



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

### Key Question

What do you spend  
the most time  
thinking about?

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

## Activity

### Make It True

#### What You Need:

No supplies needed

#### What You Do:

Invite your child to play a game. Say, "I'll give you a list of statements that are **ALMOST** correct. Let's see if you can figure out what needs to change in order to make each one true. Ready?"

Read the following statements and allow your child to respond. If needed, help them by giving them the correct answer.

- The human body has **306** bones. (*206 bones*)
- The U.S. is made up of **51** states. (*50 states*)
- The human heart pumps **oxygen** throughout the body. (*It pumps blood*)
- The Statue of Liberty was a gift from the U.S. to **France**. (*It was from France to the U.S.*)
- The **Mississippi River** is the longest river in the world. (*The Nile River*)
- The Wright brothers, Orville and Wilbur, were the first to successfully sail a **ship across the ocean**. (*They were the first to successfully fly an airplane.*)
- The human brain weighs about **3 ounces**. (*3 pounds*)
- The earth's primary source of energy is the **moon**. (*The sun.*)

When you're finished with the statements, say, "It's important to know what's true. But it's even better to **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:

"Dear God, please help us focus on what is true, noble, right, pure, lovely, worthy of respect, excellent, and worthy of praise. Help us remember that the choices we make matter—even the things we choose to think about. We love You and want to please You in the things we do, the words we speak, and the thoughts we think. We pray these things in Jesus' name. Amen."