

My Mind Makes My Moods.

How my thoughts affect me.

Your thoughts are very important to your health. They are important for your mental health and your physical health.

The Bible says: "For as he thinketh in his heart, so is he." Pr 23:7 "A merry heart doeth good like a medicine." Pr 14:22

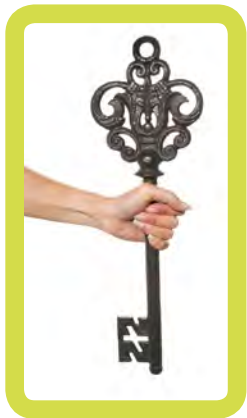
There are 2 very important things about our minds I want to talk about; our walk with God and dealing with our thoughts.

Our walk with God is the most important thing we can do to have good mental and spiritual health. Always keep in mind you have a loving Creator, who knows just what you need, when



you need it. And He often provides what we need before we ask. But He wants a relationship with you, so He often waits for you to ask Him for what you need. How else would you know He is listening, if it were not for answers to prayer? Plus, God will not force you, so if you need strength to fight temptation, or to change your thoughts or heart, you need to ask for it.

Prayer time and reading the bible are how we talk with God. They are the keys to unlock the great treasures of life: peace, happiness, contentment, hope. A meaningful prayer life is important to good spiritual health and it can help your physical health too. Let's have a look at prayer.



P - Praise God for blessings

R - Repent of wrong doing

A - Ask for your needs

Y - Yield to God's will

E - Entreat the Holy Spirit

R - Repeat through the day

P. The first step in a good prayer life is to praise God for all the things you are thankful for. This gets you in the right frame of mind and gets rid of wrong thoughts. Sometimes when I get frustrated, I sit back and think of all the things I am thankful for.

R. Repenting of things you've done wrong is very important. We need to admit when we've made mistakes. And you know what else goes with repentance? Forgiving others. That's right, even if they were mean and unfair, you need to forget

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them. And I do mean NEED! Our bodies use chemical and electronic messengers in our brain, and thinking bad thoughts about other is harmful to our brains.

A. Ask for your needs because Jesus loves you to share with Him. God knows your every need and even your wants and desires. He doesn't need you to tell Him because He doesn't know, He wants you to communicate with Him. He likes to hear you talk and share what is on your mind.

Y. Yielding to God's will for our lives. The most important part, of our part, of the gospel. Grace is given to us by the cross, Faith is given to us by the word, Salvation is given to us by Jesus, Strength is given to us by the Holy Spirit, but our part is surrender. We need to choose God's ways over our own. Sometimes our will is God's will, like eating fresh strawberries for breakfast, but sometimes it is not. Like saying no to a cookie between meals. When God's will is not what we want, we need the Holy Spirit for strength to help us through the temptation. We also need to choose to say no. "I can do all things through Christ which strengthens me." Phil 4:13.

E. Entreat means to diligently ask for. We really need the Holy Spirit to help us to have a cheerful, obedient life so be sure to entreat God for His Spirit.

R. Repeat often. Turn your heart to the Lord throughout the day. Sometimes we get playing, or doing school, and we are so busy having fun or wallowing in woe, that we forget God is there to help us. He want us to be successful in right doing. He wants to help us be cheerful when Mom or Dad asks us to do something we'd rather



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not. He can give you the power to be obedient and responsible. So it is important to talk to Him all through the day.

Study, or devotional time is also important. Do you have personal worship each morning? You should. Even little children can have worship with CD's and DVD's. But those of you on this course are old enough to be reading your Bible. There are some Bible studies written just for children, here are just a few.

My Bible First (age 7 to 10)

My Bible Says (age 10 to 13)

Both from My Bible First! Ministries -
1-877-242-5317 or 706-517-2428;
www.mybiblefirst.org

Thy Word Creations makes CD and book combinations for memorizing Bible passages. Psalms 91; 1 Cor 13; Is 53; and many more. We carry them at Sette Publishing or go to 1-800-347-WORD; www.thywordcreations.com



And the last one I'd like to mention is a prophecy seminar just for kids from Amazing Facts. Pastor Doug Batchelor leads your kids on a powerful, soul-winning Bible study experience just for them. This 10-part DVD series is filled with amazing facts, incredible Bible stories, exciting spiritual discoveries, and heart-warming music

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— all designed to help your kids stand with Christ for eternity! Comes with Bible Studies lesson guides. Ideal for kids 8 and up. Contact 1-800-538-7275; or www.amazingfactskids.org.



