

Parent's Guide: **MIND MONSTERS FOR KIDS**



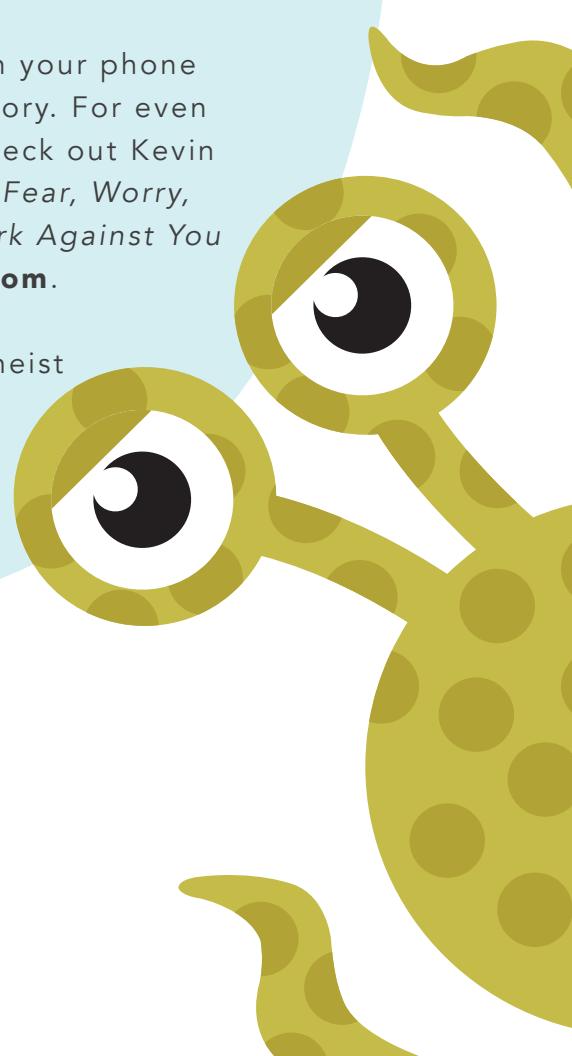
Parent's Guide: Mind Monsters for Kids

Introduction

Welcome to your *Parent's Guide: Mind Monsters for Kids*, this is designed to help you create conversations with your little ones about this book. We've broken up each page based on the phrases you will read with your kids. Obviously, this guide can also help grandparents, aunties, uncles, and teachers as you read to the kids in your world too!

Feel free to print this out or download it on your phone to have available as you read through the story. For even more context on what Mind Monsters are, check out Kevin Gerald's book *Mind Monsters: Conquering Fear, Worry, Guilt, and Other Negative Thoughts that Work Against You* available at www.MindMonsters.com.

Now, let's stop this Mind Monster heist before it starts with our kids!



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Here's a few things to look for:



Tips Suggested talking points to help you have conversations with your child.



Share Prompts for you to share stories or examples from your own life.



Prayer Something to pray out loud together.



Bible Tip Some additional context to the Memory Verse.



Memory Verse A recommended Bible verse to learn and memorize together.

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Mind Monsters are *here*.
Mind Monsters are *there*.
If we take a close look,
we can see them *everywhere*.



Tips A kid-friendly definition of Mind Monsters is they are the negative (or not so good) thoughts we all have in our mind. They can sound like worry, fear, or doubt. Remind your child that with God's help, we can overcome the Mind Monsters!



Share Consider giving an example of when you were younger and you were afraid of something.



Prayer Thank you, Jesus, that as we read this, we become more aware of the world that we live in. Aware, but not afraid. And through our awareness, we gain strength!

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**What is a Mind Monster?
It's something we should know.
That's why we are here.
It's what we will show.**



Tips If you're hearing questions like, "Do Mind Monsters really look like that?" "Do they really live in my head?" A kid-friendly answer is, these negative thoughts in our minds don't *really* look like monsters. It's just fun to think that our negative thoughts could look like these little monsters. And, we can get rid of them when we replace them with our F.A.I.T.H (more on that later)!



Bible Tip The Bible is clear that negative thoughts do not come from God. Instead, He created us in His image. He wants us to live confidently with strength.



Memory Verse 2 Timothy 1:7, "For God has not given us a spirit of fear, but of power and of love and of a sound mind."

