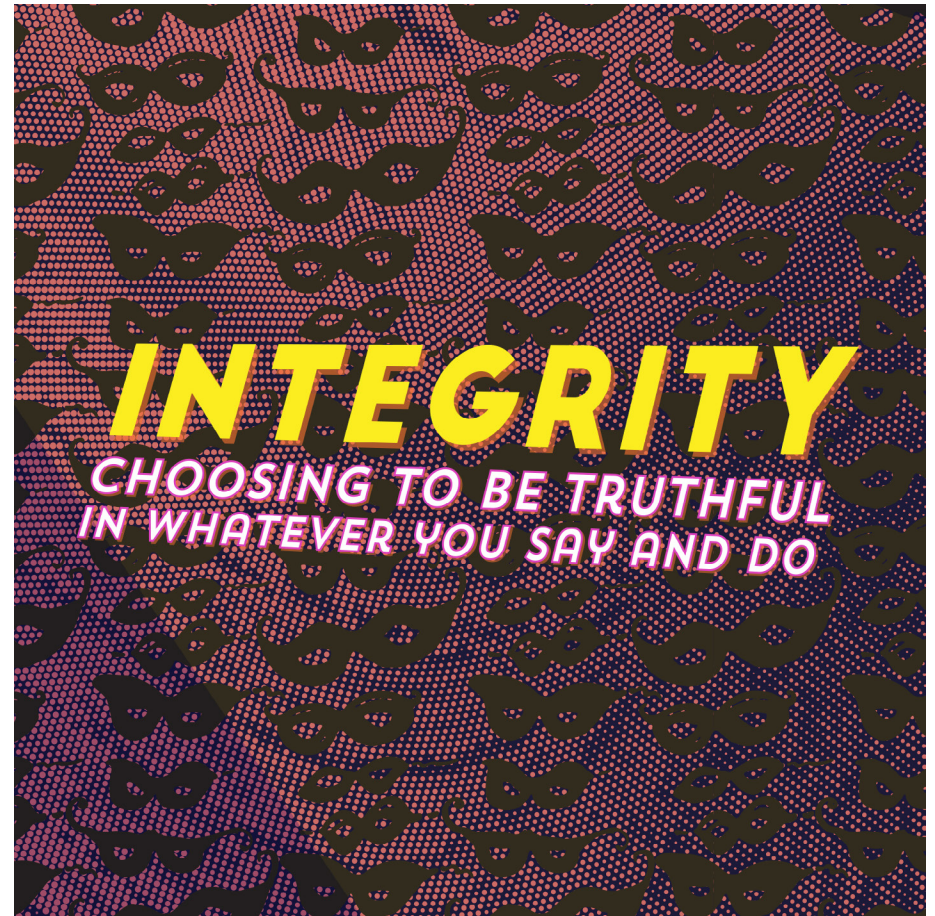


Spend some time thinking about the question below and journal your thoughts or share them with a parent.

**WHAT DO YOU TEND TO FOCUS ON?**

Journal writing lines



Day 1

Go to Studio252.tv and watch this week's episode of The So & So Show.

Click on Fun2Watch! then The So & So Show.

Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that:

1. You liked: \_\_\_\_\_

2. You learned: \_\_\_\_\_

3. You'd like to know: \_\_\_\_\_

## Day 2

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### Read Philippians 4:8.

As you read Philippians 4:8, make a list of the things you should think about.

Then beside each word, write or draw something that fits that description for you. Like, for “true,” you could write “I am loved,” or draw a heart. Do this for each word in your list, then hang the list somewhere you will see it often so you can draw your mind back to focus on what’s true!

## Day 3

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**One way you can train your brain to focus on the things mentioned in Philippians 4:8 is by asking God to help you!**

The simple act of praying out loud and centering your prayer time on these things will help your brain to focus on it.

Grab your list from yesterday, and use it to fill in the blanks. Then read it out loud to God. “Dear God, thank You for the truth that \_\_\_\_\_. I want to focus on what is noble, like \_\_\_\_\_, and I want my mind filled with things that are right and pure, like \_\_\_\_\_ and \_\_\_\_\_. \_\_\_\_\_ lovely, so help me to focus on that, as well as \_\_\_\_\_, which/who is worth of respect. Please also help me to think about excellent things like \_\_\_\_\_ and \_\_\_\_\_, which is worthy of praise. In Jesus’ Name, I pray, amen.”

## Day 4

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**Think about the conversations you have with your friends, the texts or messages you send each other or the jokes you tell. Do these line up with the things that God wants us to think about?**

Thinking about things that are pure and right and good doesn’t mean we can’t be silly with our friends, but it does mean that our thoughts, words and actions shouldn’t contradict the things that are true and excellent.

Grab your phone or device and shoot a message to a friend right now. But before you do, think about what you could say to your friend that would be true and lovely. Maybe you could share Philippians 4:8 with them or another verse that has encouraged you lately. Maybe you could tell them something you appreciate about them. Or perhaps you could simply say, “I’m thinking of you and wanted you to know!”

Now, try to make this a habit. At least once a day, think of a way you can reach out to a friend or family member within the framework of Philippians 4:8 by focusing on what is excellent and worthy of respect.

## Day 5

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**Stare at this drawing for about 30 seconds. Now, look at a blank wall. What do you see? Crazy, right?!**

The same thing happens in our lives. When we focus on something for a while, we carry it with us. But most likely, we’ll see the effects of that focus for a lot longer than it takes for the light bulb to fade from your vision.

Think about when you’ve watched a scary movie or listened to music that your parents probably wouldn’t want you to hear. It’s hard to shake off, isn’t it?

On the other hand, if most of what you focus on is true, noble, right, pure, lovely, worthy of respect, excellent or worthy of praise, then imagine how great it will be to carry those thoughts with you throughout your day!

Try to start every day by focusing on something excellent. You could:

- Read your Bible
- Memorize a verse
- Listen to a worship song
- Pray
- Write down three things you’re thankful for

Pick at least one thing to focus on each day, and watch how your morning focus will stick with you the rest of the day!