ABC's of thinking:

NOW, let's get a little bit into how your thoughts work. You make up your own thoughts, you get temptations from Satan, and God sends you suggestions. As your walk with God goes along, you will learn how to tell the difference between those different thoughts.

When bad thoughts come to us we don't have to keep thinking about them. We can choose what to think about. We can't choose what happens to us, but we can choose how we react to it. Here are some ABC's to thinking.

A - Action and Activity - some activity happens or a thought takes action in your mind.

B - Belief and Basics - what you believe forms the basis for your feelings.

C - Consequences - there are consequences, good or bad, to your belief.

D - Decide and Disagree or Determine - decide if what you believed was right or wrong. If it was wrong, disagree with that thought. If it was right determine to do right.

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Well, what does that all mean? Let's go over it in more detail with a dog story as an example. Remember this applies to any thought, action, event, or problem.

A - Action and Activity - something happens or a thought takes action in your mind. When you are riding your bike and a dog runs out from a neighbors driveway you begin to

make thoughts about what is going to happen. This is an action.

B - Belief and Basis - what you believe forms the basis for your feelings. Your beliefs are made up of the things you choose to believe, combined with how you remember things that have happened in the past. So the dog comes toward you and you remember the last experience with a dog. Or you remember a story (real or imagined) about someone else's experience with a dog. Or maybe you even make up a story, like what could happen. You will then form a belief for what will happen in this situation. Perhaps you believe the dog might bite you. The basis (or reason) for that belief is the memories or imaginations about dogs and bikes.

C - Consequence - there is a consequence, good or bad, to your beliefs. The consequences can be physical or mental or spiritual or a combination of all three. Let's continue with our dog and bike story. Because you believe the dog might bite you, you become afraid. You see the dog did not make you afraid, it was your belief he might bite you that made you afraid. So the consequence of your own thought is fear.

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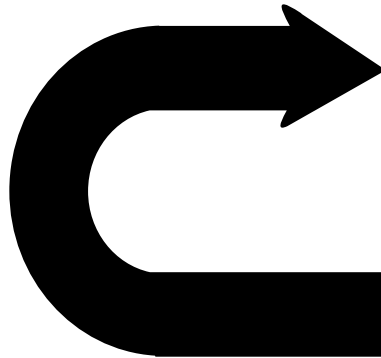
D - Decide and Disagree or Determine - if you find what you believed was wrong, you need to disagree with that thought. If the thought was correct, then you need to determine what to do is right in that situation. Is the dog really going to hurt you? Here is where you take control of your thoughts. You need to start really thinking about the whole situation. Maybe the dog is friendly and wagging his tail. Or you've met him when you visited the neighbor. At this point, you need to disagree with your first thought about the dog and decide to not be afraid. Determine to do what is right and pray for strength. You might say "Hi, Rover, I'm just riding to the park today. You better stay home." Can you think of other ways to deal with this problem?

But what if the dog looks angry and your thoughts are right. What if there is something to fear? What then? Determine to give it all to God. Ask Him for protection, get out of the situation, and tell your parents. Don't let the fear sit inside you! You are still in control of how you think even if you can't control the circumstances. You may not be able to prevent the dog from coming out, but you can control how you treat your neighbor or other dogs later in life.

You see you can make your thoughts take a U-turn, you start out happy in Jesus, temptation or problems or trials come and you can turn your thoughts back to Jesus. Turn your thoughts right around into positive, right thoughts.



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The twelve pit falls of thought:

But how do you know if what your thinking is right or wrong? That is an important question. First of all, are your thoughts reflecting scripture? Is what your thinking fit the Bible description of a Christian? If not, your thought may be a temptation from Satan. Now is the time to put it out of your mind and ask Jesus for strength. Secondly is your thought based on reason or imagination? Have you every been in EXACTLY this situation or was it a bit different? Are you remembering past thoughts from books or T.V.? Are you exaggerating a story that was told to you by someone else? Here are twelve dangerous pit falls, 6 overs and 6 unders, for wrong thoughts (I will explain them according to the dog story, but they apply to any thought):

Over-burdened -- You haven't surrendered to God's will. -- Maybe you are feeling guilty because you were not supposed to be riding your bike today. Guilt can burden us and wrong choices can have very negative consequences.

