



MIND
MONSTERS
FOR KIDS
7 Day Devotional



Day 1

Use **F.A.I.T.H.** to exterminate Mind Monsters.

Bible Reading

- **2 Corinthians 10:5**, "Take every thought captive and make it obedient to Christ."
- **John 10:10**, "The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly."

If you have ever been afraid, had doubt, or wondered if you could ever be the best at something, you are not alone. Every person who has ever lived has thought negative thoughts. Your parents, your friends, your teachers . . . all of us have negative thoughts we face.

But, your mission (if you choose to accept) is to get rid of and overcome those negative invaders of your mind also known as Mind Monsters. When fear, doubt, insecurity, or anxiety try to invade your thinking, you can kick them out every time by putting your F.A.I.T.H. into action! Using an acronym (where every letter in a word stands for a word or phrase), we will learn how to activate our F.A.I.T.H. and take every thought captive. You get to decide which thoughts stay and which thoughts have to leave. You have the power to make each thought obedient to Christ (like 2 Corinthians 10:5 teaches us). Jesus tells us His mission in John 10:10 that He came so we may have life and have it to the full! So, either those thoughts become life-giving and fall in line with who God says you are, or they don't have any place in your mind.

Start today by recognizing those Mind Monsters that may try to sneak into your thoughts, and be sure to tell them they can't stay!

Prayer Hi God, You created my mind to think thoughts. Help me begin to recognize the thoughts that I think. When I find a negative one, help me take that thought captive and make it obedient to You, even if it means kicking it out and replacing it with a positive thought. In Jesus' name, amen.

P.S. Here's a sneak peek at the F.A.I.T.H. acronym:

F—Focus on the positive.

A—Affirm yourself.

I—Imagine God doing something good.

T—Trust God always.

H—Hope for the best.

P.P.S. Thanks for being here! You matter! And, we're believing for God's best for YOU!

Day 2

F.A.I.T.H. : “F” is Focus on the Positive.

Bible Reading

- **Philippians 4:8**, “Finally brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

When we focus on something, that means we give our attention to it. Has your teacher ever asked for everyone’s attention in class before? Let’s imagine that all of our positive thoughts and all the good things that happen to us are like that teacher, calling for our attention.

In order to focus on the positive, it is a personal choice you get to make to give your attention to the positive side of things instead of focusing on problems or negative things.

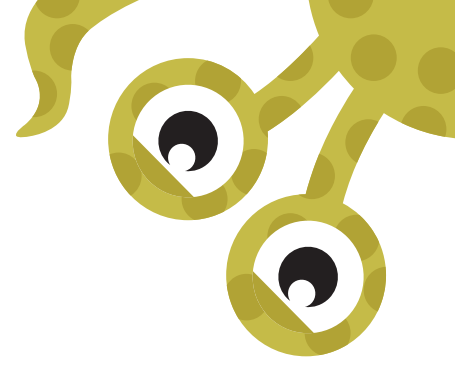
For example, you can focus on the fact that you woke up with breath in your lungs today (the positive) instead of focusing on how early you had to wake up (the negative). Or, focus on the thought that you are loved and known by God, the Creator of the entire universe (the positive) instead of focusing on that mean kid who calls you names in your neighborhood (the negative).

You can start now to create a good habit of giving your attention to the good things. You can choose to focus on the good when good things happen, and even find the good when something bad happens. In Philippians 4:8 (we call it the P4:8 Standard), it gives us some ideas of what to focus on: “. . . whatever is true, noble, right, pure, lovely, admirable, excellent, or praiseworthy. . .” it says to think about such things. We can always choose to focus on how good God is and the positive side of our lives, no matter what.

Prayer Thank You, Jesus, for helping me focus on the positive. Open up my eyes to the goodness of who You are and all You do in my life. Help me to see the good side of every situation. I want to focus on the positive instead of the problem. In Jesus’ name, amen.



Day 3



F.A.I.T.H. : “A” is Affirm Yourself.

Bible Reading:

- **Psalm 139:14**, “I praise You because I am fearfully and wonderfully made; Your works are wonderful . . .”
- **Philippians 4:13**, “I can do all things through Christ who strengthens me.”
- **Deuteronomy 28:13**, “And the Lord will make you the head and not the tail, and you shall only go up and not down, if you obey the commandments of the Lord your God, which I command you today, being careful to do them.”
- **1 Peter 2:9**, “But you are a chosen race, a royal priesthood, a holy nation, a people for His own possession, that you may proclaim the excellencies of Him who called you out of darkness into His marvelous light.”

