

*How do I build a strong mind?*

**“I capture all my thoughts and train them to be true to what God says.”**

*What does God say?*

**“Do not be shaped by this world. Instead, be changed within by a new way of thinking. ”**

Romans 12:2 (ICB)

# Summer 2021 CT: 'My Strong Mind' Junior Version

## How do I build a strong mind?

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## What does God say? Romans 12:2 (ICB):

*"Do not be shaped by this world. Instead, be changed within by a new way of thinking."*

### 2021 Summer

#### DISCIPLINE

June 1st - August 31st

Closed:

\*June 1st, Summer Staff Training

June 29-July 5 (July 4th Break)

June 2021						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

July 2021						
Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August 2021						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## Eli Learns a New Way of Thinking

**Main Points Each Week:** Preface every lesson point with "My new way of thinking is..."

Weeks 1-3: I believe I can learn new things and work hard until I have mastered them.

Weeks 4-6: I think of others' feelings and will treat them the way I would like to be treated.

Weeks 7-9: I am not alone. Jesus is with me. Thank you for being here, Jesus.

Weeks 10-12: I enjoy sharing my things. It pleases God and makes others happy.

### A Well-Worn Path

Week 1: Add pictures #1 and #2 to wall

Week 2: Add pic # 3 / [Eli biking coloring page](#)

Week 3: Add pic #4

### Who Is Most Important?

Week 4: Add pic #1 to wall / [Brain coloring page](#)

Week 5: Add pic #2

Week 6: Add pic #3

**The Mighty Mind Song** (To the tune of 'Be Careful Little Eyes What You See' - Motion suggestions or make your own!)

Be careful little mind what you think (2x) (Point to head, then clap twice)

For the thoughts I think inside (Point to head with one or both hands)

Must be true all of the time (Use sign language "Bible hands")

If I want to grow a strong and mighty mind! (Make strong man arms / clap twice)

### I Am Not Alone

Week 7: Add pics #1 and #2 to wall / [Supplement 4 handout](#)

Week 8: Add pic #3

Week 9: Add pic #4 / [Piece of fruit and candy bar](#) / [Week 9 supplement](#)

### "It's Mine!"

Week 10: Add pic #1 to wall

Week 11: Add pic #2 to wall / [Supplement 5 handout](#)

Week 12: Add pic #3 to wall

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## What does God say? Romans 12:2 (ICB):

*"Do not be shaped by this world. Instead, be changed within by a new way of thinking."*

## Week 1: Jun 2-5 (Mon & Tue miss Week 1; need story review!)

### 1. Teach declaration & verse

### 2. **Lead-in:** (*This should be referenced throughout the season!*)

Did you know you can build a strong mind just like you build a strong body? What would happen to your body if you fed it candy every day? (*answers*) It would become so weak and sick that you wouldn't even be able to open your eyes! That's why we need to eat healthy foods like vegetables and fruits. They make our bodies strong so we can run, jump, sing, and learn lots of new things. Our thoughts - the things we think about - are the food we feed our minds. If I think, "I can learn to jump rope!", that's a healthy, true thought that makes a strong mind. But if I think, "I'll *never* be able to jump rope," that's an unhealthy thought that makes a weak mind. Our story this season is about a boy who learns new ways of thinking so he can build a strong mind.

### 3. Share today's main point: *My new way of thinking is,*

**Lesson 1: *I believe I can learn new things and work hard until I have mastered them.***

### 4. Listen to the chapter and show pictures: *A Well-Worn Path*

### 5. Questions (Choose one or more that best fits your class)

- What things did Eli say when his mom asked him if he wanted to be in the parade? (*"I can't ride my bike!" ; "I just keep falling! I'll never be as good as they are!"*)
- Was that a healthy way to think? (*No!*)

### 5. What do you think?

- Have you ever said, '*I can't do that*' when you've tried something a few times and just aren't able to learn it quickly? (*answers*) What do you think would be a healthy new way of thinking? (*I'm going to keep practicing till I get this! / I'm not quitting! / I'll get someone to help me figure this out....*)

