



Welcome back Lockdown Lookouts...

I've been thinking about so many things this week. But what am I meant to be thinking about as a follower of Jesus? What is meant to be going through my mind?

Can you help me understand the next part of his letter to the Philippians?

Yours

Jail Bird Joe

Opening Prayer

'Dear Heavenly Father, help us to know you better as we read from the Bible now, and to love Jesus more. Amen.'

Challenge

Rhyming Game

Taking turns, complete the sentence "I'm thinking about a ____." Each player must rhyme the last word with the previous player's word. For example, "I'm thinking about a bat", "No, I'm thinking about a hat", "But I'm thinking about a cat!" When you've exhausted one rhyme, start with a new word!

Today, we are going to see what the Apostle Paul says we are to think about...

Read Philippians 4:8-9

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. 9 Whatever you have learned or received or heard from me, or seen in me - put it into practice. And the God of peace will be with you.

Chat it through

- What different things have you thought about today?
 - It might be anything!
- What thoughts make you happy? Sad? Angry?

- **What should followers of Jesus think about? (v8)**
 - We are to fill our minds with things which are good, lovely and pleasing to God.
- **What things do we think about which might be the opposite of v5?**
 - Adverts which make us not happy with what we don't have. TV programmes which make u sad. Things someone has done to us which make us angry. Songs which have words which aren't kind or lovely. And more!
- **What things would it be good to think about instead? Try to make a list with something for each of the things in Paul' list.**
 - There are lots of things - things people do, things in nature, beautiful things and most of all Jesus!
- **God's word is good and true. But why is thinking about it not enough? (v9)**
 - We need to put it into practice!
- **How can you help each other think about good things?**

Pray it through

Today we are simply going to say thank you to God.

Walk around your house, or go for a walk outside and try and find five things which are wonderful, lovely, and good.

Thank God for each of them!

NOW un pause the video on YouTube to continue...

Craft

[Here](#) is a colouring sheet to remind us of the Bible verse...

Or if you want a fun way to learn this memory verse – here is an idea [here](#)!