

Good Morning Sunday School Students,

I am glad that you have joined me today in our Spirit and Truth Zoom Classroom. Our lesson today will be on Your Mind, Your Battle

Our scripture for today is “.Surely thy goodness and mercy shall follow me all the days of my life;and I shall dwell in the house of the Lord for ever,” Psalm 23:6

Schedule for Today

Prayer, Greeting, Meditation

Studying God's Word

Worshipping With A Song

Prayer For Today

Dear God,

Help me to understand that Life will always bring changes. Help me to understand that some days in life will be more challenging. Help me to look for the good in all of it. Help me to know that you will always be with me through every twist,turn and detour.Amen

Meditation for the Day

I surrender to Spirit and experience the peace that surpasses all understanding. All heavy burdens and emotional turmoil are removed, lifted away by the power of Christ in me. Help me to remember just as it is a good idea to exercise my body on a regular basis, it is a good idea to exercise my mind. Help me remember that by consistently studying spiritual books and songs I can avoid having the flabby spiritual muscles of things like cynicism, negativity, victim consciousness, anger, judgmentalism and fear.

[Meditations For PreTeens](#)

Discussion Chapters 6&7 Battlefield Of Your Mind

Memory Verse

**Do not fear, for I am with you, do not be
dismayed for I am your God. I will
strengthen you and help you. I will
uphold you with my righteous right hand.**

Isaiah 41:10

Worshipping In Song

[Light Of Change](#)

Parent Prayer-God, I don't have to be concerned about being strong in my own abilities, but instead I realize that my strength comes from You.

References-,The Holy Bible of Inclusion- DEPaulk, Amplified Bible, Battlefield of the Mind For Teens by Joyce Meyer ,The Law Of Divine Compensation by Marianne Williamson