**Dismissal:** review the verse and say the main point together:

*My new way of thinking is,  
I believe I can learn new things and work hard until I have mastered them.*

## Planning Notes:

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# Summer 2021 CT: 'My Strong Mind' Junior Version

## **How do I build a strong mind?**

*"I capture all my thoughts and train them to be true to what God says."*

## **What does God say? Romans 12:2 (ICB):**

*"Do not be shaped by this world. Instead, be changed within by a new way of thinking."*

## Week 2: Jun 7-12

### 1. Practice declaration & verse along with sign language.

**For Monday & Tuesday students who missed the first week, repeat Lesson 1. The lead-in is very important! Add any other questions from this lesson if time allows.**

### 2. Lead-in: Who remembers how we can grow a strong mind? (*We think true thoughts because they are healthy food for our minds.*) Can any of you ride a bike? If you can, do you remember how long it took you? Eli had to learn a new way of thinking about riding his bike. Do you remember what it is? (*Main lesson point*)

### 3. Share today's main point: *My new way of thinking is,* **Lesson 2: I believe I can learn new things and work hard until I have mastered them.**

### 4. Review the chapter using pictures: *A Well-Worn Path*

### 5. Questions (Choose one or more that best fits your class)

- (*Show picture #1*) Why do you think Eli hurried home when Harlow asked him where his bike was? (*He probably felt embarrassed and didn't want to tell Harlow he didn't know how to ride his bike yet.*)
- Why does Eli think he can't ride his bike? (*He has fallen and scraped his knees so he has given up.*)
- When you can't do something the first few times you try it, like a kickover or pull-ups, should you think like Eli and say, "I can't do this!" (*No!*)
- What healthy thoughts should you feed your mind instead? (*I'll keep practicing and won't give up! / I'll practice extra at home. / I can't wait till I can do this! I'll be so excited! ...*)

### 6. What do you think?

- How long do you think it takes for deer to make a well-worn path in the woods? (*Maybe weeks or months! But they don't give up.*) How long do you think it takes to make a new way of thinking in your mind? (*It takes time to grow a strong mind, just like it takes time to grow strong muscles. You must choose to feed your mind true, healthy thoughts and not allow bad ones to creep in. Then you'll become strong and be as happy as Eli in the end!*)

**Dismissal:** review the verse and say the main point together:

*My new way of thinking is,*

***I believe I can learn new things and work hard until I have mastered them.***

Handout: [Eli biking coloring page](#)

## Planning Notes:

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## **How do I build a strong mind?**

*"I capture all my thoughts and train them to be true to what God says."*

## **What does God say? Romans 12:2 (ICB):**

*"Do not be shaped by this world. Instead, be changed within by a new way of thinking."*

## Week 3: Jun 14-19

- 1. Practice declaration & verse together**
- 2. Lead-in:** Who is better at making cookies, you or your mom? (*Hopefully they say Mom!*) Do you think you can be a good cookie-maker some day? (*Of course! You just need to wait till you can use the oven and then practice. Then you'll be able to make your own cookies. Won't that be fun!*)
- Share today's main point: *My new way of thinking is,*  
**Lesson 3: I believe I can learn new things and work hard until I have mastered them.**
- 4. Review the chapter using pictures: A Well-Worn Path**
- 5. Questions (Choose one or more that best fits your class)**
  - (*Show picture #2*) Eli is mad because he can't ride his bike yet. But he's also mad for another reason. Do you know what it is? (*He's comparing himself to his friends and thinks, "I'll never be as good as they are!"*)
  - What true thoughts would be good for Eli to feed his mind with? (*Pretty soon I'll be riding with my friends! / Harlow wants me in the parade, so I better practice a lot! / I KNOW I can learn to ride my bike by July 4th if I work hard!*)
- 6. What do you think?**
  - Do you want to bake good cookies some day? What is a true thought that will help you become a good cookie-baker? (*As soon as I can use the oven, I'm going to learn to bake cookies!*)

**Dismissal:** review the verse and say the main point together:

*My new way of thinking is,*  
***I believe I can learn new things and work hard until I have mastered them.***

