

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 conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will. ”

Romans 12:2 (NIV)

Summer 2021 CT: 'My Strong Mind' Senior Version

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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						
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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				

Determined to Win

Main Points Each Week:

- Lesson 1: I focus my thoughts on what I *can* do when bad things happen, not on what I can't do.
- Lesson 2: I *consider* others' remarks about my abilities but don't allow them to influence me negatively.
- Lesson 3: I focus on my *own* learning and rejoice as I progress instead of comparing myself to others.
- Lesson 4: I form pictures in my mind of who I want to be and focus on them until I reach my goal.
- Lesson 5: I repeat true thoughts about myself until I believe them and act them out in my life.
- Lesson 6: I welcome new, harder challenges even though I may fail because they will help me improve.
- Lesson 7: I become what I think most about, so I will build strong thought towers of truth in my mind.
- Lesson 8: I memorize declarations of truth because they change my behavior for the better.
- Lesson 9: I capture thoughts that discourage and weaken me and replace them with God's truth.
- Lesson 10: My disciplined mind stays focused and doesn't let fearful thoughts distract me.
- Lesson 11: My disciplined mind overcomes feelings of fear so I can keep learning and growing.
- Lesson 12: God has given me a disciplined mind and a spirit of power to overcome all fear.

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

1. Introduce declaration & verse

a. We are studying discipline this summer, especially discipline of the mind. We have a new character declaration. Memorizing our declaration can help you become a man or woman of true character by training your heart to think true thoughts.

i. *Proverbs 4:23 "Guard your heart above all else, for it is the source of life." (HCSB)*

2. Lead-in: Have any of you ever been on a sailboat? (After they answer, **show photos 1-3 of Optimist Dinghies. Read info.** Tell them our story this season about a girl who learns to sail.)

3. Share today's main point:

Lesson 1: I focus my thoughts on what I can do when bad things happen, not on what I can't do.

4. Listen to Chapter 1 of story: *Tracy 'Mackerel'*

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

- Why did Dave Martin become such a good sailor at a very young age? What qualities did he have? (*Strong, determined, quick learner*)
- What was Dave's big goal in the future that he focused so hard on? (*To sail in the Olympics and win a gold medal*)
- When the 2020 Olympics were canceled, how did Dave feel and what did he do? (*He felt very disappointed, but did not let his feelings take over. He made other plans. He would teach Tracy to sail.*)
- How did Tracy get the nickname 'Mackerel'? (*She was such a strong, fast swimmer, people compared her to a fish!*)

6. Application

- A disciplined mind does not keep thinking about bad things that happened or things that can't be done. It finds other ways to move forward.
 - When it's taking a long time to learn a new skill, don't think, 'I'll never get this!' Instead, picture yourself doing the skill, keep practicing, and ask your coach for help.

7. Wrap Up:

- Repeat together: **I focus my thoughts on what I can do when bad things happen, not on what I can't do.**

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Week 2: Jun 7-12

1. Practice declaration & verse together

2. **Lead-in:** What is the coolest present you have ever received? / Tracy is about to get a pretty cool present in today's story!

3. Share today's main point:

Lesson 2: *I consider others' remarks about my abilities but don't allow them to influence me negatively.*

4. **Short review:** Dave Martin won a gold medal in sailing in the 2016 Olympics. He was training to win another in 2020, but the Olympics were canceled because of a worldwide pandemic. Although he was extremely disappointed because he had been training for four years, he did not moan and complain about it. Since he was not going to be training anymore, Dave decided he would use his time to teach his 10-year-old daughter, Tracy, to learn how to sail. He focused his thoughts on what he *could* do, not on what he could not do.

