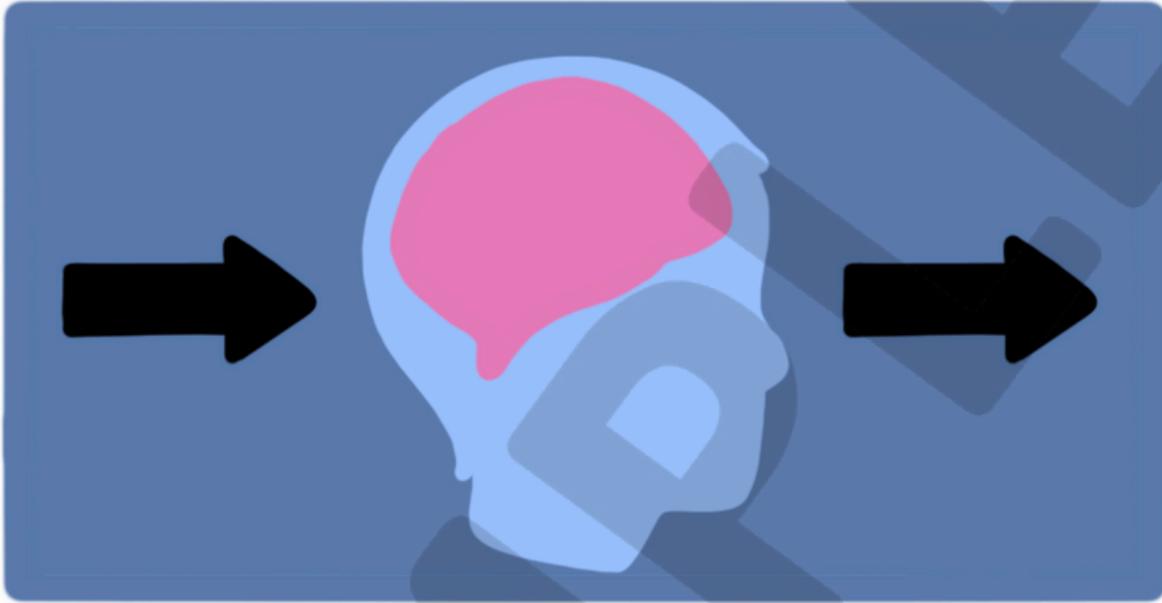


Good Words and Thoughts



Memory Verse

May the words of my mouth, and the meditation of my heart be acceptable to You, Lord, my rock and my Redeemer. - Psalm 19:14

As Amber and her mom were putting away the groceries they had just bought, Amber flipped on the radio and they listened to the weather report as they worked. A musical program followed. Amber began humming one of the songs along with the radio, but Mom reached out and turned the radio off. "The words of that song put the kind of thoughts in our minds that don't please God," said Mom.

"But it has such a pretty tune," pleaded Amber. "Can't we just ignore the words?"

"Can you **really** do that?" asked Mom. "You seem to have learned the tune. Do you know the words too?"

"Well...maybe I do," Amber admitted after thinking a bit. "But I don't pay attention to them. For some reason they just stick in my mind."

"Are they good words?" questioned Mom. "No. I guess they're not," admitted Amber.

Mom looked sober. "Listening to that kind of music is like eating food that isn't good for you.

"Your mind just picks the words up, even if you think you aren't paying attention to them," she said as

she handed Amber some apples they had bought. "Our bodies become what we put into them, and our minds also become what we put into them," added Mom. "We should fill our minds with things that are pure and clean and pleasing to God. Then, good thoughts will fill our minds, and good words will fill our mouths!"

Has your mother ever told you, "You are what you eat," when you wanted to eat something that wasn't good for you? She wants you to have a strong body, and she knows you need to put good things into it in order for that to happen.

The same is true for your mind. When you keep putting good things into it, then your thoughts and words will also be good. It may seem that we have no control over our thoughts, but this is not true. Sometimes it may be **harder** to think good thoughts than at other times - especially if something upsetting has just happened - but God wants us to think about all the **good** things around us. And if we really look for them, we will find them. We all have **so much** in our lives to be thankful for!

In our memory verse today, King David is telling God that he wants his words and thoughts to be pleasing to God. When you say this verse, **YOU** are telling God the same thing as David did! God is pleased when we **want** our thoughts and words to be pleasing to Him; but He is even **more pleased** when we **are careful** what we put into our minds! Sometimes things around us influence our minds more than we realize.

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Lesson Activity

Philippians 4:8 tells the kinds of things we should put into our minds. In each blank below, is a letter of the alphabet that the word that goes in each blank begins with. Choose the word that fits in each blank from the word list given below to the right.

We should fill our minds with:

Things that are t_____

Things that are h_____

Things that are c_____

Things that are worthy of p_____

Things that are l_____

Things that have e_____

Things that are p_____

Things that are j_____

1. Honorable
2. Praise
3. Commendable
4. True
5. Pure
6. Just
7. Excellence
8. Lovely

