

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

Read: Galatians 6:9

DAY

1

Wherever, Whenever

Being truthful with your words and actions isn't always easy. We need to practice. Find an adult and practice being truthful by acting out the moments below.

- ➔ You drew on the couch by mistake when you were coloring. When your mom asks what happened, what do you tell her?
- ➔ It's your turn to walk to the school library to pick out a book. You know that you're supposed to go right there without any other stops, but your best friend's classroom is just two classes away and you could quickly wave to them. What do you do?
- ➔ While you are taking a spelling test at school, your friend's paper dropped to the floor and you saw all their answers. What do you do?

ASK God to help you choose to be truthful with your life.



DAY

2

Doing Good

Think of something good that you can do for someone in your neighborhood. Talk with a parent and think about how you can help people you know. Maybe you could pick up twigs in the yard or water someone's plants? What can you do to "do good?"

LOOK for ways that you can do good.

DAY

3

Gather It

With a parent's permission, cut a sheet of paper into different sized pieces. On each piece of paper, write a word or short phrase from this week's verse. After writing out your verse, spread the cuttings out on the ground around you. "Gather" the crop (verse) and put it in order of the verse.

KNOW God will help us to not give up in doing good.



DAY

4

Wherever You Are

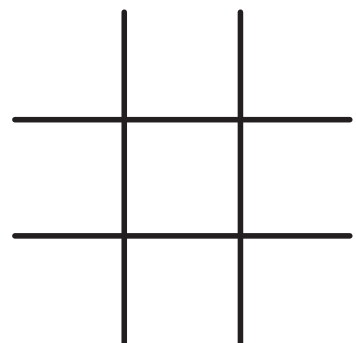
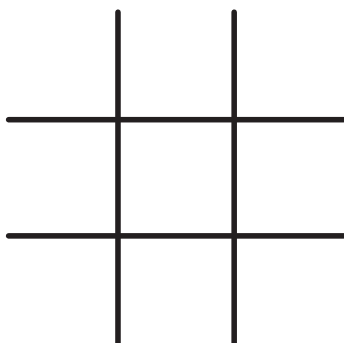
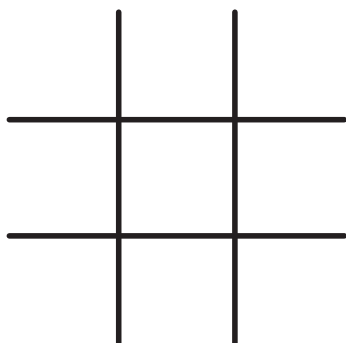
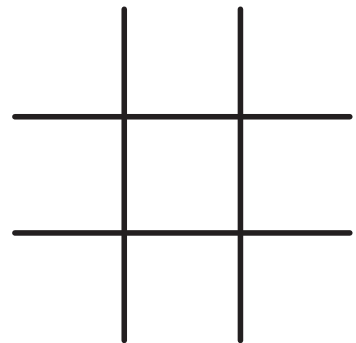
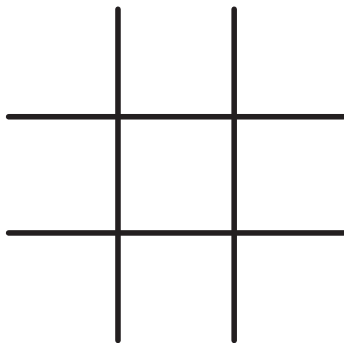
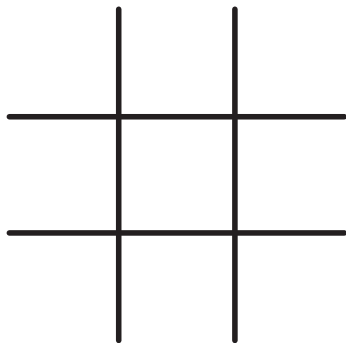
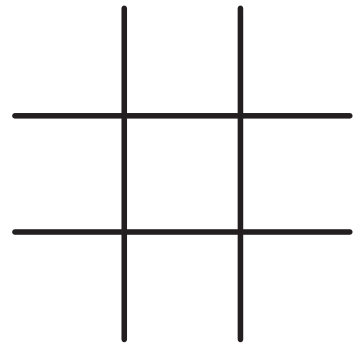
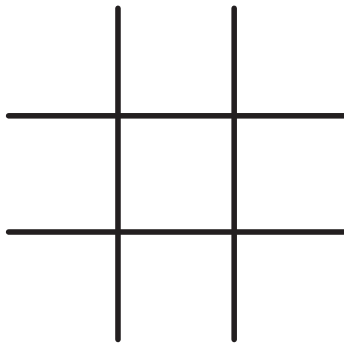
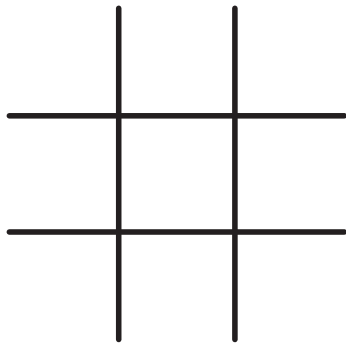
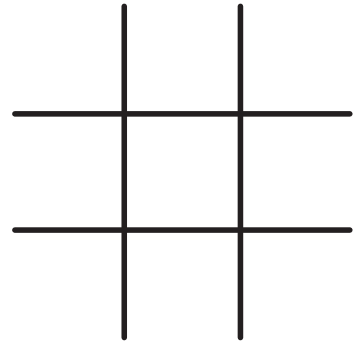
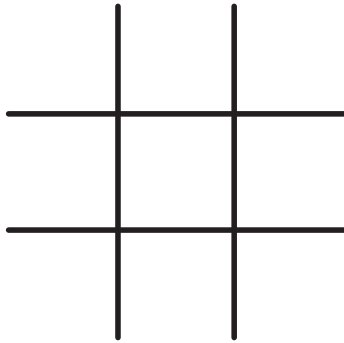
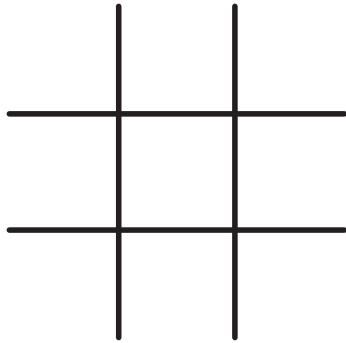
"Dear God, I know that you know what is best for my life. I pray that I can always know what the right thing to do is. Thank you for listening when I don't know what to do. God, help me to make the wise choice to be truthful with my life. Amen"

