
THE DROP BOX

YOUR THOUGHTS INFLUENCE YOUR CHOICES

This is a great way to get your kids to think about what is going on in their head. Many times we need to get rid of junky thoughts so we can replace them with good thoughts.



Romans 12:2, "And be not conformed to this world: but be ye transformed by the renewing of your mind." (KJV)

WHAT YOU NEED:

A box or shoe box labeled, "Family Drop Box."
(You can also decorate the box.)

WHAT YOU SAY:

Our thoughts influence our choices and our life is a product of the choices we make. If we want to change our life, we can do so by making different choices: however, if we want to change our choices, we have to change how we think.

How do you change what you think? Start by thinking about what you have been thinking about!

- Do you constantly have negative thoughts about yourself and others?
- Are you angry when things don't go your way?
- Are you sad because you feel you have no friends?

Weird thoughts come to all of us. What makes the difference is if you choose to keep the weird thoughts or not. What you do is recognize you are thinking is off and make a decision to stop thinking that way. Then use God's Word when that thought tries to come back.

WHAT YOU DO:

- You will use the box as a "Drop a Bad Thought Box."
- If someone has a bad thought, they can write it down and put it in the box. (Smaller children will need help writing it out.)
- At the end of the week you take the box and dump it in the trash.
- Open up discussion if anyone was having a difficult time about any one thing.