## Planning Notes:

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## ***How do I build a strong mind?***

*"I capture all my thoughts and train them to be true to what God says."*

## **What does God say? Romans 12:2 (ICB):**

**"Do not be shaped by this world. Instead, be changed within by a new way of thinking."**

## Week 4: Jun 21-26

1. **Practice declaration & verse together**
2. **Lead-in:** Teach the Mighty Mind Song
3. Share today's main point: *My new way of thinking is,*  
**Lesson 4: I think of others' feelings and will treat them the way I would like to be treated.**
4. **Listen to the chapter and show pictures: *Who Is Most Important?***
5. **Questions (Choose one or more that best fits your class)**
  - a. Who is Eli thinking about in this story? (*Himself!*)
  - b. How would you feel if you were Harlow or Logan? (*Angry, sad, not important...*)
  - c. Who does Eli think is most important? (*People who can do hard skills and coaches who are older.*)
6. **What do you think?**
  - a. Who do you think is most important in our gym? (*No one! BUT - there are people who know more about gymnastics and help others so we listen to them. Coaches are here to help you become better so it's important to obey instructions, but God sees everyone as being very important!*)

**Dismissal:** review the verse and sign language; say the main point together:

My new way of thinking is,

***I think of others' feelings and will treat them the way I would like to be treated.***

Handout: [Mighty Mind coloring page](#)

## Planning Notes:

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## **How do I build a strong mind?**

*"I capture all my thoughts and train them to be true to what God says."*

## **What does God say? Romans 12:2 (ICB):**

*"Do not be shaped by this world. Instead, be changed within by a new way of thinking."*

## **Week 5: Jun 28 - Jul 10 (NO Classes Tue 6/28 - Mon 7/5)**

- 1. Practice declaration & verse together**
- 2. Lead-in:** What is the new way of thinking Eli is learning in our story? *(To treat others the way you would like to be treated because they are important too.)*
- Share today's main point: *My new way of thinking is,*  
**Lesson 5: I think of others' feelings and will treat them the way I would like to be treated.**
- 4. Review the chapter using pictures: Who Is Most Important?**
- 5. Questions (Choose one or more that best fits your class)**
  - (Show pic #1)* When you push yourself to the front of the line, what are you telling others? *(You are more important than they are.)*
  - Is Eli building true healthy thoughts by thinking he deserves to be first all the time? *(No!)*
  - Is he building a strong mind or a weak mind? *(Weak)*
- 6. What do you think?**
  - How many friends do you think Eli will have if he keeps thinking that he deserves to be first all the time? *(Probably none!)*
- 7. Mighty Mind Song if time.**

**Dismissal:** review the verse and sign language; say the main point together:

My new way of thinking is,

***I think of others' feelings and will treat them the way I would like to be treated.***

## **Planning Notes:**

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## Week 6: Jul 12-17

1. **Practice declaration & verse together**
2. **Lead-in:** Mighty Mind Song. Ask students what true thoughts they will think today during class. Be specific if you know a student is struggling.
3. Share today's main point: *My new way of thinking is,*  
**Lesson 6: I think of others' feelings and will treat them the way I would like to be treated.**
4. **Review the chapter using pictures: Who Is Most Important?**
5. **Questions (Choose one or more that best fits your class)**
  - a. (Show pic #3) When we begin to change the way we think, the way we **act** will change too. What does Eli do at the end of the story that shows he is beginning to change how he thinks about being first all the time? (He lets Harlow and Logan get their drinks first.)
  - b. Why does Josh tell Eli to say his new declaration every day? (It will make a well-worn path in his mind and replace his old unhealthy way of thinking with the new true way.)
6. **What do you think?**
  - a. What do you think is better: Always being first in line during class or having friends in class with you?

**Dismissal:** review the verse and sign language; say the main point together:

My new way of thinking is,

***I think of others' feelings and will treat them the way I would like to be treated.***

## Planning Notes:

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## Week 7: Jul 19-24

- 1. Practice declaration & verse together**
- 2. Lead-in:** How many of you have spent the night at your grandparents' house? Today in our new story, Eli gets to stay at his grandpa's for two nights!
- Share today's main point: *My new way of thinking is,*  
**Lesson 7: I am not alone. Jesus is with me. Thank you for being here, Jesus.**
- 4. Listen to the chapter and show pictures: I Am Not Alone**
- 5. Questions (Choose one or more that best fits your class)**
  - Why was Eli so excited when he got to Grandpa's? *(He saw the giant tractor.)*
  - What did Eli do all day that made him so tired? *(He hauled wood to the shed and filled water barrels for the horses.)*
  - Even though Eli was really tired, what kept him awake? *(He was letting his mind fill his thoughts with scary shadows and wolves jumping through the window.)*
- 6. What do you think?**
  - Why do you think Grandpa told Eli to listen to what God says in the Bible? *(The Bible always tells the truth. And when truth enters our minds, it's like sunshine; it's so powerful, it chases all the dark, scary thoughts away. Grandpa knows it's the best way to help Eli overcome feeling alone and afraid.)*

**Dismissal:** review the verse and sign language; say the main point together  
**:I am not alone. Jesus is with me. Thank you for being here, Jesus.**

Handout: **Supplement 4**

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## Week 8: Jul 26-31

1. Practice declaration & verse together
2. Lead-in: Mighty Mind Song
3. Share today's main point: *My new way of thinking is, Lesson 8: I am not alone. Jesus is with me. Thank you for being here, Jesus.*
4. Review the chapter using pictures: *I Am Not Alone*
5. Questions (Choose one or more that best fits your class)
  - a. (Show pic #1 ) Look at Eli's face in this picture. How is he feeling? (*happy, excited...*)
  - b. (Show pic #2) Now look at his face in this picture. How is he feeling? (*scared, alone, worried...*)
6. What do you think?
  - a. What do you think made Eli go from being so happy to being so scared? (*His thoughts! Our feelings come from our thoughts. If Eli thinks wolves are going to jump through his window, he will feel scared. But if he thinks about how much fun he had with his grandpa that day, he will feel happy. Think true, healthy thoughts!*)

**Dismissal:** review the verse and sign language; say the main point together:  
*I am not alone. Jesus is with me. Thank you for being here, Jesus.*

## Planning Notes:

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## Week 9: Aug 2-7

### 1. Practice declaration & verse together

### 2. Lead-in:

- (Hold up a piece of fruit and a candy bar.)* Which of these do you like better? *(answers)* Which is the better choice for growing a strong healthy body?
- (Show Supplement Week 9 and read the thoughts)* Which of these thoughts are you going to be thinking today?

### 3. Share today's main point: *My new way of thinking is,*

**Lesson 9: *I am not alone. Jesus is with me. Thank you for being here, Jesus.***

### 4. Review the chapter using pictures: *I Am Not Alone*

### 5. Questions (Choose one or more that best fits your class)

- Why is Grandpa having Eli say his new declaration so many times? *(Let them answer, then ask;)*
- Do you remember what Mom told Eli in our first story about the deer? *( Mom told Eli, "Did you know you can make well-worn paths in your mind? When you keep thinking the same thought over and over, it becomes a well-worn path. If your thought is true,...you'll believe it and that's good. But if your thought is not true, ...then that's a bad thing. You'll believe that instead.")*
- Grandpa is having Eli repeat the declaration so many times because he wants Eli to believe the new, true thought, not the old one anymore.*

### 6. What do you think?

- (Compare pics #2 and #4)* Do you think Eli's new declaration is helping?
- Do you think this declaration can help you, too?

