# Wednesday Morning Small Group Lesson 2026

## Lesson Plan: Loving God with All Your Mind

Camp Theme: Love God / Love People
Time: 25-30 minutes
Location: Outdoors under the pavilion
Materials Needed: Index Cards & pens for each student

*—Start with a Prayer—*

Warm-up - Say: "Hey everyone, how's camp going so far? Let's do a quick check-in! Turn to a friend next to you and tell them one thing you loved about your first full day of camp. Maybe it was the food, a game, or something funny that happened!"
*Give them 30-60 seconds to share in pairs.*
Then, ask the whole group:

"Who wants to share with everyone? What was your favorite part of yesterday?"
"How's the food at camp? Anyone eating all their meals?"
"Who enjoyed late night last night? What was the best part?"
"Is anyone loving the pool or lake? Tell me one thing you did there!"

Opener -

*Don't just read the riddles—make it a game. Split the 10 kids into two teams of 5 sitting across from each other.*

Say: "Bro Tim just talked about loving God with our minds. Before we can do that, let's play a game. Who here is really good at riddles? Let's split up into two teams. You get 1 point for every riddle you solve. You have to huddle and whisper so the other team doesn't steal your answer!"

The Riddles -

Which weighs more: a pound of feathers or a pound of bricks? (They weigh the same)

The more you take away from me, the bigger I get. What am I? (A hole)

What can travel around the world while staying in one corner? (A stamp)

What comes once in a minute, twice in a moment, but never in a thousand years? (The letter M)

I speak without a mouth and hear without ears. What am I? (An echo)

What begins with T, ends with T, and has T in it? (A teapot)

The more you share me, the less you have. What am I? (A secret)

Say: "Those riddles forced your brain to stop, tune out the camp noise, and focus. Bro Tim told us today that Satan wants your life to be as loud and chaotic as possible so you never get quiet enough to hear God. He wants to steal your mind. Satan wants you to focus on anything but God. Satan loves distractions"

Discussion Questions (Call on some kids or go popcorn style. Model it yourself first if the group is quiet):

Question 1: What do you think it actually means to love God with your mind? Is it different from loving Him with your heart?

(Leader Tip: Guide them to the idea that loving God with your mind means choosing what you think about, learning about Him, and making wise choices).

Question 2: The speaker said your generation has a super short attention span because of scrolling and screens. Do you agree or disagree with that? Why?

Question 3: Do you find yourself wanting to listen and follow God more, but you can't stop focusing on distractions?

Read Philippians 4:8-9 out loud to the group.

Philippians 4:8-9 - "Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned..."

Visual Object Lesson: The Clear Water Bottle -

Show the kids the clear water bottle: Say: "Look at this water. It's clear, pure, and clean. This is what God wants our minds to look like. Thoughts that are on what is true, and honorable, and right, and pure, and lovely, and admirable.

Grab a pinch of dirt or mud from the ground and drop it into the water. Shake it up until the water turns completely brown and murky.

Say: “Bro Tim said that once something evil or inappropriate gets into our head, it stays there. The more we try to forget it, the more we think about it. This dirt is like that bad video you shouldn't have watched, a mean rumor you listened to, or a bad word you started using. It completely changes the thoughts in your mind. You can't see God clearly anymore."

Say: ”If I try to just shake this bottle, does the dirt disappear? No, it just makes it worse. It can be impossible to fix our messes of sin by ourselves. It is only by telling God we are sorry and asking for forgiveness. God is the only one who can pour out the dirty water and fill our minds back up with what is pure.”

Activity -

Say: “Now, let’s play a quick game called "Keep it or Kick it." I will read the following scenarios and you have to say "KEEP IT!" (and thumbs up) if it passes the Philippians 4:8 filter, or "KICK IT!" (and thumbs down) if it doesn't.

Say: Everyone keep in mind that in Philippians 4:8-9 Paul is giving us a "*Brain Filter*" Before we let a thought stay in our head, or before we watch a video/say a word, we should run it through this list.

Scenario 1: You’re replaying a song lyric in your head that uses bad words but has a really cool beat. Should we keep it in our mind or kick it? (KICK IT!)

Scenario 2: You're thinking about how awesome the sunset looked last night and how cool God is for making it. Should we keep it in our mind or kick it? (KEEP IT!)

Scenario 3: You’re scrolling and see a video making fun of a kid at another school, and you think of a joke to add to the comments. Should we keep it in our mind or kick it? (KICK IT!)

Scenario 4: You're planning a nice surprise or an encouraging note for a friend who is having a hard week. Should we keep it in our mind or kick it? (KEEP IT!)

Say: There are so many things in our life that we really enjoy, that are really not good for our brains. We listen to music, play games, speak words, and watch videos that fill our minds with thoughts that are not pleasing to God. Satan loves it when we do these things. He uses distractions to take us away from God. The hard part is that those things are usually kind of ‘fun’. We have to be careful and think about the things that we should kick from our minds, and the things that we should keep in our minds.

To really live a life of Loving God we have to fill our minds with God's things. Things like the Bible, prayer, church, and uplifting words and actions. When we fill our minds with God, we look different from everybody else around us, and people will start to wonder why you are so different from everyone else. And it is becasue your mind is focused on God. Then we can tell them about Jesus.

Reflection -

Say: "God speaks in our minds in the quiet and the stillness. To close out our group today, we are going to do something that might feel really hard for our attention spans. We are going to do a 90-second silence challenge."

Say: "For the next 90 seconds, I want you to pick one good, true, or admirable thing from this week so far, and just thank God for it in your head. Let's practice being still."

*Leader literally time them on a watch or your phone for 90 seconds.*

Group Prayer & Closing -

Say: "Let's close by praying together. If you're comfortable, you can pray out loud one sentence asking God to help you love Him with all your heart."

(Guide the prayer if needed.)

Extra Questions (if time remains) -

"What's the coolest thing you've done at camp so far?"

"What's one way you can follow God's commands at home or school?"

"Who can you tell about what you learned today?"