

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

Read: Philippians 4:8

DAY

1

Think on Truth

Sit with a friend or family member that you trust. Ask them to tell you a few good, true things about you. Ask them to encourage you with their words.

LISTEN to how others can speak God's truth to you.

DAY

2

Focus On Truth

When we focus on something, it means we think about it and give it our attention. Our verse this week reminds us that thinking about good things will help us do good things—like helping others, letting them know we care, and saying thank you. This week, think about what you focus on. Make a list of the videos you watch, songs you listen to, or people you think about. Do those things help you focus on what's true? Make the wise choice this week and focus on what God says is true.

KNOW that when you are focused it is easier to see and do what God wants us to do.

DAY

3

Whatever Is . . .

Ask a parent to help you read this week's verse from the Bible, Philippians 4:8. After you read it, look for these three words: noble, right, and pure. Ask your parent what those words mean. If you need help, you can look up the definition of each word. Think about an example for what each word means!

ASK God to help you think on what is noble, right, and pure.

DAY

4

Focus on Truth

God is truth. When we focus on God, we are focusing on truth. Pray and ask God to help you focus on what's true this week.

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 "Dear God, You are truth, You are noble, right and pure. I pray that this week I can work on staying focused on You and doing what is right. I pray that You will help me this week to stay focused. I love you God, Amen."  
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THANK God for always being truth.

Focus on what's true.