5. Listen to Chapter 2 of story: *A Boat for Little Mackerel*

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

- How does Tracy feel about starting sailing lessons in the beginning of the chapter? (*Excited!*)
- How did Tracy feel after three hours of learning? (*Her mind was very tired and she began to wonder if she could be a good sailor.*)
- What did Mr. Sims say? (*We'll see if you have what it takes to be a good sailor.*)
- What did her dad say? (*You did great today!*)
- Whose words is Tracy believing by the end of the chapter? (*Mr. Sims*)

7. Application

- Tracy *could* have chosen to believe her dad - *who is an Olympic gold medalist* - and be encouraged. Instead, she chooses to focus on Mr. Sims' comment and begins to believe she will not be good enough.
 - Be careful who you listen to and believe! Your coach knows more about gymnastics than your friends or strangers and will tell you what is true.

8. Wrap Up

- Repeat together: *I consider others' remarks about my abilities but don't allow them to influence me negatively.*

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Week 3: Jun 14-19

1. Practice declaration & verse together

2. **Lead-in:** What new skill have you learned recently? / How long did it take to learn it? / What would have happened if you came to class every week and focused on others' progress and not your own?

3. Share today's main point:

Lesson 3: *I focus on my own learning and rejoice as I progress instead of comparing myself to others.*

4. **Short review:** At first, Tracy was really excited about her sailing lesson, but after three hours of learning parts and how to operate them, she was beginning to wonder if she would be a good sailor. Even though her dad, who was a gold medal winner in sailing, told her she did a great job on her first lesson, she chose to focus on what Mr. Sims, the Yacht Club owner said: "We'll see if you have what it takes to be a good sailor." She's beginning to let negative thoughts take over her mind.

5. Listen to Chapter 3 of story: **Stroke Switch**

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

- What happens as Tracy worries about Amber watching her? (*She doesn't pay attention to her dad who is trying to teach her to be a good sailor.*)
- Why does Tracy really want to play Stroke Switch and race against her dad? (*She's thinking ahead toward swim team and knows swimming against her dad, who is much bigger and stronger, will help her improve.*)
- What is Tracy NOT thinking about? (*I'll never beat him; I'm terrible compared to my dad...*)

7. **Truth:** Listen to what the Bible says: *"Pay careful attention to your own work, for then you will get the satisfaction of a job well done, and you won't need to compare yourself to anyone else."* Galatians 6:4

8. Application

- Comparing yourself with those better than you can make you feel bad and take your attention away from focusing on your own learning.
 - When you see someone who is better than you, be inspired instead!
 - Imagine yourself being that good, then listen to your coaches who can help you reach your goals.

9. Wrap Up

- Repeat together: *I focus on my own learning and rejoice as I progress instead of comparing myself to others.*

Planning:

A Strong Mind in my students looks like: _____

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Week 4: Jun 21-26

1. Practice declaration & verse together

2. **Lead-in:** Do you ever have running races or bike races with your friends? / How do you feel when you win? / How do you feel when you lose? / Tracy's in three races today. Let's see how she does!

3. Share today's main point:

Lesson 4: *I form pictures in my mind of who I want to be and focus on them until I reach my goal.*

4. **Short review:** Everyone at school knows about Tracy's new Optimist and that she has started lessons with her dad. Some of them come to watch her lessons. Tracy compares herself to them and becomes so worried about what they think that she no longer pays attention to her dad. After several weeks of almost no progress, Dave takes Tracy to the cove for a swim. He tells her about Stroke Switch and she immediately wants to challenge her dad in the game! She knows she's a strong swimmer and is excited about the chance to become even better.

5. **Listen to Chapter 4 of story: Ready. Set. GO!**

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

- Who won all the races? (*Tracy's dad*)
- Why is Tracy *not* discouraged or angry that she lost? (*Before the game started, she was thinking a true thought: 'Even if I can't beat my dad, I'll be super strong and super fast by the time I get to middle school.'*)
- What picture did Tracy see in her mind as she was racing? (*A mackerel being chased by sharks swimming as fast as possible to the safety of the cave.*)

7. Application

- True thoughts, declarations, and images will build a strong mind and help you reach your goals.
 - Right now, pick a skill you really want to be able to do.
 - Close your eyes and picture yourself doing it over and over perfectly.
 - (*After a few seconds*) Keep that picture in your mind as you practice today!

