies of the 'Thinking and Doing' chart
- Word Search:**
- Copies of Word Search studies - 1 study per person
- Large sheets of blank paper
- Family Focus Time:**
- Cups and drinks
- Family Discussion Cards - 1 card per family
- Family Prayer Time:**
- Copies of the 'Praying Together – Exchanging Rocks for Diamonds' sheet from the resource section.
- Jesus and Me (JAM) Session:**
- CD player and CD of soft worship music
- One set of 'Jesus and Me' Journal Pages per participant
- Take-away Menu (optional):**
- Glass beads or shapes that look like diamonds

By the end of the session, the group members will:

- Know that their thought patterns influence their feelings and their actions, and also how they relate to themselves, other people and God.
- Feel a desire to exchange their unhelpful thought patterns for true thought patterns.
- Respond by asking God to help them choose healthy and true thought patterns that will make it easier for them to reflect his character.



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Welcome, Prayer and Introduction – 5 mins

Say:

“ Our thoughts and beliefs are very powerful. How we respond to the everyday ups and downs of life depends on the way that we think about them. If a man brings home a bunch of flowers for his wife she can choose to think that he loves her very much, feel very special and give him a big kiss. But she can also choose to think that he’s trying to make up for something he’s done wrong, or something that he feels guilty about. Then she might yell at him and not speak to him for a week! What she chooses to do when she’s given the flowers can make them both feel very happy and close, or it can make them both feel very sad and lonely.

So what are some of our unhealthy thought patterns? What effect are they having in our lives and how do they damage our connections with God and with each other? Today we’re going to explore what the Bible says about the importance of creating healthy thinking patterns.

”

Icebreaker - 8 mins

You will need:

1. The resources as listed on page 1.
 - Before the session, cut 2 sheets of copy paper into eight rectangles and write the name of one of the objects on each of the separate pieces of paper.
 - Fold the papers in half twice so that the words cannot be seen, and place them in the bowl.
 - Place your collection of objects on a table.
 - Divide people into groups of 3-4.
 - Give each group a sheet of paper and a pen.
 - Ask one person from each group to take a piece of paper from the bowl to select the object for their group.
 - When each group has received an object, allow three minutes for them to list as many different and creative uses for their object as they possibly can.
 - After three minutes use a buzzer or bell to stop the activity.
 - Ask which group thought of the most uses and which group thought of the most creative use for their object.

Ask: ‘What happens when we try to think about familiar things in a new and creative way?’

Mission Possible - 15 mins

You will need:

1. Copies of the ‘Thinking and Doing’ work sheet
 - Give everyone a copy of the ‘Thinking and Doing’ worksheet and let them discuss it in groups of 2-3

Ask: ‘What new ideas do you have about how your thinking affects your behaviour, your relationships, and the way you reflect God’s character?’

Word Search - 25/35 mins

You will need:

1. Paper and pens
2. Copies of Word Search studies - 1 study per person
 - Discuss and fill out the Word Search sheet in small groups of 2-3 people.
 - Ask for feedback if people are comfortable sharing.





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Family Focus - 15 mins

You will need:

1. Drinks and cups.
2. Family Discussion Cards

- Serve drinks.
- Let the everyone re-assemble into their family groups, collecting a drink on the way.
- Give each family a discussion card.

Praying together - 10 mins

You will need:

1. Copies of the 'Praying Together – Exchanging Rocks for Diamonds' sheet from the resource section.
2. Pens

- Give each person in the family a 'rock and diamond' prayer sheet and a pen.
- Ask them to follow the instructions on the page.

JAM (Jesus and Me) Session - 5 mins

You will need:

1. CD player and CD of soft worship music
2. One set of 'Jesus and Me' Journal Pages per participant

- Give out the Jesus and Me journal pages for this week.
- Allow at least five minutes for people to make a start on their pages so that they will be encouraged to complete their projects during the week ahead.

Take-Away Menu - (optional)

You will need:

1. Glass beads or shapes that look like diamonds
- Give each person a 'diamond' to keep in a place where it will remind them to focus on their true, beautiful and valuable thoughts.

Closing Prayer





KID for Teens: Handout: Brainwaves

Mission Possible: Thinking & Doing



You're *STANDING AT THE BUS STOP AND A FRIEND GOES PAST ON THE OTHER SIDE OF THE ROAD.*
He *DOESN'T WAVE, OR SAY 'HI!'*

Possible negative

THOUGHTS:

He doesn't like me any more.
Nobody likes me.
I must have done something to upset him.
I must look really ugly/stupid today.
He is ashamed of me and doesn't want anyone to know he is friends with me.

TRUTHFUL OR POSITIVE

THOUGHTS:

He probably didn't see me because he's busy looking where he's going.
He is busy listening to his iPod.
He knows I usually travel by car.

THINGS I MIGHT DO IF I
BELIEVE THESE NEGATIVE
THOUGHTS

???

