

Alley Rundown—October 25th, 2020

Today's Bible Story: Always on My Mind (Think on These Things) • Philippians 4:8

Today's Key Question: What do you tend to focus on?

Today's Bottom Line: Focus on what's true.

Monthly Memory Verse: *Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out*. Proverbs 10:9 (NIV)

CG: *Dude Perfect Filler Videos*

NOTE: *Lead the below Ice-Breaker Game 10 minutes before your Service start time*

ICE-BREAKER GAME: Halloween Reverse Charades

CG: *Halloween Reverse Charades SLIDES*

NOTE: *Kids will silently act out the clues on the Screen trying to get you to guess what the clue is.*

CG: *Countdown Video (Runtime: 2:00)*

WORSHIP: King of Glory

Leader will pray, then turn the kids attention to the Screens

CG: *Masked Mayhem Week 4 (Runtime: 3:30)*

“Hey, everyone! Glad to see you all here today. I have a little experiment I want to do with you. First, close your eyes. Are they closed? Okay, now imagine purple elephants. That’s right, not normal elephants. PURPLE elephants. Get a picture of what they look like, how they move, and what they sound like. Got it?”

“Okay, you can open your eyes now.”

“*(Pointing at a kid)* What are you thinking about right now? *(Response will probably be purple elephants. Repeat with a few more kids).*”

“Okay. Now, stop thinking about purple elephants. Got it? Just stop thinking about them and how purple they are. And how elephant-y they are.”

“Did you stop?”

At this point, many will say that they are having a hard time stopping. You may have a few that say they were able to stop. Ask them how they stopped.

“For those who *have* stopped thinking about . . . those things, how did you do it? *(Pause for responses.)*”

“And that’s the trick, isn’t it? To stop thinking about PURPLE ELEPHANTS, you have to replace that thought with something else. It is not enough to just stop. You have to START thinking about something different—like pink zebras or green camels.”

“It’s one thing to do this with silly things like purple elephants. It’s another thing to do this with other sorts of thoughts. Thoughts of fear or worry or sadness. Those thoughts aren’t wrong, but they’re also not always helpful. Think about those moments in our lives when we think about negative or untrue things. How can we train our brains to think about what’s positive and true instead? That’s a great question. In fact, it’s something that Paul talked about in a letter he wrote that we find in the Bible. Let’s check it out.

CG: Lesson Video (Runtime: 13:30)

“See how a change of focus can change so much? It is so easy to focus on the negative, but when we do, we miss out on what is true. Paul knew that if he just sat under house arrest and dwelled on how bad things were and how disappointed he was, that he wouldn’t be doing what God had planned for him. Instead, God was able to still work through Paul despite his tough circumstances in really powerful ways!”

“The same was true of Jesus. You know, when He faced the cross, it was easy to see that this was a tough circumstance that He didn’t want to go through. But Jesus knew what was true. He knew what His death was going to accomplish. And He knew that He would come back to life on the third day. Jesus chose to focus on what was true and to trust His Father.”

“With God’s help, we can choose to focus on what’s true as well. Today as we wrap up our talk, think about this:”

SLIDE: Key Question Slide

“**What do you tend to focus on?** Did you catch that? Not what you *should* focus on, but what *do* you focus on? Think about the thoughts that go through your mind. Do you focus on what makes you scared or makes you angry? Do you focus on only having fun, even when you need to take something seriously? There’s no right or wrong answer. After all, when you know what you do tend to focus on, you can figure out how you can choose to focus on what Paul talks about in Philippians. And don’t worry if you’re not sure how to do that. You’ll talk all about it in Small Group. Before we head there, let’s pray and ask God to help us focus on what’s true. Let’s pray.”

Lead group in a prayer related to what they just heard. After prayer, prepare to lead the “All Together Activities” with your group using the attached sheet.