8. Wrap Up

- Repeat together: *I form pictures in my mind of who I want to be and focus on them until I reach my goal.*

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

1. Practice declaration & verse together

2. **Lead-in: *Hold up an apple*** (or other food). EEEW! This apple is full of worms. Do you want a bite? (*Hopefully they say no!*) Why not? (*Answers*) Why do you think it's full of worms? (*Answers hopefully include that YOU told them so and they believed you.*) Whatever you believe will cause you to act in a certain way. If you believe this apple is wormy, you won't eat it. If you believe it has no worms, you will. We must always check our beliefs and make sure they are based on truth and not lies.

3. Share today's main point:

Lesson 5: *I repeat true thoughts about myself until I believe them and act them out in my life.*

4. **Short review:** Tracy lost all three races against her dad but she wasn't discouraged one bit. Her strong mind had already told her, *'Even if I can't beat my dad, I'll be super strong and super fast by the time I get to middle school.'* Dave was amazed at her level of focus and her outstanding strength. He asked her what she was thinking when they were racing. She said she imagined herself as a mackerel being chased by sharks swimming as fast as possible to the safety of the cave and that she paid attention to nothing else.

5. **Listen to Chapter 5 of story: *"I am strong and can swim like a fish!"***

6. **Questions (Choose one or more that best fits your class.)**

- How did Tracy feel about her swimming abilities? (*Very confident!*)
- What did Dave find that explained why Tracy had become such an amazing swimmer? (*An old drawing of Tracy's of a fish-girl with the words 'I am strong and can swim like a fish!' written under it by her mom.*)
- What happened to Tracy during the next seven years as she repeated that short sentence over and over? (*She believed what it said and acted it out: She became strong and fast and nothing could shake her confidence.*)

7. **Truth:** Listen to what the Bible says: *"For as he thinks within himself, so he is."* Proverbs 23:7

- In other words, you become what you think!

8. **Application**

- There is only one Person who always tells the truth and that is God. His truth is found in the Bible. Read it. Memorize it. Believe it. Then you will build a strong mind that will help you overcome problems in life and reach your goals.

9. **Wrap Up**

- Repeat together: ***I repeat true thoughts about myself until I believe them and act them out in my life.***

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Week 6: Jul 12-17

1. Practice declaration & verse together

2. **Lead-in:** What sport are you good at? / If you had to race or compete against people who were much bigger, stronger, and older than you, what would you be thinking? / Today we'll find out what Tracy thinks about that!

3. Share today's main point:

Lesson 6: *I welcome new, harder challenges even though I may fail because they will help me improve.*

4. **Short review:** Dave found some pictures that Tracy had drawn when she was three years old. Almost all of them were of a fish with a girl's head and happy face. Under one drawing he read this sentence: "I am strong and can swim like a fish!" Even though Tracy's mom had passed away when she was three, she had repeated those words so often that Tracy believed them. She believed them so deeply that she begged her dad to let her join the highschool swimmers when he told them they were going to play Stroke Switch!

5. Listen to Chapter 6 of story: *The Fish-Girl*

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

- How did the highschoolers respond when Dave added the butterfly last? (*They all groaned loudly because it's such a hard stroke!*)
- How did Tracy respond? (*She smiled and thought, 'I am strong and can swim like a fish!'*)
- Why do you think Tracy was happy when she went to bed that night even though she lost all the races? (*Listen to answers then add that Tracy probably felt very satisfied with her progress especially after being told by the winner that she was incredible.*)
- If Dave wants to change the way Tracy thinks of herself when it comes to sailing, what will he need to do? (*Take answers, then remind them of the reason we memorize declarations: to build true thoughts in our minds that form who we become.*)

7. Application

- Tracy wasn't focusing as much on winning as she was on becoming better.
 - If winners want to keep improving, then they must find others who are better than them to compete against.
 - When you don't win, think of it as a good thing because now you have the chance to become even better than before!