THINGS I MIGHT DO IF I
BELIEVE THESE POSITIVE
THOUGHTS

AFTER DOING THIS EXERCISE WHAT NEW THOUGHTS DO I HAVE...

- About the way I sometimes think?
- About the effects of the way I sometimes think about my relationship with God?
- About the effects of the way I sometimes think about my relationship with others?



22 KID for Teens: Handout: Brainwaves Word Search - Jonah's Journey I



Read the book of Jonah (it's only 4 chapters)

The thing I most like about Jonah's story is....

The most important thing for me about Jonah's story is...

When I explore Jonah's story I recognise some of my own thinking patterns such as...

From Jonah 4:10-11, complete the sentence: "The truth about God is..."

Let's read what the Bible has to say about how to have healthy thoughts.

2 Corinthians 10:5

John 8:32

Philippians 4:8





22 KID for Teens: Handout: Brainwaves Word Search - Jonah's Journey II



The book of Jonah is a very honest story about a normal human being struggling with a mixture of helpful and unhelpful thought patterns.

Let's explore what happened to him and some of the consequences of his different thoughts and actions. Fill in the gaps and add other thoughts of your own as you explore the story.

JONAH'S THOUGHTS AND BELIEFS	ACTIONS	THEN WHAT HAPPENS?	TRUTH
Jonah 1:3 – Jonah thinks he can run away from God.	Jonah tries to run away from God.	Jonah takes a boat in the opposite direction to Ninevah.	Romans 8:35-39
Jonah 1:10 Jonah thinks he can hide from God.	Jonah sleeps in the boat and tries to hide.	<i>How does God respond to Jonah's game of hide and seek?</i>	Psalms 139:7-10
Jonah 1:10-12 Jonah admits that the storm is his fault for disobeying God.	<i>What do the sailors feel they have to do?</i>	<i>What effects does Jonah's choice have on the sailors?</i>	1 John 1:9
Jonah 2 – Jonah recognises that God is in control	<i>What does Jonah say to God?</i>		Romans 8:28
Jonah 3:1-4 – Jonah chooses to obey God by...	<i>Jonah obeys God by...</i>		John 14:15
Jonah 4:1 - Jonah is angry because....			2 Peter 3:9
Jonah 4:3 - He thinks his life isn't worth living because he feels...			Psalms 139:13-16
Jonah 4:6 - Jonah is grateful because...			Psalms 91
Jonah 4:8 - He thinks his life isn't worth living because...			Psalms 139:13-16
Jonah 4:9 - Jonah is angry because....			2 Peter 3:9



Lesson 22 -

FAMILY Discussion CARD

A faulty thinking pattern I think I might have is...

Something that helps me think about good things is...

Something that happened because I chose to think healthy thoughts was...

A thought that helps me to feel close to God is...

Lesson 22 -

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22 KID for Teens: Handout: Brainwaves

Praying Together - Exchanging Rocks for Diamonds



Write one of your unhealthy/unhelpful thought patterns in the central rock-shape.

Pass the page around your family and invite each person to write a message or Bible verse that is true and that contradicts your unhelpful thought.

When you receive your sheet of paper back again, pray quietly, giving your ugly 'rock' thought to God. Ask him to help you reflect more of his character by helping you to exchange your untrue and hurtful rocky thoughts into beautiful, precious, true and sparkling diamond thoughts.





22 Jesus and Me: Journal Lesson 22

Brainwaves: Find the Diamonds!



Look up the 'diamond' texts and find how they can counteract the unhelpful thought patterns.

UNHELPFUL THOUGHT PATTERN	HEALTHY, TRUTHFUL AND BIBLICAL THOUGHT
I can't cope with this.	Matthew 6:25-34
Nobody loves me.	1 Corinthians 12:4-11
I'll never be any good.	2 Corinthians 5:17, 18
If I can be perfect enough people will like me.	Matthew 11:28-30
I need everyone to love me.	1 Corinthians 6:20; John 10:10; Psalm 139:13-18; Zephaniah 3:17
I am afraid about the future.	1 John 4:8-11
My life isn't worth living.	Isaiah 64:6; Romans 3:23
I'm better than him or her.	John 3:16; Romans 8:31-39
I wish I could do what he/she does.	Jeremiah 29:1
I'm so horrible that God could never love me or forgive me.	James 1:17; Romans 8:28
God isn't interested in the small details of my life.	John 3:16
Everything bad that happens to me is God's fault.	Galatians 3:28



Jesus and Me: Journal Lesson 22

Brainwaves: Thinking Patterns



Which thinking patterns have you noticed in your life?

Think about the following thought patterns. Which patterns are the ones that you are most likely to find in your mind? Or which thought messages are you most likely to tell yourself?

Circle the unhelpful thinking patterns that you recognise in your own mind, think about how they affect your life, and then turn to the next page.

