

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

WEEK  
4  
1ST

Read: Philippians 4:8

DAY  
1

## Those Kind of Things

Let's review this week's Bible story. Go to Philippians 4:8 and read it with someone in your house. This verse talks about all of the good things we should think and talk about. Use the verse to unscramble the words that are used to encourage us to have integrity.

rute, bonel, ghtri, urpe, excelentl, ovelyl, srecept,

**Look for ways to think on these things.**

Answers: true, noble, right, pure, excellent, lovely, respect

DAY  
2

## Focus Time

Putting our focus on something means that you think on those things with purpose. When we think about how we can do good things, we will do good. Take some time and focus on the good things that you can say and do to let people know you care. Pick one of those things and do it this week!

**Know that when you focus on the good others see your goodness.**

Focus on what's true.

DAY  
3

## Show Me The Truth

Ask God to help you see and act in truth this week. All month we learned about integrity and that we need to be truthful in whatever we say and do. God can help you with that if you ask!

"Dear God, Thank You for helping me learn about integrity this month and for being an example of integrity. God, I pray that I can always speak the truth and act in truth even when it's hard. I pray that I can live with integrity. Amen.

**Ask God to help you live with integrity.**

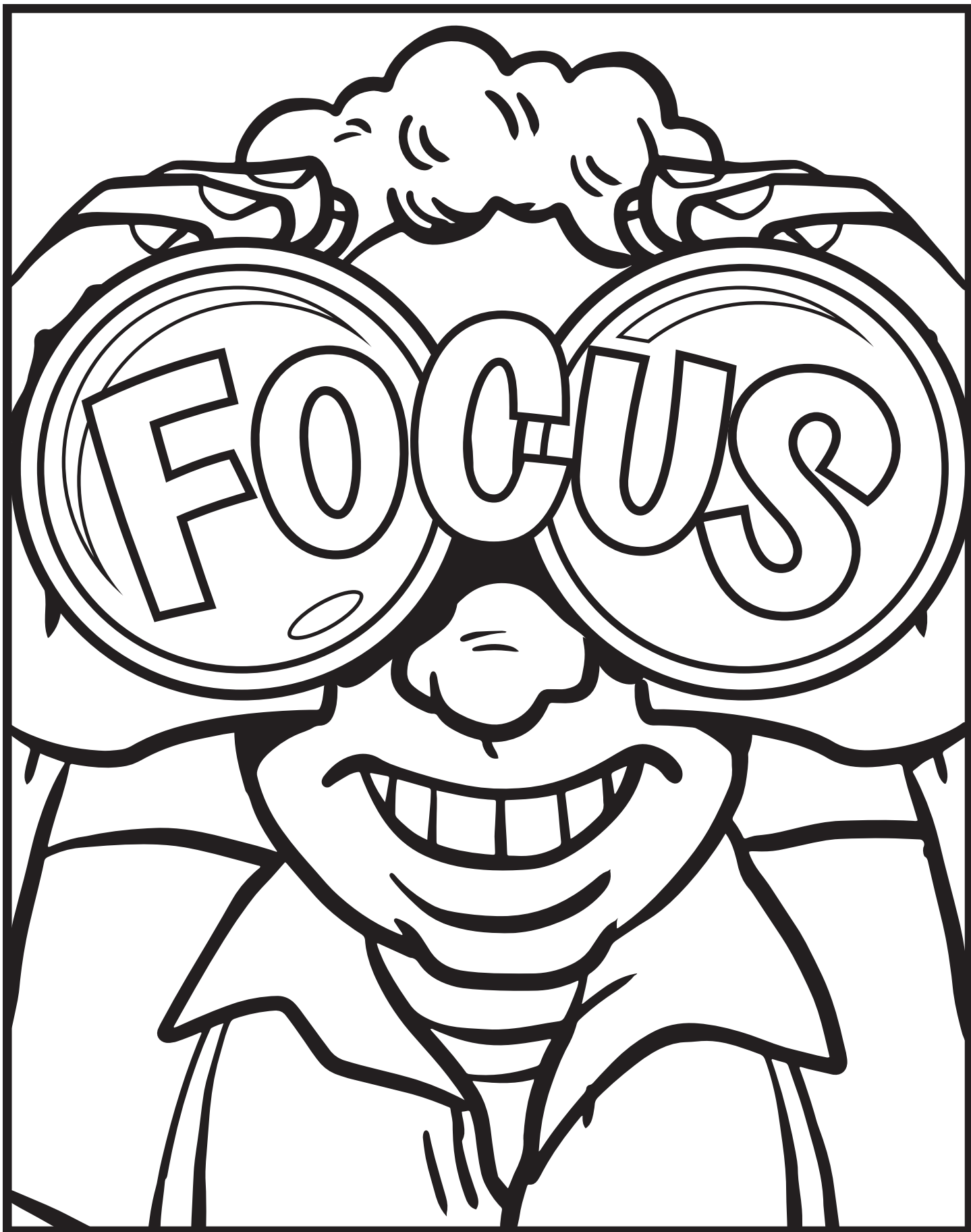
DAY  
4

## Just Ask

Think of a time that you may have not shown integrity. It could have been to a family member or friend. It is never too late to ask for forgiveness from them and from God! Write a note, draw a picture, or say a prayer and ask for forgiveness from whomever you need to. Let them know what you learned about having integrity and how you are learning to be better.

**Thank God for giving us the opportunity to have a relationship with him.**

PARENT CUE



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



DAY 1

## Read Proverbs 4:25–26

Read the rules below. Play the game. Come back and finish reading.

### Rules of the Game:

Grab some pillows and spread them out across the floor of your room. Stand in the doorway of your room and pretend the entire floor is covered in lava. Carefully jump from one pillow to the next to reach your bed. If your foot touches any part of the floor, go back to the doorway and start over.

