

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

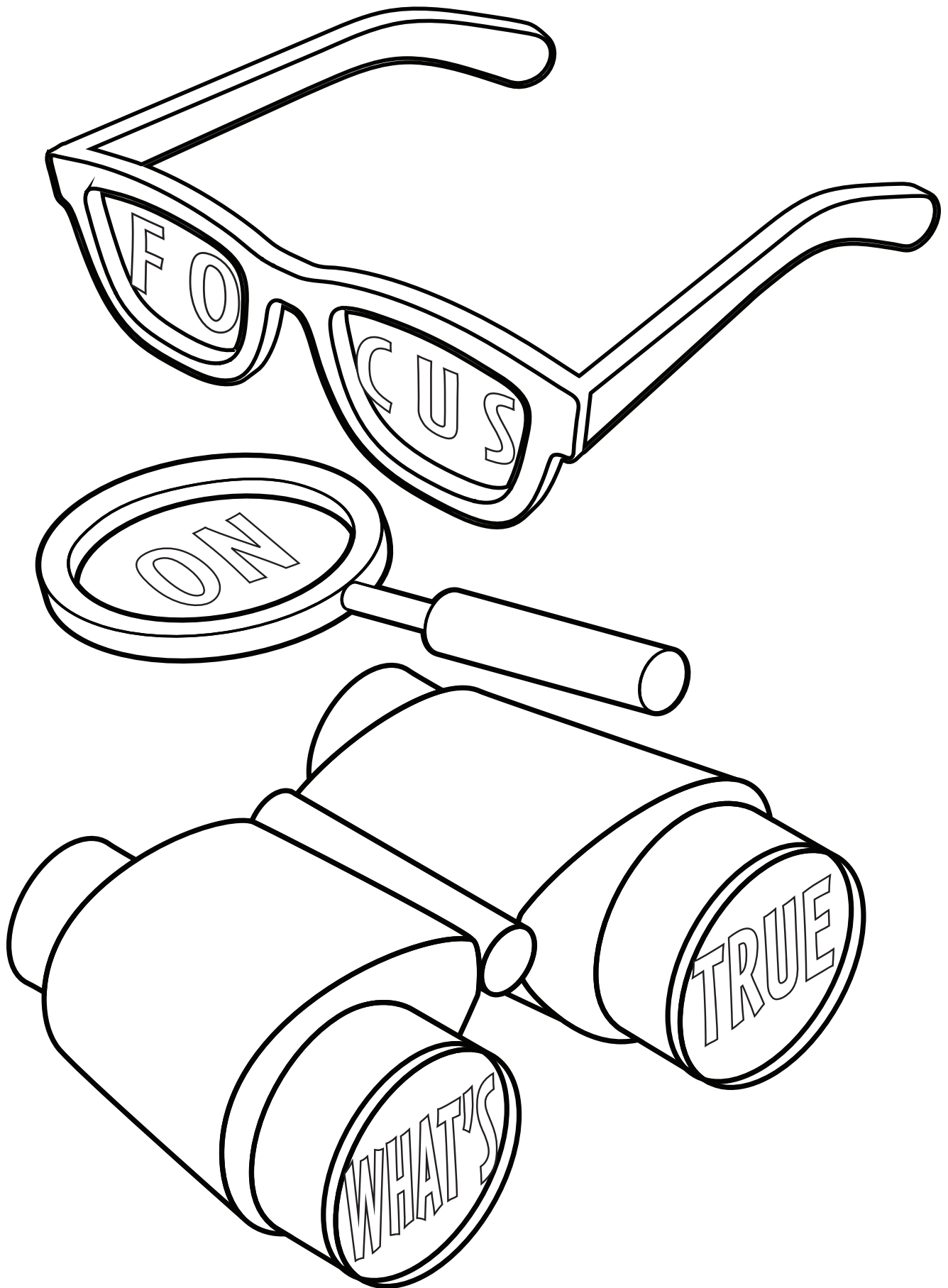
Focus on Truth

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.



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

DAY 1

Read Philippians 4:8

Have you ever looked at something through a pair of binoculars? To see clearly, you have to adjust the little dial at the top to focus the lens! When you adjust the focus, suddenly that bird or bunny or flower you're trying to look at becomes sharp and clear.

When it comes to doing the right thing, we have to focus our thoughts! We have to think about what we think about. If we're filling our minds with good things, our actions will follow. But if our mind is full of anger or bitterness, we'll end up hurting ourselves and the people around us.

So, what are you thinking about? You can change your thoughts with one simple exercise. When you feel a negative, or untrue thought, think about Jesus! Remember what He taught and how He lived. And ask Him to help you change your thoughts so you can focus on what's true.

DAY 2

Read Proverbs 4:25–26

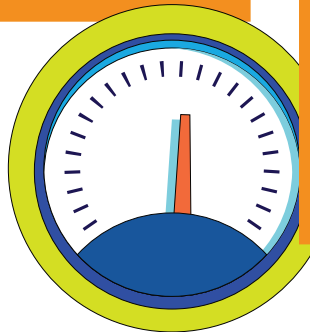
When it comes to doing the right thing, we need to pay attention to what's ahead. We need to be careful that we make the kind of decisions that lead us in the right direction.

How? By trusting God! By reading the Bible. By focusing on what's true. By making the wise choice.

As you make decisions this week, think about where that choice might lead. Choose to be truthful in all you say and do so that you'll end up where you want to be. When you focus on what's true, you'll be headed in the right direction!

Focused Path

Use pillows or paper or other items to create a path on the floor from your door to your bed. Try to make it from your door to the bed by only looking to the left or the right, not at the path ahead. Can you make it to your bed safely without touching the floor? Now try a second time, only focusing on the pillows. Which way worked better?





DAY 3

Read Proverbs 28:18

When you choose to lie or cheat to get ahead, it's like walking on a crooked path! Pretty soon, the people around you will start to question whether they can trust you. And you might just find yourself in trouble because of your choice to be dishonest.

That's why focusing on what's true is so important. Here are some true things we know about God.

God will *help us*, even when we're afraid to tell the truth.

God will *guide us*, even when it feels like cheating will get us there faster.

God will *forgive us*, even if we do mess up.

Write the words "Help," "Guide" and "Forgive" on separate sticky notes and stick them to the wall beside your bed. As you wake up each morning, say a quick prayer and ask God to help and guide you to focus on what is true; then tap each sticky note as a reminder that God will help, guide, and forgive you today as you try to live with integrity.

DAY 4

1 Peter 3:10-11

Concentration

Grab three cups, a bouncy ball, and a friend. Line up the cups, upside down on a table, lift one of the cups and set the ball underneath. Set a timer for 20 seconds. Slowly move the cups around until time runs out, then see if the other player can identify where the ball is. If correct, award that player one point. Repeat but switch roles, allowing your friend to move the cups as you try to find the ball. Play again moving the cups more quickly. Keep score and declare a concentration winner!

The goal of concentration is to follow the cup with the ball! In this game, you focused all your attention on that one cup. Today's verse reminds us that if you want to "love life and see good days," the key is to focus on what's true. When we do the right thing, even when no one else is looking, then others learn quickly that we can be trusted. The strongest friendships are built on trust!

Pray and thank God for the friends and family you have. Ask God to help you focus on what is true so others can trust you.



Focus on what's true.

Journal

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



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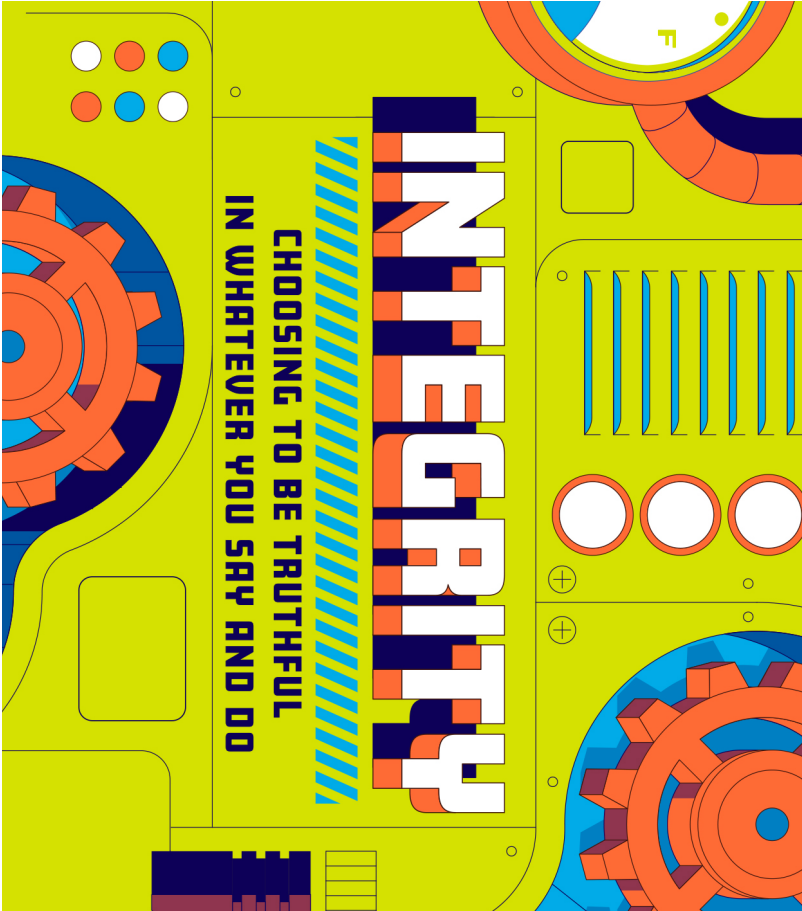
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October
2023

Week Five
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:

.....

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

3. You'd like to know:

.....



A Devotional on Integrity.

FOR AN **everyday faith.**

Day 2

Read Philippians 4:8

As you read Philippians 4:8, look for the things you should be thinking about in the crossword puzzle!

J D X W T M C W J C L X K E E
U C U H J J O O V I F Y X S N
M U G T Y F P R N E G R Z I R
J I I Y W B D T T F U G M A N
R D R Q Y U F H H Z G R T R D
E B M U I U O Y J Z J T T P H
O F C D C S X O J L I Q T F R
P U R E G S S F K B Z H Y O U
T N N D O H E R H Z W A E Y Q
L G T N E L L E C X E A B H G
H O Q Z K I B S S Y G W L T Q
W I V S V Z O P Q O G J H R K
D O Y E E Y N E M G A S H O J
I P U S L K D C H O L S S W W
F K C T C Y K T O Q I J V C I

TRUE

NOBLE

RIGHT

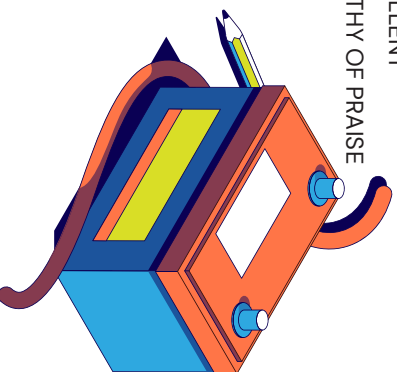
PURE

LOVELY

WORTHY OF RESPECT

EXCELLENT

WORTHY OF PRAISE



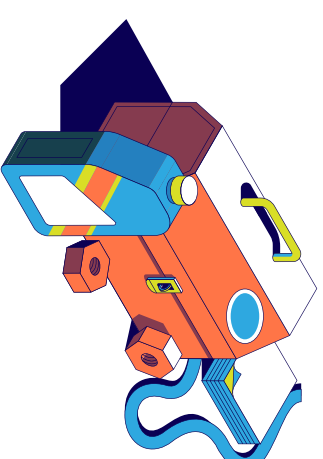
Day 4

What do you spend the most time thinking about?

Find a friend who will join you in this challenge. Make a plan to meet up at the end of the day, or at least to talk on the phone or text about what you discover.

Set a timer, watch, etc. for every thirty minutes today. (Make sure it's silent if you will be in school or anywhere else you should be quiet.) When the alarm goes off, write down what you were thinking about.

At the end of the day, reach out to your friend. Each of you can read off your list and talk about what things you spend most of your time thinking about. Is there anything you wish you thought about more? Make a plan together on how you can think more about things that are true, pure, and lovely.



Day 5

Focus on what's true.

Make yourself a picture collage to help you remember what's true in your life. Photos that remind you that you are loved, that God has given you gifts and talents, pictures of God's creation. Anything that would fit the description Paul gives in Philippians 4:8: "Finally, my brothers and sisters, always think about what is true. Think about what is noble, right and pure. Think about what is lovely and worthy of respect. If anything is excellent or worthy of praise, think about those kinds of things." (NIV)

You can create the collage with actual printed photos—perhaps taping them to your bathroom mirror.

Or you can make a digital collage that you can set as your device home screen or ask a parent to print for you so you can hang it somewhere you'll see it.

Every time you see your collage, say a prayer of thankfulness to God for all the things that are true: God's love for you, God's creativity and strength, family and friends who love you—anything that is true, right and worthy of praise!

Day 3

Write a prayer asking God to help you focus on the things that Paul wrote in his letter to the church at Philippi by filling in the blanks with examples.

Dear God, I really want to focus on

what is true, like _____.

What is noble, right, and pure, like _____.

_____ . I want to think

about what is lovely and worthy of

respect, such as _____.

_____. And what is

excellent or worthy of praise, such as

_____. Please help

me to fill my mind with the good stuff

so that I can truly love You and others

well. In Jesus' Name, I pray, **Amen**,