

Sunday morning
teaching plan

Date:
28th June
2026

TITLE:	Mind
THEME:	Living Well
AIM:	To understand how our thoughts influence our emotions, words, and actions, and to explore how God encourages us to fill our minds with truth, hope, and wisdom rather than negative or unhelpful thinking.

BACKGROUND AND CONTEXT

Our minds are incredibly powerful. The way we think affects how we feel, how we treat others, and how we see ourselves. Everyone experiences negative thoughts, worries, insecurities, and assumptions at times. The Bible recognises this and repeatedly encourages us to guard our hearts and minds, focus on what is true, and allow God to renew our thinking.

It is helpful to not pretend everything is positive or ignoring difficulties. Instead, it is better to learn about how to recognise thoughts that are unhelpful, misleading, or destructive and replacing them with truth. As Christians, we believe God cares about our mental and emotional wellbeing and wants to help us develop healthy patterns of thinking that lead to hope, peace, and wise choices.

WARM UP

20 Questions

Ask one volunteer to leave the room whilst the group chooses something for them to guess what it is.

The person comes back into the room and has 20 questions and the answers can only be yes or no.

MAIN TEACHING

Idea Film

This clip introduces the theme of our thinking mind and how we can think positively at some times and negatively at others. [10:10 - The Mind](#)

Ask: Have they have ever thought things like those in the video, and what they think they can do about it.?

The point: Introduce the theme of mind.

The Two Sides

Read each scenario aloud and ask them to first give a pessimistic answer and then give an optimistic answer

Scenario 1: You don't get any Valentine's cards but all your friends do.

Scenario 2: You have a really important test or exam at school.

Scenario 3: You want a new phone but your parents say no. You now have the oldest phone out of all of your friends.

Scenario 4: You try out for a local sports team or apply for a job, but you don't get it.

Scenario 5: Your exam results come out and you get great grades in all but one subject.

Scenario 6: You are scrolling through social media and notice a picture of your friends enjoying themselves, but you were not invited.

Scenario 7: You see a few people looking your way, talking and laughing.

Scenario 8: You get picked last for a sports team.

Scenario 9: Your friend cancels plans with you if they get a better offer.

Scenario 10: You look at yourself in the mirror and think...

Scenario 11: A really good friendship or relationship comes to an end.

Questions:

- How did you feel when you were on the negative chair?
- How did you feel when you were on the positive chair?
- Which was easier – thinking positively or negatively? Why?
- Where can negative thoughts lead? Where can positive thoughts lead?

The point: To experience the difference between positive and negative thinking — optimism and pessimism.

Bible Study

Start by watching the following video based on Philippians 4:8.

https://www.youtube.com/watch?v=SLmtehcgg1Q&ab_channel=LoopShow

In the video clip it talks about how our thoughts drive what we say and do.

Ask: Do you agree that our thoughts influence our words and actions? Why?

Can you think of a time when your assumptions turned out to be wrong?

Divide into pairs or small groups.

Give each group one or two verses from the handouts and get them to answer the questions and then share answers as a group when completed.

Ask:

- What patterns do you notice in these verses?
- What does God seem to care about when it comes to our minds?
- Which verse speaks most to you and why?

Practical Response

Ask:

If a negative thought entered your mind tomorrow, what could you do with it?

- Test it: Is it true?
- Talk to someone you trust.
- Pray about it.
- Compare it with what God says.
- Replace it with a healthier or truer thought.
- Focus on things that are good, true, and life-giving.

Point: We cannot always control which thoughts enter our minds, but we can choose which thoughts we focus on and act upon. God invites us to fill our minds with truth that leads to life, peace, and hope.

Expert Film

This is an Experts Film where we will listen to what they say about looking after our minds and challenging negative thoughts.

10:10 Experts Film - Mind

Ask them if anyone has any questions they would like to ask.

The point: To listen to what experts have to say about why looking after our minds can help with our happiness.

Question Cards

Place the Question Cards face down on a table. Anyone can choose any card and pose the question to the group or answer it themselves.

Questions:

1. What are your top tips for coping when life is tough?
2. How have your friends helped you during some of life's difficulties?
3. Who can you turn to for help and advice when life gets tough?
4. Do you see problems as a setback, a challenge, or an opportunity?
5. Why do you think some people pray during tough times?
6. What are some ways that we can help others when they are going through tough times?
7. Do you think talking about our problems can help? Why/why not?
8. Why do some people find it hard to ask for help when times are tough?

9. What would be a good way to handle negative thoughts?
10. How does social media influence the way you think?
11. Who would you take advice from?
12. What are you good at?
13. What do you think has a positive or negative influence in society and why?
14. What do you think has the most positive or negative influence on your thinking?
15. How do you filter out negative influences in your life?
16. How do you go about deciding what to think and believe about something?

The point: To explore and discuss the groups own thoughts and insights around the themes of the mind using the Question Cards.

TAKEAWAY

EXTRA INFORMATION

Equipment:

Question handouts

Questions cards