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**Mind Monsters are
negative invaders of the mind.
They prowl around daily,
sneaking through **any door**
they can find.**



Tips It's important to help your child recognize any Mind Monsters they may be thinking. You can help him to identify and conquer them. Ask your child what scares him, causes him to worry, or gives him doubt. Then, encourage him that he can overcome those things too.



Share Help your child conquer negative thoughts by **sharing a story** of when you have overcome a Mind Monster.



Bible Tip The Bible tells us to guard our hearts (and guard our minds). When we guard our thoughts it is like putting a lock on the door to our thought life. The Mind Monsters can only come in if we let them.



Memory Verse Proverbs 4:23, "Above all else, guard your heart, for everything you do flows from it."

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**Mind Monsters don't care,
if you're a girl or a boy.
They are after your peace.
They want to steal your joy.**



Tips Remind your child, Mind Monsters try to get in everyone's head no matter what color your skin is, your age, or if you are a boy or a girl. God wants us to conquer these Mind Monsters! Encourage your child that she doesn't have to give her peace or joy away to any negative thoughts. Don't let the Mind Monsters take them away.



Bible Tip The Bible tells us that the enemy comes to take things away from us, that he wants to steal them and destroy them. But Jesus came so that we can experience life to the fullest!



Memory Verse **John 10:10**, "(Jesus)...I came that you may have life, and have it to the full."

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But Mind Monsters aren't strong.
They're actually quite weak.
Their power is lost,
through the F.A.I.T.H. that **we seek.**



Tips For all the issues these negative thoughts can bring, remind your child that we still have power over them when we put our F.A.I.T.H. to work! Even if something bad is happening, we know that God promises to work all things for the good of those who believe. Believing in our F.A.I.T.H. actually takes any power away from the Mind Monsters.



Memory Verse **Romans 8:28**, "And we know that in all things God works for the good of those who love Him, who have been called according to His purpose."



Prayer God, we trust you today. We believe that you are working all things together for the good. Thank you for being with us today.

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**F.A.I.T.H. is our power,
and our partner is Christ.
Together we can stop,
the Mind Monster thought heist.**



Tips Jesus Christ is God's Son (Sometimes we call Him "Jesus." Other times we call Him "Christ."), and the great thing is that He is for us, not against us. Jesus is our friend, which means we're on the same team! We believe in God the Father, Jesus Christ the Son, and the Holy Spirit who is available as a friend to each and every person.

If your child asks you, "what does heist mean?" A kid-friendly example is if someone comes and takes something that doesn't belong to them, that could be called a "heist."

Your smiles belong to you, and sleeping with good dreams belongs to you! We want to stop the Mind Monsters from stealing your joy, your peace, and all of your good thoughts. We stop the thought heist by focusing on our F.A.I.T.H., memorizing Bible verses, and trusting God.



Memory Verse **2 Corinthians 10:5**, "We take every thought and make it obedient to Christ."

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**F.A.I.T.H. is our protection.
We have Jesus on our side.
With Him as our defender,
Mind Monsters will run and hide.**



Tips Have fun with this one, we can think of F.A.I.T.H. as a protective force field that shields us from the negative invaders of the mind. When we put our F.A.I.T.H. into action and have Jesus Christ by our side, we will overcome Mind Monsters. The Bible tells us that God protects us and strengthens us. In the next section, we'll find out more about what the acronym for F.A.I.T.H. is, but here's a snapshot (we know you've been waiting for it!):

- F:** Focus on the positive.
- A:** Affirm yourself.
- I:** Imagine God doing something good.
- T:** Trust God in everything.
- H:** Hope for the best.



Memory Verse **2 Thessalonians 3:3**, "But the Lord is faithful, and He will strengthen you and protect you from the evil one."

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The F in F.A.I.T.H. reminds us,
to **FOCUS** on the positive.
*See the good in everything,
that's the best way we can live.*



Tips Encourage your child that seeing the positive is not always easy, but it is always worth it. Sometimes the hardest things in life, end up being the best for us in the long run. Eating vegetables may not taste as good as candy, but in the long run, they lead to a healthy life. Going to the dentist might be a little scary, but it leads to a beautiful smile. What does your child need help to see the good in?



Share Talk with your child about a time in your life when you had something "bad" happen and how good came out of it.



Bible Tip We call it **The P4:8 MODEL**. It helps us remember where to find the Bible verse and reminds us to use it as a model for how we think. When we fill our mind with positive thinking, we don't leave room for any of the negative thoughts to move in. Take a look at the P4:8 Model below.



Memory Verse **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."