What do you like to do? What are you good at? Those are talents that God gave you! Each of us is uniquely made by God. Let’s not compare ourselves to others.

God has a plan for you! God loves you and has given you so many talents. Affirm yourself by being happy with the gifts and talents you have. And, when you find ways to get excited about what God has given to your friends and family instead of wishing you had what they had, you begin to affirm yourself.

Start by going to God’s Word to find out who He says you are—and, then . . . choose to believe it! He says that you are made in His image. He says that you are valuable, that you are good. He says that you are more than a conqueror. Nobody is perfect, and yes, you will mess up from time to time. But, you no longer have to be defined by what you did wrong, or what a bully called you. Let God’s word help you define who you really are.

Today’s exercise is all about turning God’s promises into personal statements. You can do this with any promise from God’s word. Here are just a few to start with:

- “I am wonderfully made.”—Psalm 139:14
- “I am the head and not the tail.”—Deuteronomy 28:13
- “I can do all things through Christ who strengthens me.”—Philippians 4:13
- “I am a member of a chosen race, a royal priesthood, a holy nation, a people for God’s own possession.”—1 Peter 2:9

Prayer God, I believe Your word and Your promises are for me. Thank You for creating me with unique talents and abilities. Help me recognize the skills in my life and in others, so we can celebrate how we are alike and how we are different. In Jesus’ name, amen.

Day 4

F.A.I.T.H. : “I” is **Imagine** God Doing Something Good.

Bible Reading

- **Ephesians 3:20**, “Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us, to Him be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen.”
- **Romans 8:28**, “And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.”

How do you use your imagination? Do you imagine adventures? Having fun with friends? Have you ever imagined what your next drawing could look like or which science experiment you want to do next? Maybe you’ve imagined taking the game-winning shot for your team?

What do you think using your imagination for good looks like?

When we imagine God doing something good, that means we use our brains to create thoughts of God’s goodness in each and every situation. We can imagine God doing even more than we could ever ask or even imagine, according to Ephesians 3:20! When something good is going on in your life, it is easier to imagine God at work because seeing the good is easy. But, even when things aren’t going as good in your life, you can still imagine God doing something good on your behalf in the middle of the bad.

No matter what happens in your life, you can remind yourself that God works all things together for the good (just as Romans 8:28 says). The Bible doesn’t say that God works only in the good things. It says that God works ALL things together for a good outcome. You can choose to form thoughts around this promise from God. For example, when someone is mean to you or tells a lie about you, you can choose to imagine God sending a good friend into your life that you can trust and who believes in you!

Prayer Thank You for hearing me when I pray. Right now, I pray that You will help me use my imagination for good thoughts and positive outcomes. I believe that You are on my side, working things out for me even when I can’t see it right away. So, thank You! In Jesus’ name, amen.

P.S. Tomorrow is all about TRUSTING God.



Day 5

F.A.I.T.H. : “T” is Trust in God.

Bible Reading:

- **Proverbs 3:5–6**, “Trust in the Lord with all your heart, lean not on your own understanding. In all your ways, acknowledge Him, and He will make your paths straight.”
- **Genesis 1:27**, “So God created mankind in His own image, in the image of God He created them; male and female He created them.”

Every morning the sun is going to rise, whether it’s behind the clouds or shining brightly into your bedroom window to wake you up. It’s a little different with people. When you trust someone, you believe that they are honest and genuine and will not do anything to hurt you on purpose—but there is still a chance they could hurt you. Want to know the good news? When you choose to trust in God, it’s like trusting that the sun is going to rise. You can be confident knowing that the Bible is true, His love for you is real, and He is a good God doing good things in your life.

Never be afraid to trust an unknown future to a known God.* The key to trusting God is not in knowing what is going to happen or how it will happen, but it is knowing who God is and what His track record proves (Proverbs 3:5–6). Whether you read it in the Bible or observe it in your life or other people’s lives, you can see the goodness of God over and over again. God’s track record over the history of time shows us that He loves people. And, He loves you.

