

Video Guide



Part 1: Replacing Harmful Thoughts with Healthy Thoughts (16 min.)

1. What kinds of things do you put in your **backpack**? _____
2. What kinds of things do you put in a **trash can**? _____
3. A **backpack** represents _____ thoughts that we want to _____.
4. A **trash can** represents _____ thoughts that we want to _____.
5. What is an example of a thought you would put in the **backpack**? _____

6. What is an example of a thought you would put in the **trash can**? _____

7. What are the four steps of the “Battle Song”?
 1. I gotta _____ it.
 2. I gotta _____ it.
 3. I gotta put a new _____ in its place.
 4. I gotta _____ on in the _____.
8. Two examples of ways you can “move on in the truth” are: _____
or _____.
9. Do we have to make choices based on our feelings (circle one)? YES NO

→ **Move On In The Truth (The Battle Song)** - Lyrics on following pages

Part 2: Growing in Healthy Thinking (15 min.)

1. What are some words God uses to describe healthy thinking? _____

2. Since God _____ us, He teaches us healthy thoughts that are _____ for us.

→ **Philippians 4:8 Song (Think About Such Things)** - Lyrics on following pages

3. What could be a consequence of brushing your teeth daily? _____
That consequence would be (circle one): GOOD or BAD

4. What could be a consequence of never brushing your teeth? _____
That consequence would be (circle one): GOOD or BAD

5. What could be a consequence of yelling at your friends? _____
That consequence would be (circle one): GOOD or BAD

6. What could be a consequence of being kind to your friends? _____
That consequence would be (circle one): GOOD or BAD

7. If you focus on **harmful** thoughts, you are likely to make _____ choices with harmful consequences.

8. If you focus on **healthy** thoughts, you are likely to make _____ choices with healthy consequences.

9. Do you know anyone who struggles with harmful thoughts like the girl in the story?
YES NO

10. Who can encourage **you** to practice healthy thinking? _____

11. Are there any thoughts that you want to keep right now? _____

12. Are there any thoughts that you want to throw away right now?

→ **The Acorn Song** - Lyrics on following pages

Move On In The Truth (The Battle Song)

When a harmful thought comes knocking
On my door within,
Let it knock, let it knock.
I don't have to let it in.

God will help me recognize
A thought that is not HIS
I have a choice to see that
Thought for what it is.

CHORUS:

I gotta SPOT it.
I gotta STOP it.
I gotta put a NEW THOUGHT in its place.
I gotta MOVE ON in the TRUTH.
I gotta MOVE ON in the TRUTH.

Jesus is a-knocking and
He wants to set me free.
Let Him in! Let Him in
To live abundantly.

I don't want to settle for
A thought that gives me less.
It will destroy and steal
And kill the very best.

CHORUS

BRIDGE:

Jesus is the Way.
Jesus is the Truth.
He will help today.
He will teach me what to do...

CHORUS

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Philippians 4:8 (Song)

Finally brothers, finally **(2x)**

Whatever is **true**,

Whatever is **noble**,

Whatever is **right**,

Whatever is **pure**,

Whatever is **lovely**,

Whatever is **admirable**,

yes admirable,

Think about such things. **(4x)**

If anything is **excellent** or

praiseworthy **(3x)**

Think about such things. **(4x)**

Phil. 4:8 NIV, Music ©2015 Anna Purdum.

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The Acorn Song

An acorn is not a tree in a day
There's some growin' it along the way
And healthy thinking comes step by step.

A baby is not a man in a week
It's worth waiting for what I seek
And healthy thinking comes step by step.

I will trust God,
Because His timing's never late
I will obey,
And I will serve Him while I wait
The grace of God,
It is sufficient grace for me
Because His power is made perfect in weakness!

An acorn is not a tree in a day
There's some growin' it along the way
And healthy thinking comes step by step!

REPEAT

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Ways To Move on in the Truth

- Talk with your parents
 - Do the next right thing
- Finish your activity or task
 - Serve someone else
- Sing with healthy music
 - Go outside to play
- Read a good book
 - Journal and pray
- Anything that changes your focus to something GOOD