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A is for **AFFIRM**

we're who God says we are.

**He created us to reign,
to be a champion and a star.**



Tips Remind your child that God has a plan for him or her. God loves him and has given him so many talents. Each of us are uniquely made by God. Let's not compare ourselves to others. Find ways to get excited about the gifts and skills God has given to each person including your child! Go to God's Word and find out who He says we are—and then choose to believe it!



Bible Tip What does God say about us? The Bible is quite clear. It says that we are wonderfully made and that God's works are wonderful. He says that we are made in His image. He says that we are valuable, that we are good. He says that we are more than a conqueror.



Memory Verse **Psalm 139:14**, *"I praise you because I am fearfully and wonderfully made; Your works are wonderful . . ."*

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I reminds us to **IMAGINE**
God doing good things.
He loves us more than anything.
Only the best for us He brings.



Tips Imagination is a valuable gift from God. Remind your child that her imagination allows her to think about the possibilities in all the things that God has for her. Encourage her to remember, believe, and imagine that He has great things in store for her and hold on to that promise!



Memory Verse 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."*



Prayer God, thank you for doing good things. Thank you for loving me and bringing the best into my future. I believe that you have great things for my life now and tomorrow.

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T is there to tell us,
to **TRUST** God with everything in life.
We trust Him when it's good.
We trust Him when there's strife.



Tips Remind your child trusting God means that we tell Him all the good, all the bad, all the hard things in our lives. God is a great listener, and we also believe what God says and the plans He has for each and every one of us. It doesn't mean everything will be perfect always, but by trusting God we believe that everything will work out toward a good ending.



Share Consider talking with your child about the plans God has for you in your life. Tell him ways that those plans have changed over your life or how they have stayed the same. Then, ask your child about the plans that God has for them at this moment in their life. (Their responses could be different every day, and that's ok! Celebrate with them and encourage them to keep listening for God to speak in their lives).



Memory Verse 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 keep your paths straight."

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H is our reminder,
to **HOPE** for the very best.
We do all that we can, and
believe God will do the rest.



Tips Encourage your child that in her own strength, she can only go so far. But with God's backing, she can go as far as He wants her to go. Remind her that we play an equal part in this. We don't just sit around and wait for God to do everything. Instead, we do as much as we can, and we know that God will do the things that we can't.



Share Consider talking to your child about a season in life where you did what you could, and God filled in the rest.



Bible Tip Remind your child when we acknowledge who God is in our lives, it matters.



Memory Verse **Psalm 18:2**, "The Lord is my rock, my fortress, and my deliverer..."

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**F.A.I.T.H. defeats Mind Monsters,
and helps us guard our hearts.**
**When we spot them quickly,
we stop the heist before
it starts.**



Tips Help your child remember that spotting negative thoughts is a skill that can be developed. Just like Jesus grew in wisdom and F.A.I.T.H., we can too. As we grow in wisdom and F.A.I.T.H. ourselves, we will be able to recognize Mind Monsters more quickly. We will be able to see the difference between thoughts that are from God and what is from the enemy.



Bible Tip The battles of life will never go away, which is why we want to train our children up in the way that they should go so that when they are older they will not depart from it.



Memory Verse **Proverbs 22:6**, "Train up a child in the way he should go; even when he is old he will not depart from it."

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**F.A.I.T.H. assures our victory,
Mind Monsters don't have a chance.
Now rise up and celebrate,
with a Mind Monster
Mashing dance!**



Tips Guess what? WE WIN! Jesus did the hard work. When you ask Jesus Christ to be the leader and the Lord of your life, then you are part of the WINNING team! Make up your own Mind Monster Mashing dance.



Memory Verse Psalm 149: 3-4, "Let them praise His name with dancing and make music to Him with timbrel and harp. For the Lord takes delight in His people; He crowns the humble in victory."



Prayer Thank you God for giving me the courage to put my F.A.I.T.H to work! Help me win today and conquer any Mind Monsters that come my way.

Thanks for reading Mind Monsters for Kids!
We hope you and your child have been
encouraged and have some extra tools to
build your F.A.I.T.H. You've got this!

Check out MindMonsters.com for more
resources for you and your family.

Bonus Memory Verse Romans 10:9–10,
*"If you declare with your mouth, 'Jesus
is Lord,' and believe in your heart that
God raised Him from the dead, you will
be saved. For it is with your heart that
you believe and are justified, and it is
with your mouth that you profess your
faith and are saved."*