KNOW that God will help you know to do what's right.



Do what's right wherever you are.

Practice integrity by playing a few games of tic-tac-toe with a friend. No cheating!



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

DAY 1

Read Proverbs 21:3

As followers of Jesus, we should look for ways to do what is right and fair as much as possible. And the best news is that we don't have to do this in our own strength. God will help us treat others with fairness and do what is right wherever you go!

Right and Fair

Read the scenarios below and think of one way you could “do what is right and fair” as you follow Jesus:

- ➔ The kid next door always borrows your basketball without asking. Today, you notice the ball is gone. You didn't see him take it. What do you do?
- ➔ You grab the last ice cream bar from the freezer. Your little brother begs you to share it. What do you do?
- ➔ You didn't finish your homework before heading outside to ride your bike. Later, your dad asks if your homework is done. What do you do?

DAY 2

Read 2 Corinthians 8:21

“If at first you don't succeed, try, try, try again.”

Have you ever watched athletes in the Olympics stand on the podium with a medal around their necks? That moment is the result of years and YEARS of trying and trying again. That athlete knows all of the hard work it took to reach that special moment.

Choosing to do the right thing over and over again is a bit like training for the Olympics. You won't always get it right or perfect. But when you try, when you practice doing the right thing, even small right things, it can lead to big results. And the best part? You don't have to try alone! God will help you to keep doing the right thing wherever you are.

Gold Medal Integrity

Grab some paper and markers to create your own gold medal. You can make it as simple or fancy as you choose. On the back, write out the words of today's verse as a reminder to keep doing the right thing!



DAY 3

Read 1 John 3:18

Today's verse reminds us not simply to say we love but to show love. One big way you can show someone how much you love them is by choosing to be truthful in all you say and do. Just like love is about more than words, integrity is more than just using honest words. It's about our honest actions too. While the words we say are super important, we need to back up those words by being honest in how we live and treat others.

Write Myself a Letter

Write a note to yourself by filling in the blanks below. Ask God to help you show love by choosing to be honest in all we say AND do this week.

Dear ,
(your name)

Don't just talk about love, show

..... love by
(friend/family member)

.....



**Do what's right
wherever you are.**

DAY 4

Read Colossians 3:9

Habits. Some are good and some are just plain bad! But bad habits are something that you can change. And the best way to break an old habit is to replace it with a new, good one.

When you become a follower of Jesus, you are a new creation. The old way of doing things, the old way of living can be left behind. So instead of falling into old habits that are dishonest, we can follow Jesus' example and make the wise choice. With God's help, we can choose to be truthful so that others can trust us.

Think about your habits. Write down a few of them below.

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.....
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Write down a new habit you want to form.

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Make a plan to practice that new habit this coming week! Check off a box each time you practice the new habit.

