

# S.A.F.E. Homes



Strengthening Apostolic Families Everywhere



“Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report: if there be any virtue and if there be any praise, think on these things.” Philippians 4:8

## Just Think About It

What a powerful remedy Paul gave to the church at Philippi for dealing with wayward thoughts! It's so easy to allow our minds to dwell on negative thoughts that drag our spirits down. Research has shown that it takes seven positives to counteract one negative statement. Someone can give you a sincere compliment, but if someone else is critical, oftentimes we allow one criticism to take away all our joy.

Many children have quoted the rhyme, “Sticks and stones may break my bones, but words will never hurt me.” Unfortunately, this isn't true. Words can hurt very much! The key is to not dwell on the negatives that are hurled our way. We may even be guilty at times of *imagining* that someone doesn't like us or has something against us. The Apostle Paul gives us a formula for victory when these kinds of thoughts appear,

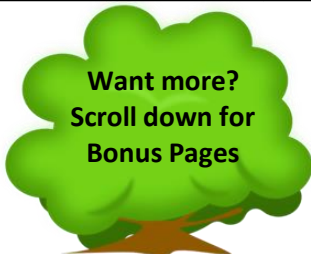
***“Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;  
(2 Corinthians 10:5).***

So if Satan (or anyone else) comes around and tries to defeat you and make you feel bad with negative thoughts or words, you have to remind yourself of what the Bible says, and replace those negatives with the truths that you find there! Remember, “***...we are more than conquerors through Him that loved us!***” (Romans 8:37)

**Family Prayer:** “Dear Jesus, sometimes I allow the hurtful words of others to affect me. Help me to always remember Your Word, which tells me the truth about who I am through You. In Jesus' Name. Amen!”



Includes  
Family  
Activities



Want more?  
Scroll down for  
Bonus Pages



### Two Truths and a Lie

Ask all players to arrange themselves in a circle. Instruct each player to think of three statements about themselves. Two must be true statements, and one must be false. For each person, he or she shares the three statements (in any order) to the group. The goal of the game is to determine which statement is false. The group votes on which one they feel is a lie, and at the end of each round, the person reveals which one was the lie.

### Let's talk

When someone says something hurtful to you, does it change the way you see yourself? Remember that sometimes people try to hurt others when they are insecure themselves. What about constructive criticism? How is that different? Are you able to receive loving correction?

Make a conscious effort this week to build others up (be sincere!). If negative thoughts try to drag you down, revisit Philippians 4:8 (commit it to memory so it will be handy!). Take time this week to make a list of the blessings in your life. You might want to put a family list in your S.A.F.E. HOMES scrapbook.



## Additional Challenges

Let's take a closer look at Philippians 4:8

Grab a dictionary and write the definition for each of the things listed.

1. True \_\_\_\_\_
2. Honest \_\_\_\_\_
3. Just \_\_\_\_\_
4. Pure \_\_\_\_\_
5. Lovely \_\_\_\_\_
6. Good report \_\_\_\_\_
7. Virtue \_\_\_\_\_
8. Praise \_\_\_\_\_

Now, list the **opposite** of each of these things: (the first one is done for you)

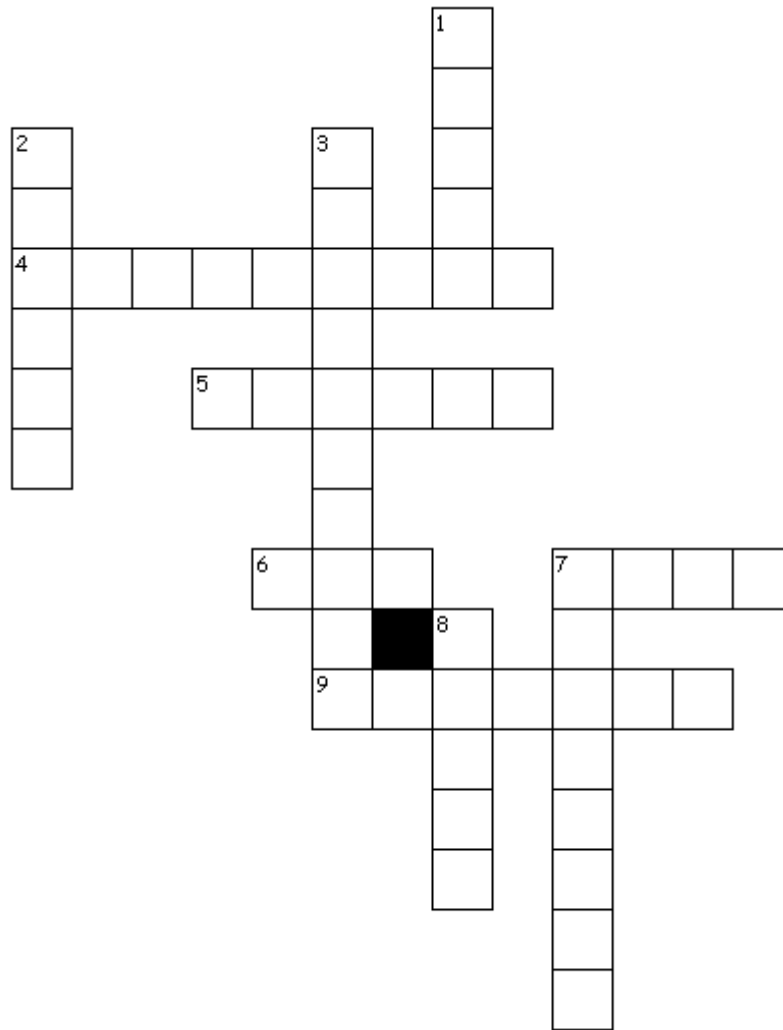
- |                 |                      |
|-----------------|----------------------|
| 1. True - False | 5. Lovely _____      |
| 2. Honest _____ | 6. Good Report _____ |
| 3. Just _____   | 7. Virtue _____      |
| 4. Pure _____   | 8. Praise _____      |

Don't allow any of these *negative things* in your thoughts or speech. You can be strong just like the Apostle Paul. Notice what he told the Philippian church in the very next verse.

“Those things which ye have both \_\_\_\_\_, and \_\_\_\_\_, and \_\_\_\_\_, and \_\_\_\_\_ in ME, \_\_\_\_\_: and the God of peace shall be with you.” (Philippians 4:9)

***Let others see and experience the light of God's truth in YOU!***

## Crossword puzzle



### Across

4. We are often guilty of \_\_\_ that someone doesn't like us
5. Replace the negative with the \_\_\_ found in the Bible
6. We oftentimes let criticism take away our \_\_\_
7. Gave the church a remedy for dealing with wayward thoughts
9. Negative thoughts can drag our \_\_\_ down

### Down

1. How many positives counteract a negative encounter
2. "\_\_\_ and stones is an oft quoted children's rhyme
3. "We are more than \_\_\_" Rom. 8:37
7. Location of the church Paul was speaking to
8. Remember what the \_\_\_ says when negative thoughts come around



**Let  
God's  
Light  
Shine  
Through  
You!**