UNHELPFUL THINKING PATTERNS	SOME THOUGHTS THAT FIT INTO THE PATTERN
<p>MINIMISING</p> <p>Making things seem less serious than they really are</p>	<p>It's not that bad. I don't really care.</p> <p>There's nothing I can do about it.</p> <p>'Am I bovered?'</p>
<p>MAGNIFYING</p> <p>Making things seem much worse than they really are – Making mountains out of molehills</p>	<p>If this happens my whole world will fall to pieces.</p> <p>This is the worst possible thing that could happen to me.</p> <p>I'll never be happy again.</p>
<p>POLARISING</p> <p>Going to the opposite extreme or over-reacting</p>	<p>If he doesn't like me then I won't like him.</p> <p>If I can't do it this way then I won't do it at all.</p>
<p>GENERALISING</p> <p>Thinking that this experience applies to every other experience I will have</p>	<p>This always happens to me.</p> <p>If this happens in this situation it will happen in every other situation too.</p> <p>If one thing is bad or broken then all the other things like it will be bad or broken too</p>
<p>PERSONALISING</p> <p>Everything is about me, or everything is my fault</p>	<p>It's all my fault.</p> <p>If only I hadn't done such and such it would have been alright.</p> <p>What did I do wrong?</p> <p>This happened to me because other people don't really like me or they don't understand me.</p> <p>This event only worked out well because I was involved in it.</p>
<p>EMOTIONAL REASONING</p> <p>Basing my understanding of events on my feelings.</p>	<p>Everything is terrible because I feel terrible.</p> <p>Everything is alright because I feel alright.</p> <p>If I feel this then everyone else will feel the same way, too.</p>



22 Jesus and Me: Journal Lesson 22

Challenging my thought patterns



I think my most common unhelpful thought pattern is:	
The sort of messages I tell myself because of this thought pattern are:	
When I think like this I'm more likely to do:	
When I think like this I'm more likely to see myself as:	
When I think like this my relationships are affected because I tend to:	
When I think like this my relationship with God is affected because I tend to:	
When I think like this it is harder for me to reflect God's character because:	
My thinking pattern is unhelpful because it's not based on reality.	Satan also likes me to think like this because it discourages me.
Some Biblical truths that will help me create a healthier thinking pattern are... (Include as many helpful Bible verses as you can find!)	
Some good things that might happen if I start to think in a healthier way are:	





22 Jesus and Me: Journal Lesson 22

Brainwaves: Diamond-Mining:



When miners are looking for precious stones they often have to sift away all the gravel, sand and useless stones in order to find the ones that are worth keeping.

Sifting your thoughts

Think about some of the messages that are running around inside your head.

Whenever you notice a positive, healthy and truthful message going through your mind, or a negative, unhealthy and untrue message, write each one down on a separate piece of paper.

Then look at the papers and sift through your thoughts.

Read Philippians 4:8

What are some of the different categories of positive thoughts listed in this verse?

If one of your thoughts fits within one of the descriptions in Philippians 4:8 it is like a diamond. Keep it, save it, treasure it and think more thoughts like this. It is a very precious thought that will protect your mind and help you to be more like Jesus.

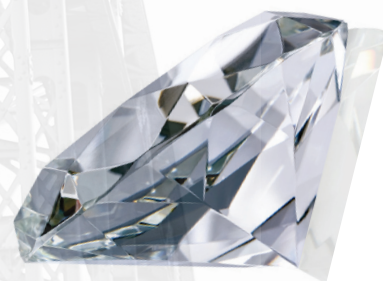
Perhaps you could make or find a treasure box and keep your positive thoughts and messages in a special place.

Read 2 Corinthians 10:5 and John 8:32

If you recognise that one of your thoughts prevents you from experiencing happiness, peace or love, find a Bible verse that counteracts your unhelpful, gravelly thought and turns it into a true, lovely and diamond thought.

Keep the diamond thoughts and throw away the unhelpful thoughts. Perhaps you could burn it in your fireplace, or on a barbeque, or you could shred it and throw it away. You might choose to recycle the paper, but try not to recycle the thought as well!

Use the template on the next page to write down your 'rubbish' thoughts and your 'diamond' thoughts.





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Jesus and Me: Journal Lesson 22
Brainwaves: Diamond-Mining II:





22 Jesus and Me: Journal Lesson 22

Brainwaves: Other activities



Collect Diamonds!

Collect some objects together that represent positive 'diamond' thoughts. Make a display of them in a bowl, jar or as a collage. Intermingle them with Bible verses and promises that you've also found helpful.



Make a card

Do you know someone who has rubbishy thinking patterns that are hurting their life? Make a card or gift with a Bible verse or promise that might help them to think diamond thoughts.

Write yourself a letter FROM GOD

God is really happy when we think true thoughts about ourselves.

Write yourself a letter from God counteracting your unhealthy and unhelpful thoughts and encouraging you to think diamond thoughts.

Imagine

Imagine your life without your unhelpful thoughts.

List all the good things that might happen if you let God transform your thinking so you can reflect more of his character.

