

# Foundation

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## Unit 1: Careful Thinking Foundations | Lesson 1

# Christians Should Spend Time Learning to Think Carefully

### Essential Question

- What is the relationship between Christians and careful thinking?

### Learning Outcome

By the end of this lesson, students will be able to

- use Scripture to explain whether Christians should spend time learning to think carefully.

### Assessment

- Scripture defense

### Procedures

- Open the lesson with prayer, asking God to guide you as you work toward becoming a careful thinker.
- Explain that today we will explore the concept of careful thinking.
- Have students draw pictures that represent thinking in the *Warm-Up Thoughts* section of their *Student Activity Sheets*.
  - Have several students share their pictures and explain how they chose to represent thinking.
  - Discuss why we associate thinking with the head. (The brain is in the head. It is the part of the body that our minds use to think.)
- Ask students the *Essential Question*, “What is the relationship between Christians and careful thinking?”
  - Have students write down their initial response in their *Student Activity Sheets*.
  - Explain that we will begin exploring what the Bible says about our thoughts, and we

### What You'll Need

#### Materials

- Student Activity Sheets
- Pencils and crayons
- Bible

will determine if thinking carefully is important.

- Post the *Learning Outcome* at the front of the room. Explain to students that by the end of this lesson they should be able to:
  - Use Scripture to explain whether Christians should spend time learning to think well.
- In pairs, have students complete the *Scripture Search* activity in their *Student Activity Sheets*.
  - Come together as a group and discuss the answers.
    - According to Mark 12:28–31, how are we to love God?
      - We are to love God with all our heart, soul, **mind**, and strength.
    - What is the connection between this passage and thinking?
      - Loving God involves our whole mind. We use our minds to think. So the way we think and the things we think about are important parts of loving God.
- Have students look at the *Head-Heart-Hands* diagram in their *Student Activity Sheets*. Explain how each component is part of loving God and each component affects the others. The heart symbolizes loving God through our desires and feelings. The head represents loving God in our thoughts—the way we think and the things we think about. The hands signify loving God in our decisions and through our actions.
  - **For students age ten and under**, use actions to remember each component of loving God. Have students put their right hand on their head and say, “head.” Have them place their right hand over their heart and say, “heart.” Have them hold out their right hand and say, “hands.” Practice actions together.
  - Explain that, many times, Christians focus on the heart (desiring the things of God) and the hands (doing what God commands), but they often forget about the head. That is why we are focusing on careful thinking today.
- In the *Excelling Exercise* section of their *Student Activity Sheets*, have students write a list or draw pictures of things they are good at. Then have them choose two items from their list and explain how they became good at those skills.
  - Allow several students to share their responses.
  - Discuss the similarities in student responses, emphasizing that excelling in each of these skills took practice.
- In pairs, have students discuss what practice for their skill involves. Then have them write a list of different parts of their practice in the *Excelling Exercise* section of their *Student Activity Sheets*.
  - Come together and let several students share their responses. Discuss how practice involves:
    - Watching someone model a skill.
    - Trying out that skill.
    - Repeating that skill.
    - Receiving correction from an expert.
    - Trying and repeating that skill again.

- o Emphasize that excelling in any skill is a lot of work!
- Have students answer the final question in the *Excelling Exercise* section of their *Student Activity Sheets*. Then, discuss the answer to the question.
  - o What is the connection between the process of excelling in these skills and thinking well? If we want to learn to think well, what must we do?
    - Excelling in each of these skills takes practice. If we want to become careful thinkers, we must practice.
- Have students read Mark 12:28–31 again, and then discuss with a partner what this passage has to do with thinking.
  - o Loving God involves our whole mind. We use our minds to think. So the way we think and the things we think about are involved in loving God.
- Revisit the *Essential Question* and have students discuss it with a partner.
  - o What is the relationship between Christians and careful thinking?
    - Mark 12:28–31 says Christians are to love God with their whole minds. We use our minds to think. So the way we think and the things we think about are involved in loving God. Thinking well requires practice. Therefore, Christians should spend time learning and practicing careful thinking.
- Revisit the *Learning Outcome*.
  - o Use Scripture to explain whether Christians should spend time learning to think well.
- Ask students if they have met the *Learning Outcome*. Explain that it is now time for them to show that they have met the goal. Have students complete the *Know It and Show It* section in their *Student Activity Sheets*.
  - o **In academic settings**, collect the assignment for grading.
- Explain that because careful thinking requires practice, we will spend the entire curriculum learning how to think carefully. This practice will better equip us to love God with our whole mind.
- Close the lesson in prayer, thanking God for caring about our thoughts and asking that He would help us grow in our ability to think well.