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Journal

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



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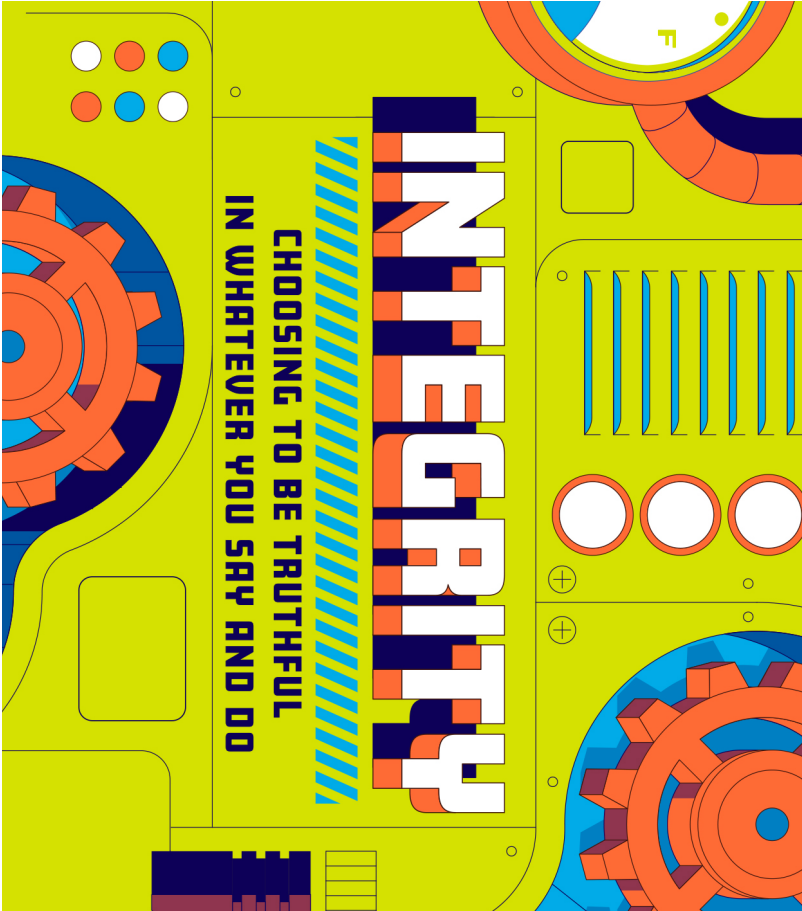
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October
2023

Week Three
4th-5th



Day 1

After watching, write one thing that:

1. You liked:

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

2. You learned:

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

3. You'd like to know:

.....



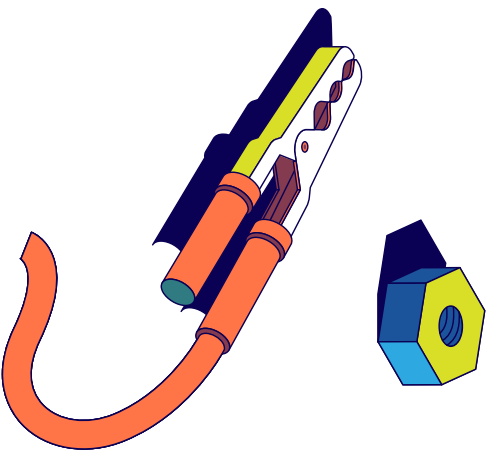
Day 2

Read Daniel 1:1-20

As you read Daniel 1, underline the attributes of the young men the king was looking for. Then, further down in the passage, circle the description of Daniel and his friends. Lastly, draw a line from each of the things the king was looking for in these men down to the circled description that matches it.

That line, the space between verses 5 and 15, represents years of living lives of integrity! Daniel and his friends did what was right—no matter where they were!

How you live your life—what you do with the space between now and then—matters!



Day 3

Have you ever been away from home like Daniel and his friends?

It's important to remember that even when you're away from home and the people who care for you, you're never away from God. So the best thing you can do when you're tempted to do something wrong is to talk to God about it! Personalize this prayer, then say it out loud.

Dear God, thank You for the life of

Daniel and his friends and the way

they lived out integrity. I can learn

so much from them in how they did

what was right even when they were

far from home and no one would

even know. I want to live a truthful life

of integrity like that too because I

love you. Right now, it's hard to

_____.

Please give me the strength to make the wise choice. In Jesus' Name, I pray.

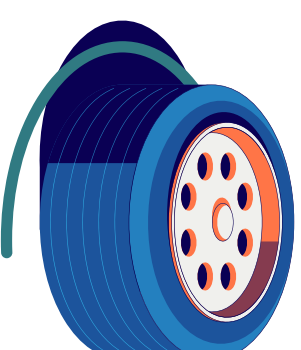
Amen.

Day 4

When is it hard to do what's right?

Take the following list around to your friends and family today and take their vote on when it's hard for them to do what's right. You can explain to the person you're polling why you're asking them the question. Share with them how you're learning what it means to live with integrity.

- When do you find it hardest to do what's right?
- When all your friends are doing it
- When it's something you really want to do
- When someone told you that you can't do it
- When you're tired
- When you're angry
- When you're away from home
- When you're alone
- Something else?



Day 5

Do what's right wherever you are.

Daniel and his friends had integrity—they made a choice to do the right thing even when they were in a brand-new place where it would have been a lot easier to just do what everyone else was doing. As you go through the next few years of life, you will certainly face situations where you have to choose to do the right thing even when your friends aren't. But there's good news: you're not really alone! Any time you're struggling to do the right thing, you can ask God for help.

Ask an adult for a couple of paper clips—if they don't have any, try asking your teacher at school for a couple. Attach the paper clips together as a reminder that you're never truly alone, no matter where you go. Add the clips to the zipper pull on your backpack, and every time you see them, thank God for being with you and ask for help living a truthful life!