8. Wrap Up

- Repeat together: *I welcome new, harder challenges even though I may fail because they will help me improve.*

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Week 7: Jul 19-24

1. Practice declaration & verse together

2. **Lead-in:** Who likes to build with Legos? / What have you built? / Did you know that when you're thinking your brain is actually building structures in your mind - kind of like Lego towers? / It's true!

3. Share today's main point:

LESSON 7: I become what I think most about, so I will build strong thought-towers of truth in my mind.

4. **Short review:** Tracy felt so confident as a swimmer that she begged to play Switch Stroke with the highschoolers. When Dave shouted 'butterfly stroke', the teens sighed, but Tracy thought, "I am strong and can swim like a fish!" Tracy lost the race by only two seconds and the winner declared, "MAN! You are incredible!" Later, Dave showed Tracy her 3-year-old fish drawing with the words her mom had written below. He wants her to become a confident sailor, too, and tells her, "Now we have to change the way you think of yourself when it comes to sailing."

5. Listen to Chapter 7 of story: **You ARE Your Thoughts**

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

- Dave reads from the Bible, "*For as [one] thinks within himself, so he is.*" He compares thought-building to Lego-building. What happens when you **think**? (*Your brain literally builds things called thoughts, just like you build with Legos.*)
- We can build strong thought-towers or weak thought-towers. What does Tracy need to do to build strong thoughts? (*Learn, think, and believe what God says is true - not what others say.*)
- What is Tracy thinking right now about her sailing ability? (*She'll never be as good as her dad.*)
- What does her dad tell her? (*You don't have to be like me or what others think you should be. You need to become who God created you to be.*)
- How can she change her thinking? (*She needs to be transformed by the renewing of her mind.*)

7. Application

- When you begin to think negative thoughts, like, "I can't do this," or "I'll never be as good as..." or "I've been working on this for a really long time and STILL can't do it," STOP!
- Replace those weak thoughts with strong true thoughts: "I will not quit!" "I'm getting stronger every week." "Good gymnasts have practiced hundreds of hours and so will I!"

8. Wrap Up

- Repeat together: **I become what I think most about, so I will build strong thought-towers of truth in my mind.**

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Week 8: Jul 26-31

1. Practice declaration & verse together

2. **Lead-in:** What new skill have you recently learned in class? / Did it take a long time? / Today's story may be just what you need to help you learn your next, harder skill! (Have week 8 supplement ready to hand out after CT or after class for homework.)

3. Share today's main point:

Lesson 8: I memorize declarations of truth because they change my behavior for the better.

4. **Short review:** Dave reads this true statement to Tracy from the Bible: *"For as [one] thinks within himself, so he is."* He explains to her that when she is thinking in her mind, she is actually building structures, just like someone building a Lego structure. Those structures become permanent beliefs and will either be a true picture of who we are or a lie. Right now, Tracy is building a thought-tower that is NOT true and it's keeping her from becoming a good sailor.

5. Listen to Chapter 8 of story: *From Progress to Prison*

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

- What does Dave ask Tracy to draw? (*A picture of herself as a strong, skilled sailor*)
- Dave writes a sentence below her drawing just like her mom did. Why does he do that? (*So she will memorize it and say it until she believes it. It is the first layer of her new true thought-tower.*)
- What three things does Dave tell Tracy to do when the old lies creep into her mind again? (**Capture** those thoughts. **Erase** them. **Replace** them with her new declaration.)
- How did Tracy do during her next week of land lessons? (*Awesome! Performed all her skills well.*)
- What happened when Dave said "Let's move you two out onto the water today!" (*She did NOT capture the old thoughts. Instead she let them capture her and she was filled with fear.*)

7. Application

- Homework! (*Show supplement week 8*)
- What skill do you really want to learn next? Draw yourself doing it or find a picture online of a gymnast doing that skill. Print it out and glue it on this paper. Bring them to class next week and we'll hang them up!

