



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

Think About
These Things
Philippians 4:8

Bottom Line

Focus on
what's true.

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

Activity

Trolling for Truth

What You Need:

No supplies needed

What You Do:

Invite your child to play a game. Say, "I'll tell you a statement. I want you to tell me if you think it's TRUE or FALSE. Let's see how many truths you can find!"

Read the following statements and allow your child to answer whether they think each one is true or false. If it's false, share the true answer.

- The earth is the third planet from the sun. (TRUE)
- The tallest mountain in the world is Mount Everest. (TRUE)
- The largest planet in our solar system is Saturn. (FALSE; Jupiter)
- The fastest land animal is the zebra. (FALSE; cheetah)
- The Great Barrier Reef is the largest coral reef system in the world. (TRUE)
- The earth is mostly covered by land. (FALSE; mostly covered by water)
- The Statue of Liberty is located in Paris, France. (FALSE; New York City)
- Bees make honey from flower nectar. (TRUE)

When you're finished, say, "The apostle Paul talked about an important part of integrity. He said that we should focus on what's TRUE!"

Talk About the Bible Story

Open the Bible to Philippians 4:8 and read the passage together.

What kinds of things did Paul say we should focus on? (*what is true; noble, right, and pure; lovely and worthy of respect; excellent or worthy of praise*)

What happens if we focus on these things? (*We'll become more like Jesus; we'll grow in loving God and loving others*)

How can you work on focusing on the things Paul mentioned? (*Pay attention to what you're thinking about, and the things you're watching and listening to; ask God to help you replace unhelpful thoughts with the truth of Who God is and how much God loves you.*)

Parent: Talk about a time when you were focusing on something that made you feel worried or uncertain. Share how it helped for you to focus on God and the truth that God was with you.



Prayer

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

"God, thank You for reminding us today that we can focus our lives on what is true. Help us fill our minds with thoughts that are noble, right, and pure. We want to think like YOU want us to think, so that we can live each day showing Your love and goodness. Please teach us how to focus on what's true. We love You, and we pray these things in Jesus' name. Amen."