

Use this guide to help your family learn about how God wants us to live with integrity.

First, watch  
this week's  
video!

Integrity:  
choosing to  
be truthful in  
whatever you  
say and do.

### Memory Verse

Anyone who lives  
without blame  
walks safely. But  
anyone who takes  
a crooked path will  
get caught.  
Proverbs 10:9, NIV

### Bible Story

Always on My Mind  
(Think on  
These Things)  
Philippians 4:8

### Bottom Line

Focus on what's true.

## Activity

### Focus Fast!

#### WHAT YOU NEED:

No supplies needed

#### WHAT YOU DO:

Say, "Let's play a game. There are four moves. When I give a command, you do the following. When I say . . .

- Up: put your hands up over your head.
- Down: put your hands at your sides.
- Pat: pat the floor.
- Clap: clap your hands together.

Call out the four motions in any random order. Keep the game challenging and increase the speed of the commands.

For a variation, ask them to do the OPPOSITE of what you call. So if you say, "Up," have your child put their hands down. If you say, "Pat," have your child clap, and so on.

After the game, talk about how you had to really focus in order to get the moves right!



## Talk about the Bible Story

When you're daydreaming, what do you usually think about?

Why do you think it's sometimes easier for us to think negative thoughts more than positive thoughts?

What can we do when we find ourselves thinking about or worrying about something negative? For example: You have a big test coming up and you are worried you will fail it. What can you do to focus on what is true?

What are some ways you can practice focusing on what's true? (*Remembering things you are thankful for, the talents and skills God has given you, funny moments with friends.*)

Share with your child why you're grateful. Talk about ways that you focus on what's true even in difficult situations. If you choose, talk about how the pandemic has affected you and how being able to focus on what is true, noble, lovely, etc. is helping you get through a dark time.

## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, You are worthy of our praise! You are always right and pure. Your ways are excellent and trustworthy. God, when we struggle with showing integrity, help us remember to turn to You. We know when we focus on You, we are choosing to train ourselves to be truthful in whatever we say and do. We pray this in Jesus' name! Amen!"