God loves humans so much that He made us in His image. He wants to see you win! He wants to see you live your best life! You can show God you trust Him by going to Him first when something bad happens in your life. You can pray to God at any point in your day, with your eyes open or closed. You can even pray to Him without saying anything OUT LOUD. You can just THINK a prayer . . . and God can hear you! Cool, right? So, show God you trust Him but ask Him for wisdom, strength, confidence (or anything!) before you ask anyone else.

Prayer Hey God, it’s me again. Today, I want to say that, “I trust You.” In my life, help me discover ways that I can show You that I trust You. Teach me to not rely on whatever I think only, but also what I can learn from the Bible and the wise people in my life. In Jesus’ name, amen.

P.S. *This was said by Corrie Ten Boom. She was born in Europe in 1892 to a God-loving family. During World War II, she and her family helped hundreds of Jews in order to protect them from arrest by Nazi authorities. Her entire family was imprisoned at one point. After the war was over, she was released and lived to be 91-years-old.

Day 6



F.A.I.T.H. : “H” is Hope for the Best.

Bible Reading

- **Hebrews 11:1**, “Now faith is confidence in what we hope for and assurance about what we do not see.”
- **Isaiah 40:31**, “. . . but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”
- **Philippians 1:6**, “Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus.”

What have you hoped for lately? Have you hoped for your spelling test to be canceled? Or have you hoped for your family to go on vacation together? Or have you hoped for God to hear you?

When you think about what your F.A.I.T.H. looks like and sounds like, you can add HOPE to the definition. In the book of Hebrews, the writer defines “faith” as the confidence in what we hope for. When you activate hope in your life, that means you expect something, or you want something to happen.

As you build up your F.A.I.T.H., you can expect the very best. You can want the best. You can believe with all of your heart that God is for you, not against you. You can believe that God will complete all the good in your life throughout your life, just like Philippians 1:6 promises you. It doesn’t mean that everything will be easy, but it does mean that God is on your side, and you can have F.A.I.T.H. for the very best outcome.

You and I have the promise from God that as we put our hope in Him, our strength will be renewed (Isaiah 40:31). We will be able to do all that God is calling us to do and fulfill the purpose He has placed on your life and on mine. Don’t wait until everything is perfect to hope for the best. Start now! Hope for healing to happen. Hope for love and patience to be present in your family. Hope for a good teacher and friends at school. Hope is such an important part to increasing your faith. Start hoping now!

Prayer Thank You, Jesus, for being the hope of the world. I pray that I will find ways to hope for the best in my life. You are good, and I believe You are doing good things in me and through me. I also pray that You will help me be able to bring this hope to other people in my life. Thank You for being with me everyday. In Jesus’ name, amen.

Day 7

Use **F.A.I.T.H.** to Exterminate Mind Monsters.

Bible Reading:

- **James 2:17**, “. . . faith by itself, if it is not accompanied by action, is dead.”
- **Hebrews 10:39**, “But we do not belong to those who shrink back and are destroyed, but to those who have faith and are saved.”

You made it! Now, when someone asks you if you have faith, why you have faith, or how you have faith, you can use your F.A.I.T.H. acronym.

You are putting your F.A.I.T.H. to work when you choose to focus on the positive, affirm yourself, imagine God doing something good in your situation, trust God in everything, and hope for the best! Now that you know the steps, Mind Monsters can't make a home in your mind when you kick them out with positive thoughts and good imaginations!

It's easy for people to say that they have faith, but until we figure out how to have faith, it is harder to put it into action. And, we know that faith without action isn't really faith (James 2:17). So, now you can put action to your F.A.I.T.H. by focusing on positive thoughts about others and about situations, as well as, affirming yourself! When you use your imagination to think about God doing something good in your situation, you are putting your F.A.I.T.H. to work! Plus, as you trust God in everything and hope for the very best, you are building up your F.A.I.T.H.!

You can walk confidently through life, because we do not belong to those who shrink back but to those who have faith and are saved (Hebrews 10:39).

We are excited for your F.A.I.T.H.-filled future!

Prayer Hey God! Thank You for being with me and helping me build up my faith! I want to live a life full of F.A.I.T.H. and moving forward into the future You have for me. In Jesus' name, amen.

Extra Bible Reading

- **Romans 8:15-16**, “For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, ‘Abba! Father!’ The Spirit Himself bears witness with our spirit that we are children of God.”
- **Matthew 6:33**, “Seek first the Kingdom of God and everything else will be added unto you.”