
BE THE BEE

SESSION #18

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #18

Conquering Our Thoughts

Goal:

Learn to conquer our thoughts.

Objective:

Identify one way to turn away from temptation in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee #18 **Conquering Our Thoughts**

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to “be the bee” and “have a positive way of thinking, seeing only the good side of things.” Show us “where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil.” Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

Tell us one dream you have for your future.

VIDEO

5 minutes

Be the Bee #18 | Conquering Our Thoughts

<https://youtu.be/Ov1NtL7SzU>

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What do you do when you have a negative thought?
- ❖ What did the marshmallow experiment teach us?
- ❖ How can we keep our thoughts focused on good?

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ Do you have a thought that needs to be conquered?
What keeps that negativity in your head?

READING AND APPLICATION

7 minutes

Read the following story to students:

War with Sinful Thoughts

<http://www.johnsanidopoulos.com/2014/01/elder-ephraim-of-vatopaidi-interviewed.html>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you?
- ❖ Where do sinful thoughts come from?
- ❖ How can we conquer them?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"The thoughts of the righteous are just." - Proverbs 12:5

"The thoughts of the wicked are an abomination to the Lord, the words of the pure are pleasing to him." - Proverbs 15:26

"Let us therefore strive to enter that rest, that no one fall by the same sort of disobedience. For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and spirit, of joints and marrow, and discerning the thoughts and intentions of the heart."

Hebrews 4:11-13

Ask students the following questions and help facilitate a discussion:

- ❖ If we try to live according to God and His commandments, what types of thoughts will we have?
- ❖ What is discernment? How does it help us with our thoughts?

Teaching: (reflect on this rather than read it directly to participants)

Father Tom Hopko has said, "there is only one thing certain in life, that we will be tempted until our last breath." Temptations are unfortunately apart of our lives because we live in a fallen world. The good news is that temptations, bad thoughts, and sin are not something we need to directly fight. We are called to turn away from these evils, and focus our energy and attention on the good, and on God who is Good. We can reach out to a friend, read a book, help someone with a project, go for a walk, read scripture, or think of things we are grateful for, the list is endless. As we do these things, we can and should always call upon God. We pray to Him because He can help us with temptations. We cannot do anything alone; "with God all things are possible."

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to turn away from temptations in your daily life through what you learned in the session?

CLOSING PRAYER

*In the name of the Father, the Son, and the Holy Spirit.
Lord, keep us from all danger, misfortune and temptation. Grant us peaceful thoughts, full of Your goodness. It is in You we place our hope and trust. When thoughts come to our minds that are too much to bear, help us to always turn towards You to give us the courage to direct our minds towards You.
Amen.*