

Cornerstone June 6, 2021

Lesson outline:

- [Watch Video](#)
- [Watch Bible Story Video](#)

Bible Review:

Read 1 Samuel 17:32-40

To help David get ready for battle King Saul dressed David in his armor.

- How did David feel wearing the armor?
- What problems come from wearing armor that doesn't fit your properly?
- How do you think David felt as he got ready to fight Goliath?
- What thoughts do you think were inside his head?
- Although David fought Goliath with no protection, how Did David know he could trust God's protection?
 - God had protected him many times.
 - He trusted God.

When we have a relationship with Jesus God gives us the helmet of salvation. It helps us know we're on God's team and protects us from Satan's harmful plans.

Activity

We learned that David trusted God to protect him from Goliath and from fearful thoughts when he was getting ready to fight. We can trust God to protect our thoughts too. Let's do an activity to see how the helmet of salvation can help keep negative thoughts out of our minds while letting good thoughts through.

Supplies needed:

- Colander or strainer
- Rice/Rocks/flour

The rice or flour (depends on size of holes in your colander or strainer) will be the thoughts that lead us closer to God. The rocks will be the thoughts that lead us away from God.

Question

- What things come into our minds through TV, music, the computer, friends that might lead us away from God?

Everyone has thoughts that can lead us away from God. Perhaps when you are angry with a friend you think about how to get back at him or her. You may think about trying to disobey your parents without getting caught.

Chose a thought that sometimes leads you away from God.

Think about that thought, pick up a rock and put it in the colander/strainer to represent your negative thoughts.

Next

The Rice/Flour represents the thoughts that bring us closer to God.

- What are some thoughts that lead us closer to God? Creation, laughter, doing acts of kindness, receiving acts of kindness, talking about God, prayers, adventure in odyssey stories etc.

Our minds can be filled with both good and bad thoughts all mixed together.

Add flour/rice to colander/sifter.

When we believe in Jesus and wear the helmet of salvation, we can trust God to protect our thoughts.

Shake the colander

Look what's coming out? The rice/flour – the good thoughts. The rocks/bad thoughts are stuck in the colander/sifter.

God offers us forgiveness when our thoughts lead us away from him. He helps us to separate our good and bad thoughts.

That is part of what the helmet of salvation does. When we believe in Jesus, the power of God lives in us. We can ask the Holy Spirit to help protect our minds so that we live as followers of Jesus.

- Is it easier to put good thoughts in our mind – or bad thoughts. (I'm mad at my friend, I'll get even with you, no one will know if I sneak that donut, I'm not smart enough, I'm ugly, and other negative thoughts).
- What are some things we can think about that will lead us closer to God?
 - Books, Adventure in Odyssey, Music, Videos, read your Bible, use the gifts God has given you (art, music, acts of kindness), use words of encouragement that show kindness and love.

Making the choice to focus on good thoughts might seem hard to do like David when he faced Goliath. Just like David, we can be sure that God is with us and giving us the strength and proper armor to win the battle.