8. Wrap Up

- Repeat together: **I memorize declarations of truth because they change my behavior for the better.**

Handout: **Week 8 Supplement**

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Week 9: Aug 2-7

1. Practice declaration & verse together

2. **Lead-in:** Who did their homework from last week? (*Collect papers and talk about them with encouraging words. Tell them where you will be hanging them. If no one did the homework, have them close their eyes and imagine themselves doing a skill they want to learn. Then have them repeat, "I am becoming a strong, skilled gymnast!"*)

3. Share today's main point:

LESSON 9: I capture thoughts that discourage and weaken me and replace them with God's truth.

4. **Short review:** Tracy drew a picture of herself as a successful sailor and memorized the declaration of truth her dad had written below it. The next week she made huge progress and Dave announced she was ready for her first water lesson. Tracy was immediately overwhelmed with negative thoughts of fear. Instead of capturing those lies, erasing them, and replacing them with her declaration, she let them flood her mind. She had locked herself into a prison of fear.

5. Listen to Chapter 9 of story: **Capture. Erase. Replace.**

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

- What three words did Dave have Tracy write in the sand? (*Capture, Erase, Replace*)
- What question did Dave ask Tracy after she finished writing and what was her answer? (*What are you feeling right now? / Scared.*)
- What did Dave have Tracy do after she wrote SCARED in the sand next to CAPTURE? (*Say her declaration slowly and think about each word.*)
- When she realized her declaration was true - that she WAS becoming better - what did she do to the word SCARED in the sand? (*Kicked it to smithereens!*)
- What NEW TRUE words did she write in the sand? (*POWER and DISCIPLINED MIND*)

7. Application

- Everyone feels fear sometimes. Moms, dads, firefighters, teachers, coaches...EVERYONE! But not everyone lets that fear have control over their thoughts. A strong mind replaces those fearful thoughts with thoughts that will cause them to act in helpful ways.
- What will you do today if you begin to feel afraid or discouraged? (*Say - "I am becoming a strong skilled gymnast!"*)

8. Wrap Up

- Repeat together: **I capture thoughts that discourage and weaken me and replace them with God's truth.**

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Week 10: Aug 9-14

1. Practice declaration & verse together

2. **Lead-in:** What does it mean to focus? *I (to direct your thoughts or your actions to what is most important at that moment)* What might happen if you did not focus on what is ahead of you when you ride your bike? *(answers)* Tracy is about to learn how important focus is!

3. Share today's main point:

Lesson 10: My disciplined mind stays focused and doesn't let fearful thoughts distract me.

4. **Short review:** Tracy has just learned a valuable lesson: Capture. Erase. Replace. Her dad had her write the word SCARED in the sand. She erased it by kicking the sand away. Her dad told her God had a message for her. It was from the Bible: *God has not given me a spirit of fear; He has given me a spirit of POWER and a disciplined mind.*" She then replaced the word SCARED with the words *POWER and DISCIPLINED MIND*. As she followed her dad's instructions, she grew more and more confident that she really could become a good sailor!

5. Listen to Chapter 10 of story: ***Control Them or They Will Control You***

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

- It was perfect weather for Tracy's first day on the water. All was going well until Dave saw something. What did he see? *(A gust of wind was headed their way.)*
- What did he tell Tracy to do? *(Get ready to duck under the boom when the wind hits the sail. It may swing quickly.)*
- What mistake did Tracy make that caused her fear? *(She took her eyes off the sail and wind indicator so the sail began flapping.)*
- What saved her from losing control of the boat? *(She CAPTURED her panic thoughts and REPLACED them with her dad's instructions.)*
- What important lesson did she learn that day about her mind? *(Your mind can only fully focus on one thing at a time. Choose to focus on God's truth, not your feelings.)*

7. Application

- Staying focused on what you are supposed to be doing on your station can be hard because there is a lot of activity in the gym!
- Try this: Listen carefully as your coach explains each station.
- When you are at a station, repeat a short phrase they said over and over each time you take a turn, such as: "Cartwheel with straight legs." "Tight legs" when you swing on the bar.