### 7. Mighty Mind Song if time

**Dismissal:** review the verse and sign language; say the main point together:  
***I am not alone. Jesus is with me. Thank you for being here, Jesus.***

## Planning Notes:

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## Week 10: Aug 9-14

1. **Practice declaration & verse together**
2. **Lead-in:** Do any of you play soccer? / Do you think you can have fun playing soccer by yourself? / Today in our story, Eli is going to learn something important while he practices soccer.
3. Share today's main point: *My new way of thinking is,*  
**Lesson 10: I enjoy sharing my things. It pleases God and makes others happy.**
4. **Listen to the chapter and show pictures: "It's Mine!"**
5. **Questions (Choose one or more that best fits your class)**
  - a. What was the reason Eli would not let Trudy use his soccer ball? (*He said, "It's mine!"*)
  - b. Did Eli have very much fun playing by himself? (*No. He had to keep chasing the ball.*)
  - c. Who had the right way of thinking in the beginning of the story? (*Dad. He was glad to share his soccer ball even though it was not the right size for the girls.*)
6. **What do you think?**
  - a. Do you think Eli was *really* planning on getting out his soccer ball to practice kicking at that moment when Trudy came in? (*No!*)
  - b. What do you think was the *real* reason he said that? (*He was trying to find a good excuse not to share with Trudy.*)

**Dismissal:** review the verse and sign language; say the main point together:  
***I enjoy sharing my things. It pleases God and makes others happy.***

## Planning Notes:

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*"Do not be shaped by this world. Instead, be changed within by a new way of thinking."*

## Week 11: Aug 16-21

1. Practice declaration & verse together
2. Lead-in: Mighty Mind Song
3. Share today's main point: *My new way of thinking is, Lesson 11: I enjoy sharing my things. It pleases God and makes others happy.*
4. Review the chapter using pictures: *"It's Mine!"*
5. Questions (Choose one or more that best fits your class)
  - a. What was Eli's excuse for not letting Trudy use his soccer ball the second time she asked? (*Same as the first: "It's mine!"*)
  - b. (*Show pic #2*) How do you think Eli feels when Dad tells him he made the milkshake for himself and says "It's mine"? (*Surprised, left out, sad, hurt feelings, unloved...*)
  - c. Dad knew his soccer ball would be too big for the girls. Why did he say they could use it? (*He wanted them to be able to practice; he wanted to be helpful; he wanted to make them happy; and he wasn't using it at that moment.*)
6. What do you think?
  - a. What are some things your mom, dad, brother or sister let you use? What do you think would happen if everyone in your family never shared anything of theirs? (If Mom didn't share the meals she makes, you would be hungry. If no one shared their toys, you would always be playing alone. It would not be a very loving home!

**Dismissal:** review the verse and sign language; say the main point together:  
*I enjoy sharing my things. It pleases God and makes others happy.*

**Hand out soccer coloring page**

## Planning Notes:

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## **What does God say? Romans 12:2 (ICB):**

*"Do not be shaped by this world. Instead, be changed within by a new way of thinking."*

## **Week 12: Aug 23-31 (Mon & Tue get 2 Wk 12's) + Emeth is Closed: Wed 9/1 - M 9/6**

- 1. Practice declaration & verse together**
- 2. Lead-in:** How many games can you think of that are fun to play by yourself? / How many games can you think of that are fun to play with others?
- 3. Share today's main point:** *My new way of thinking is,*  
**Lesson 12: I enjoy sharing my things. It pleases God and makes others happy.**
- 4. Review the chapter using pictures: "It's Mine!"**
- 5. Questions (Choose one or more that best fits your class)**
  - How does Eli feel when he sees the girls outside having fun playing soccer? *(He feels left out of the fun and wishes he could play.)*
  - What does Dad suggest to Eli? *(To bring his soccer ball out and everyone play together AND get a better practice.)*
  - Was Dad just being selfish when he didn't share his milkshake with Eli right away? *(No. He wanted Eli to think about the way he was treating the girls.)*
- 6. What do you think?**
  - (Show pic #4)* Who is happy in this picture? (Everyone!)
  - Why do you think God says: "Don't forget to share with others?" *(It pleases God. It makes others happy. And you will be happier, too!)*
- 7. Mighty Mind - if time.**

**Dismissal:** review the verse and sign language; say the main point together:  
***I enjoy sharing my things. It pleases God and makes others happy.***

## **Planning Notes:**

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