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Over-generalizing -- Using one story as the basis for all similar situations. -- Using one dog story as the basis for what all dogs will do.

Over-matched -- Not having faith to fall back on. -- If you are not praying for strength, you will be over matched by your sinful nature and temptations.

Over-reacting -- Magnifying or dwelling on the negative. -- I know LOTS of bad dog stories. The dog barked so he is going to bite me, I just know it. And if he bites me its going to ruin my leg and I might die!

Over-expectations -- “shoulds and musts”. -- Dogs should never run out of their driveways. Dogs must always be quiet and friendly.

Over-simplification -- Not looking at the whole situation. -- You notice the dog running out toward you but you don't see he neighbor on the porch. Or you see the wagging tail, but ignore it. OR you don't see other ways to deal with the problem, just being scared and pedaling faster.

Under-valuing the Positive -- Not thinking about the positive or thinking positive parts or stories don't apply. -- I don't remember any good stories about dogs. The only time a dog was nice to me, my mom was there, so he had to be nice.

Under-estimating the Value -- The value of oneself or others. -- Dog's don't like me. I can't ride past, I'm too scared. I just can't do it. I'm not worth it. That dog is not worth anything, they should get ride of him.

Under-tolerating -- Low tolerance to anything you don't like. -- I don't like being bothered by that dog. I don't like being even a little scared, EVER!

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Under-mining -- Blaming others. -- If the neighbors would tie up the dog, I wouldn't be scared of riding my bike. If dad would have bought me a faster bike, I would just fly past that dog, and he couldn't hurt me.

Under-rationalizing -- Emotions override logic and faith. -- I am scared so the dog must be bad or I wouldn't be scared even if the dog looks happy. I know Jesus can help me, but I don't think he will.)

Under-fed -- Not studying your Bible will leave you underfed. -- It doesn't apply so much to the dog story, but if it was a thought about "Should I eat a cookie offered to me?" it sure would apply. You need to know God's principles and how they apply in every situation. If the cookie was just after a dinner with a church friend, it's probably ok. But what if you are sick? Or what if it is between meal time? Now you must know God's principles for your body and health.

I want you to go back over the ABC's again with a parent and see if you can come up with another story. Perhaps something that happened to you and you knew you should have done things differently. As you go through the ABC's and you get to D, think about the 12 pitfalls. Remember not all 12 of the pit falls will be in every story. In fact, it is usually only one or two that get us into trouble.

Now you are ready for your assignment.



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My Assignment Page

Assignment: My Mind Makes My Moods

Date _____

1. How do we communicate or talk to God? _____

2. Describe the acronym for prayer:

P - _____

R - _____

A - _____

Y - _____

E - _____

R - _____

3. True or False : If we don't ask for our needs, God won't give us anything.

4. What is our part in the plan of salvation?

5. True or False : I can't choose how I think.

6. What are you doing for personal devotions?

... My Assignment Continued

7. Which ones is an incorrect ABC of thought. _____

a. action

b. belief

c. comment

d. decide

8. What you believe affects your thoughts. How does your belief in God help you?

9. True or False : I can control my circumstances and the things that happen to me.

10. Give an example of a good ABC thought process.

a. Action: _____

b. Belief: _____

c. Consequence (of belief): _____

d. Decide: _____

11. Which ONE statement is true? _____

- a. My thoughts just happen, I can't help it. It's who I am.
- b. My thoughts happen, but I don't have to keep the bad ones.
- c. My bad thoughts always come from Satan. It's never my fault.
- d. God will prevent Satan from tempting me if I ask.

12. Name 6 of the 12 pitfalls of thought, Hint 6 OVER, 6 UNDER?

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

13. True or False : If I am guilty of a sin, my thoughts may not be right.

14. Describe Over-burdened in your own words and give an example:

... My Assignment Continued

15. I need to _____ (in regard to decisions).

- a. Remember every story that is told to me so I can make good decisions.
- b. Look at the whole situation before I make a decision.
- c. Stay home so I don't get into trouble.
- d. Keep my fear to myself so my parents will be proud I am brave.

16. Define under-fed:



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