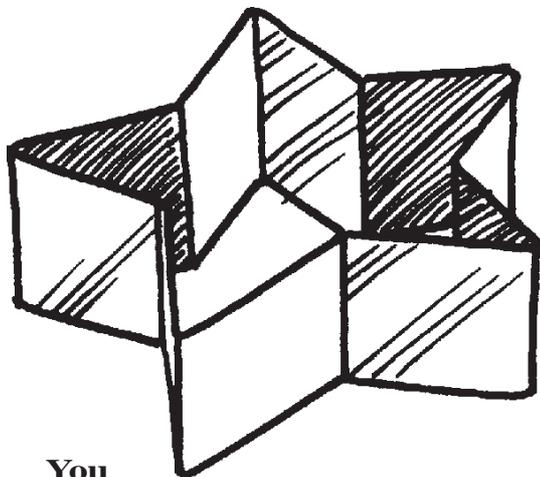


# Be careful how you think

## Biblical Material: Proverbs 4.23

'Be careful how you think: your life is shaped by your thoughts.'



### You will need:

- Plasticine or play dough.
- Some objects to press into it: cutters, pencils etc.

### Introduction

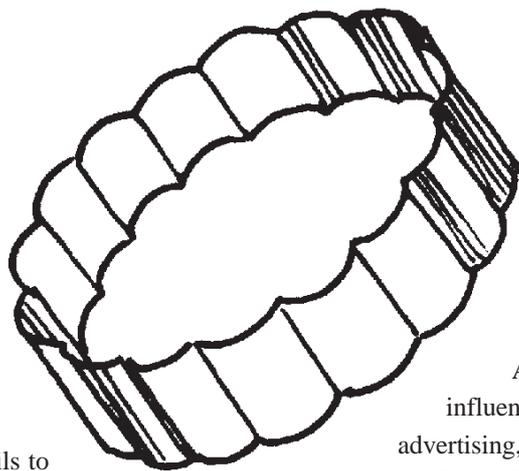
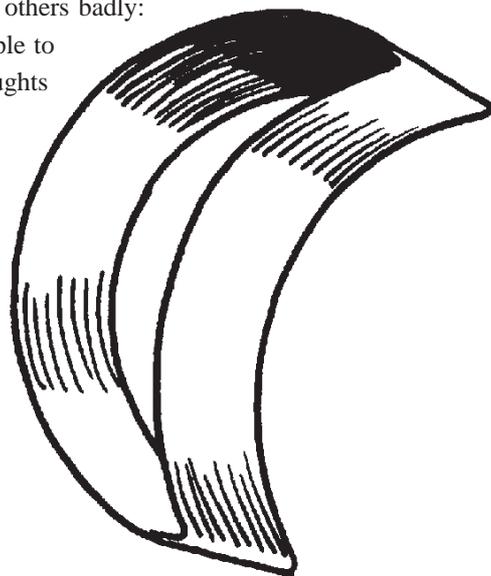
Take the plasticine/play dough, and ask some pupils to create different shapes using the various items. Show the finished items and describe the way different tools and objects shaped the plasticine into the finished product. We can tell from the shape in the plasticine which object was pressed into it. Show the pupils a number of pieces of plasticine and ask them to guess from the shape which item was used to cut it or to impress a pattern on it.

### Core Material

Read the Biblical Material. Just as plasticine is shaped by being pressed and moulded by other things, so our lives are shaped or moulded by our thoughts. If people think life is just about having a good time, they will live one way. If people think life is about serving God and others, it will change how they live. Thoughts matter. Thoughts may be invisible but they are extremely powerful. Lasers are also invisible, but some can cut and shape steel.

Jesus said it was not enough to avoid being violent towards others. He taught people to avoid the thoughts that lead to violence. Jesus said it was not enough to avoid treating others badly:

he taught people to avoid the thoughts which lead to the bad treatment of others.



### Prayer/Reflection

Ask pupils to think about the things that influence how they think: television, other people, advertising, films and music. As an optional extra teachers might like to show short extracts of videos, adverts and television programmes and play some music. Make sure all extracts are suitable and the equipment is available for the assembly. The following prayer can be said.

*Like unseen hands, our thoughts shape our lives.  
Behind each destructive life,  
Lie thoughts even more destructive.  
Behind each loving life,  
Lie thoughts that create an oasis of care.  
Help us to take care of what we think, Father.  
It is not enough to take care of our actions.*

*Note.* For guidance on prayers and reflections see pages 9-11.