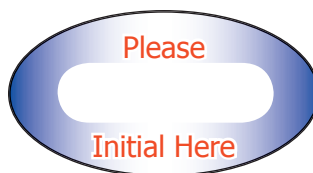


Coloring Page



We must take care of
our soul.

Parent's Initials:



PK1

Man in God's Creation

- Lesson Nineteen -

Care of the Mind, Feelings and Will

I. Overview.

With this lesson we begin to look at how we should care for our souls; our mind, feelings (emotion) and will. The most important thing in taking care of our mind is to guard what gets into it. We should guard our mind against all negative things, and put only positive and healthy things into our mind. Healthy things are things like God's Word, proper songs, and our school studies. Adults can help us to know what things are really proper and which things we should guard against.



We need to guard our eyes
and ears which are
passages to our mind.

We should take care of our feelings by loving what is good and right, and hating what is evil. We have a variety of feelings, and our feelings can be proper and right. We should learn how to have the proper feelings about things. We should also learn how to deal with negative feelings.

II. Memory Verse.

“Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord...”

(Psalm 19:14)

III. Lesson.

Just as our body needs care in order to be healthy, feel good and function normally, our soul also needs to be properly taken care of.

We Must Care for Our Mind

Our mind is like a small, but very powerful, computer. It can store thousands, possibly millions, of thoughts. Whatever is put into our mind eventually becomes our thoughts. Once a thought is put into our mind, it is difficult to get it out. It can take a long time.

To take care of our mind, we should always guard what we allow to get into it. We should not allow bad words or bad pictures to get into our mind. Many television programs and commercials are filled with violence, killing, stealing and other improper things. If we watch these things, our minds will become contaminated and corrupted.

Taking Care of Our Feelings

Our feelings come from our emotion. Our feelings should be proper and balanced. We should love God, our parents, our families, our neighbors and friends. We should even love those who mistreat us and pray for them. We should hate the Devil, who is the cause of all evil. We should hate all evil doing, for evil always hurts people. We should fear anything that seems unsafe or dangerous.

We should trust our parents, the brothers and sisters in the



Our souls are
precious to God.

church and those in authority. We should be sad whenever something bad or harmful happens to others, whenever we cause trouble to others, or when we have sinned or dishonored the Lord. We should be happy when we see things done rightly and people being treated fairly. We also should be happy when we are behaving as we should and when we are loving the Lord and those around us.

Our feelings are able to change, to be comforted, and to be encouraged. It helps to talk to the Lord (to pray) when we are sad or troubled. It is very important to take care of our mind and our feelings because they are crucial parts of our soul. Our soul is precious to God because it is through our souls that

~~~ Questions for Discussion ~~~

1. How should we deal with bad feelings?

2. Why is it important to take care of our mind and our feelings?

3. What does it mean to guard our mind?.

4. How long does it take to get rid of a bad thought?