8. Wrap Up:

- Repeat together: **My disciplined mind stays focused and doesn't let fearful thoughts distract me.**

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Week 11: Aug 16-21

1. Practice declaration & verse together

2. **Lead-in: Show photo of capsizing.** Ask them how they think they would feel if their boat was about to capsize.

3. Share the main point:

Lesson 11: My disciplined mind overcomes feelings of fear so I can keep learning and growing.

4. **Short review:** Tracy has learned another lesson: the importance of focusing. Her first day out on the water was perfect weather until a gust of wind came along and caused her to panic. She took her focus off the sail and wind indicator and would have capsized if she hadn't listened and obeyed her dad's instructions. This time she captured her panic thoughts and replaced them with every word her dad spoke. Her dad told her, *"Your mind can only fully focus on one thing at a time. Choose to focus on God's truth, not your feelings."*

5. Listen to Chapter 11 of story: *How to Sink a Boat*

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

- What did Dave tell Tracy was the most important thing to remember when she capsized? *(The reaction of the sailor. "If you don't panic and know what to do, you can easily bring the boat upright.")*
- Tracy was nervous and hesitated. What did her dad have her do right then? *(Say her declaration that God had given her a spirit of POWER and a disciplined mind.)*
- How did Tracy feel afterward? *(Very surprised because it was so easy!)*
- What change happened to Tracy after she no longer feared capsizing? *(Her confidence grew; she joined the intermediate sailing class; went sailing with her dad on weekends; no longer feared new challenges)*

7. Application

- What do you think would have happened if Tracy had not worked at building a strong mind and always remained afraid of capsizing? *(Many possible answers)*
- Dave spoke truth when he told her: "NEVER let unfounded feelings rob you of learning and growing."
- The more you learn about the skills you're working on, the less nervous and fearful you will be.

8. Wrap Up:

- Repeat together: **My disciplined mind overcomes feelings of fear so I can keep learning and growing.**

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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. No lead-in (Longer story and lesson, though you may want to show the capsized photo again)

3. Share the main point:

Lesson 12: God has given me a disciplined mind and a spirit of power to overcome all fear.

4. Short review: Tracy was nervous about capsizing her boat. After her dad's demonstration, she hesitated. But she took control of her thoughts and repeated her declaration. Afterwards she was very surprised at how easy it was! Soon she was able to capsize and recover like a pro. "NEVER let unfounded feelings rob you of learning and growing," her dad told her afterward. Now she spends weekends sailing alongside her dad and continues to take on new challenges to improve her abilities.

5. Listen to Chapter 12 of story: *Capsized and Alone*

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

- What big surprise did Dave have planned for Tracy on her birthday? (*To sail across the bay to Treasure Island and go diving and parasailing*)
- What were the last words Dave shouted to Tracy before they were separated? (*"DON'T PANIC! POWERFUL, TRUE THOUGHTS!"*)
- What thoughts were creeping into Dave's mind? (*Worry and fear*)
- What did he immediately do to keep those thoughts from taking over? (*He captured them and replaced them with a bible verse he had memorized: "God is my helper and strength" and also declared that God would be Tracy's helper too.*)
- What thoughts came into Tracy's mind when she capsized? (*Fear. She was all alone and what would happen when night came*)
- What did she immediately do when those thoughts crept in? (*She captured them and replaced them with the truth. She was NOT alone. God was there. She was a good, strong sailor.*)

7. Application

- Both Dave and Tracy made it through the storm for one reason: they had developed strong, disciplined minds.
- EVERYONE feels fear, worry, discouragement, anger and many other emotions. It is a strong, disciplined mind that will help you move past those negative thoughts and become a stronger, better person.
- You ARE what you think. Think TRUE thoughts!

8. Wrap Up: Repeat together: **God has given me a disciplined mind and a spirit of power to overcome all fear.**

Planning:
