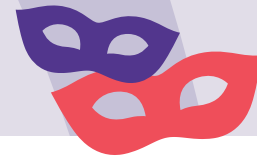


Integrity means choosing to be truthful in whatever you say and do.

Read Matthew 5:8

WEEK
2
1ST



DAY
1

Build Something Strong

Grab some stackable materials. Start stacking one item right on top of the other and see how tall you can get the tower before it falls over. After it falls, start again. But this time create a stronger foundation by putting more blocks on the bottom and working your way up. Just like building a strong foundation for your tower, always speaking the truth sets a good foundation for your relationships with friends and family!

Know that when you build your life on truth you will have stronger relationships with God and those around you.

DAY
2

You Are Forgiven!

Did you know that you can talk to God about anything? Even when we have done something wrong we can ask God to forgive us! If you say something unkind to a friend or if you cheat in a game you can ask God to forgive you. He will always forgive you! Today, think about things that you can tell God. Write them down so you can remember them for tomorrow's activity.

Look for times in your life that you need to talk to God.

DAY
3

The Good, The Bad, The Ugly

Yesterday, you wrote a list of things that you can talk to God about. Go grab that list. Talk to God about some of the things on that list. Choose one from each of these categories: Good (something good happening in your life), Bad (something that you need help with), Ugly (a time that you may have hurt someone's feelings by lying or being unkind.) Pray something like this filling in the blanks with what's on your list:

"Dear God, Thank you so much for (the good). Help me (the bad). And God, please forgive me for (the ugly). Thank you for loving me and forgiving me no matter what. I love you, amen."

Thank God for always forgiving you.

DAY
4

Heart Eyes!

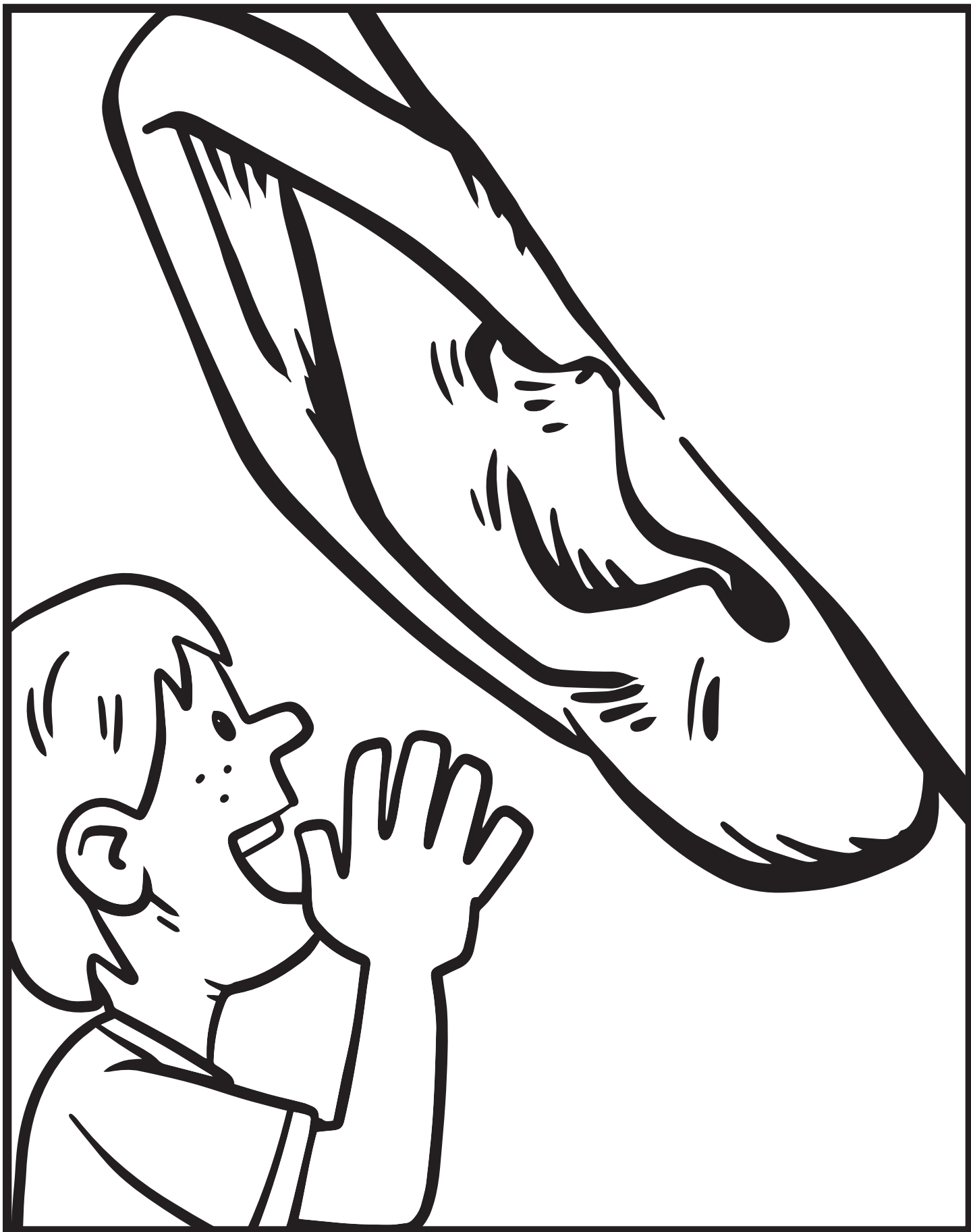
Look up this week's verse, Matthew 5:8. Read it a few times and then grab some paper, scissors, something to write with, and glue or tape.

Create some heart glasses. Cut two heart shapes out of paper to use as the glasses part and three strips to create the nose bridge and the arms of the glasses. Glue or tape all pieces together. Say the verse with your new glasses on! Use these glasses to remind you that those who are pure in heart will see God!

Look for ways that you can see God.

Being truthful with God keeps you close to Him.

PARENT CUE



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



DAY 1

Read 1 John 1:9

In the space below, write down what you think the word “sin” means?

Sin is basically anything we do that we know is wrong. As you probably know, everyone sins.

God does not sin. He is perfect. He doesn't break His promises. And though our perfect heavenly Father has every right to point out all our imperfect actions, He is fair. He promises to forgive us for every wrong thing we have done.

But there is something you and I need to do when we mess up. We need to confess—which simply means to admit or be honest about what we've done. Since God always keeps His promises, we can know that He forgives us, always. **Being truthful with God keeps you close to Him.**

So, think back over your day. Can you think of a time when you messed up? Admit it to God and ask His forgiveness. Be honest. And if you've hurt someone else, talk to God about what you could do to make it right.

DAY 2

Read Proverbs 12:22

Have you ever had a friend who liked to exaggerate? Fill in the blanks below to create your own mad-lib fish story:

Tim: “Yesterday, my dad took me fishing!”

You: “Awesome, did you catch any fish?”

Tim: “Of course I caught some fish! A lot
My dad caught _____ but I caught _____!”
(small number) (big number)

You: “Really?”

Tim: “Yep! But I've caught _____ before! One
(an even bigger number)
time, I caught a fish that weighed more
than a _____.”
(a very large animal)

The problem with exaggerating is that it makes it hard for anyone to trust what you say. We should be truthful with our friends so they can trust us, and we need to be truthful with God too. He sees and knows all and He wants us to be honest with him, always.

Ask God to help you be honest with Him and others this week, knowing that it keeps us closer to the people around us when we choose to be truthful.

*Being truthful with God
keeps you close to Him.*



DAY 3

Read Proverbs 10:9

Have you ever played the “blame game”? It might sound a little something like this.

“He started it!”

“It wasn’t my fault!”

“I only said something mean because she said something mean first.”

We’re all tempted to play the “blame game” to avoid getting in trouble or to make excuses for wrong things we’ve done. But there is a way to avoid the blame game altogether. When we choose integrity, when we make choices that honor God and the people around us, we can walk without blame!

Create a crooked path to walk on. You can set up obstacles to jump over, use yarn or tape to create a crazy zig-zag pattern on the floor, whatever you choose! Then write out the words of today’s verse on scraps of paper and set them out along the path. As you walk, pick up the words and repeat the verse. Time yourself to see how long it takes to say the verse.

Then, create a straight path or remove all the obstacles. Lay the cards along the new path and say the words of the verse as you pick them up. Was it faster on the straight, blameless path?

DAY 4

Read Proverbs 21:3

We like things to be fair. But fair is hard! Cutting the cookie exactly in half, letting everyone have a turn, or go first, or win—it gets tricky making sure everything is fair. But that doesn’t mean we get a pass on fairness!

As followers of Jesus, we should look for ways to do what is right and fair as much as possible. Why? Because obeying God is always the most important thing. It’s even more important than any amount of money we give at church.

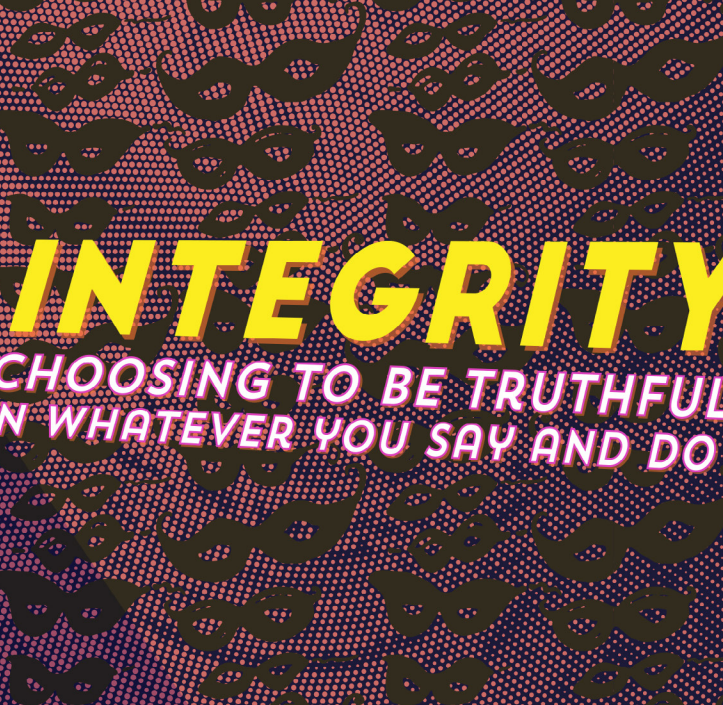
Thankfully we don’t have to do this in our own strength. God will help us treat others with fairness and do what is right when we ask for His help.

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

1. 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?
2. You grab the last ice cream bar from the freezer. Your little brother begs you to share it. What do you do?
3. 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?

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

WHAT DO YOU TALK TO GOD ABOUT?



INTEGRITY
CHOOSING TO BE TRUTHFUL
IN WHATEVER YOU SAY AND DO

Day 1

Go to Studio252.tv and watch this week's episode of The So & So Show.

➡Click on Fun2Watch! then The So & So Show.

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

SO & SO TOP 3

After watching, write one thing that:

1. You liked:_____

2. You learned: _____

3. You'd like to know: _____

Day 2

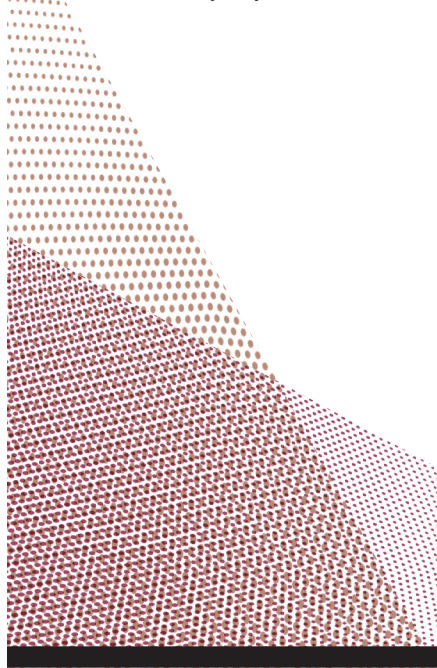
Read 1 John 1:9 out loud.

Now, write the words from the verse that describe God.

God (who He is/what He does)

Us (what we do/how God sees us)

How amazing is it that all it takes for us to be forgiven is to tell God the things He knows about us anyway?!



Day 3

What kind of prayers do you usually pray?

If you're like most people, these are probably the most common times you pray:

- Meal time
- Bed time
- When you're scared
- When you need something

Those are all great times to pray! But God wants to hear from you more than just when you need something. He loves hearing about your day—whether it was the best day ever or a really bad one. And He longs for you to go to Him when you know you've messed up and need forgiveness.

Take a few minutes to talk to God now, but try to do it in a different way than you usually do. If you normally pray in your bed, try praying standing up or even brushing your teeth. If you usually pray a prayer of thankfulness, try adding on a time of confession: telling God what you're struggling with or something you've done wrong. As you "shake up" your prayer time, it will help you be more truthful with God, **and being truthful with God keeps you close to Him.**

Day 4

Who do you find it easiest to talk to about everything in your life? Maybe it's your best friend, or your mom, or your Small Group Leader?

What about that person makes you feel like you can tell them anything? Most likely it's trust. You know you can trust them to understand, to not make you feel bad, and to love you no matter what.

Did you know all of those things are true about God? You can trust Him no matter what. He wants to know everything about you, and He will love you no matter what!

Close your eyes and talk to God. Tell Him about your day, how you need His help, and you can even tell Him something funny that happened. God has a great sense of humor! (After all, He made the blob fish!)

After you talk to God, follow up with the person you thought of, and thank them for being a person who points you to God!



Day 5

Confession. It doesn't sound like much fun, does it? But confessing what we've done wrong to God is freeing.

Look around the room and see what you might have that is pretty heavy to pick up (but that you won't break your back trying to lift!). Pick it up and hold it for 30 seconds. Are you tired? If not, hold it 30 seconds longer. Now, set it down. How does that feel? Pretty awesome, right?

Holding things inside—things that God knows about anyway—that doesn't feel good. So even though it might make you feel nervous to think about admitting something you've done wrong to God, when you do, the freedom and relief you will experience will feel way better than you can imagine. This week, take time each day to intentionally "let go" of everything you're holding on to and **talk to God about it all!**