

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



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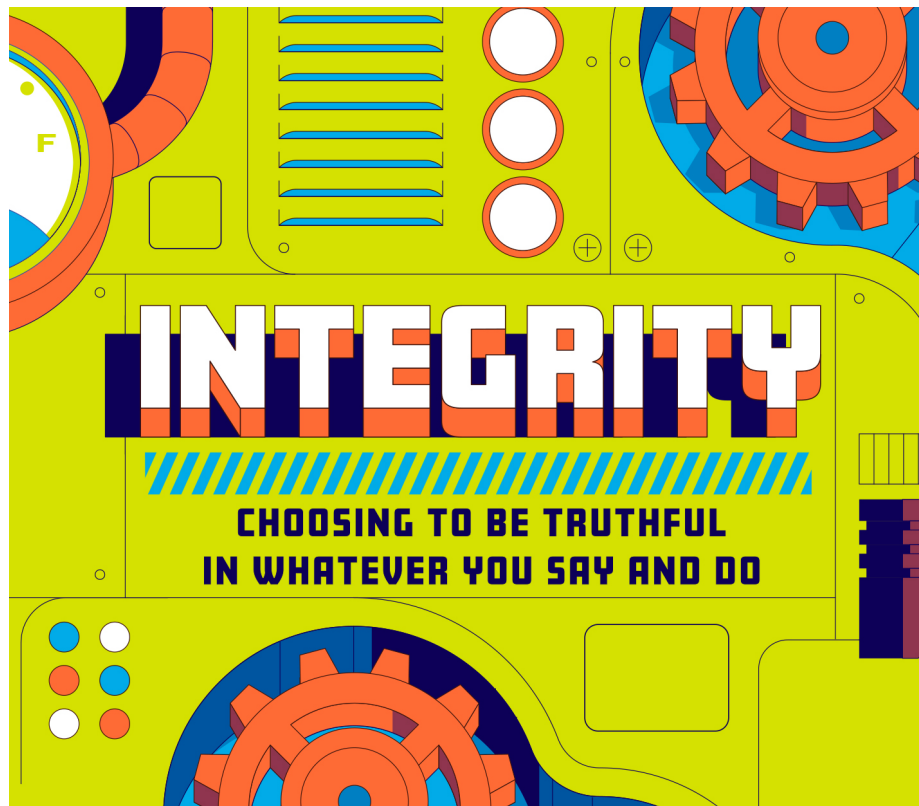
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**Day 1**

After watching, write one thing that:

Watch this week's episode of The So & So Show by going to: <https://bit.ly/PreteenSundaysatHome>

Even if you already saw it at church, feel free to check it out again!

- 1. You liked: .....
- 2. You learned: .....
- 3. You'd like to know: .....

## Day 2

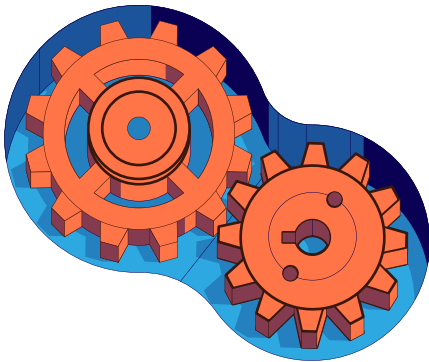
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Read Luke 6:43-45

Grab a sheet of paper and some drawing utensils. As you read Luke 6:43-44, illustrate the trees, bushes, and fruit as it is described by Luke. When things are described as bad, cross through them with a red 'x.' When they are described as good, circle them. Then read Luke 6:45 and draw a stick figure of the two people Luke describes, each with a speech bubble coming out of their mouth. Then draw hearts near each of the stick figures, with a frowny face on the heart with evil and a smiley face on the heart that is storing up good things. Then draw a line from each person's heart to the speech bubble. Put a frowny and a smiley face in the speech bubble that matches each person's heart.

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Whatever is in your heart will eventually make its way to your mouth. If there is truth in your heart, you will live with integrity!



## Day 3

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So you know that you want to store up good things in your heart so that you speak and live out the truth but how do you do that?

Thankfully, Jesus tells us how. Read John 15:1-5 to learn how we can become the people of integrity we want to be. Then close by asking God for help by reading the prayer below out loud.

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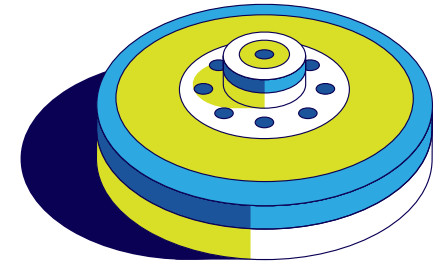
**Dear God,** thank You for sending Jesus to show what that looks like. Thank you for giving me the help through Your Spirit to be truthful with my whole life. Please help me to stay connected to Jesus so that I can grow more like Him. In Jesus' Name, I pray.  
**Amen.**

## Day 4

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Being a person of integrity means to be truthful with your whole life.

That means when you're fully truthful, you need to take time to talk to that person and work it out so you can **be truthful with your whole life**. Reach out to that person today and apologize for not being truthful and ask for their forgiveness. Thankfully, we don't have to do this in our own power. When we're connected to Jesus, God's Spirit is with us and will help us make the wise choice and do what it takes to live with integrity.



## Day 5

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Our friends have a big influence in our lives.

As we talked about this week, when we stay connected to Jesus, we will grow to be more like Him. And when we make friends with people who are also following after God, they will be a great influence on our lives.

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Make a list of the five people you spend the most time with. Then think: what kind of an influence do each of these people have on your life? Is there anyone who you should maybe spend a little less time with because they don't encourage you to follow God and be a better person? Or maybe you know of a friend or family member who's a great influence on your life and you should spend more time with?

Reach out to that person today and make a plan to hang out this week. Spend time together, sharing what's going on in your life and helping each other figure out how to live lives of integrity.