Did you make it all the way across the floor the first time? Just like you had to think carefully about which pillow to jump to next to reach the safety of your bed, we need to be careful that we make the kind of decisions that lead us in the right direction. When we choose to be honest, when we choose to do what's right over what's easy, we don't have to worry because we'll always end up heading in the right direction!

Choose to be truthful in all you say and do so that you'll end up where you want to be. Because when you focus on what's true, you'll always be headed in the right direction!

DAY 2

## Read Philippians 4:8

Have you ever thought about what you think about? That's perhaps the craziest question ever and likely one you've never *thought* to ask yourself before!

Our thoughts are important because what we *think* affects how we act. When you *think* the new kid is mean, you might ignore him. When you *think* you won't be invited to the party, you might decide not to be friends with the birthday boy anymore. When you *think* that your teacher doesn't like you, you'll probably be less likely to listen during instruction.

When it comes to living with integrity our thoughts are important. That's why, even when it comes to what we think about, we need to focus on what's true.

When you find yourself thinking about things this week, ask yourself a simple question: Is this true? Is what I'm worried about, or angry about really true? If not, then tell that thought to take a hike. Work on replacing those untrue thoughts with noble, pure and right thoughts.

As you pray today, spend some time thanking God for that amazing brain He's given you. Ask Him to help you pay attention to your thoughts so you can focus on what's true!

Focus on what's true.



DAY 3

### Read 1 Peter 3:10-11

Have you ever played the game “capture the flag?” It’s super fun! In this game, you have two teams. Each team has a flag and the goal is to capture the opposing team’s flag! Every single player is focused on that one goal: getting that flag.

Just like you have one goal in a game of “Capture the Flag,” if we want to “love life and see good days,” the key is to focus on what’s true. When we tell the truth and 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!

Grab some friends and head outside to play capture the flag. Ask an adult to help you look up the rules if you aren’t familiar with the game!

Spend some time thanking God for the friends and family He’s given you. **Ask Him to help you focus on what is true** so your family and friends can trust you.

DAY 4

### Read Proverbs 28:18

When you focus on what’s true, it keeps you safe. But when 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. So, what are some true things we know about God?

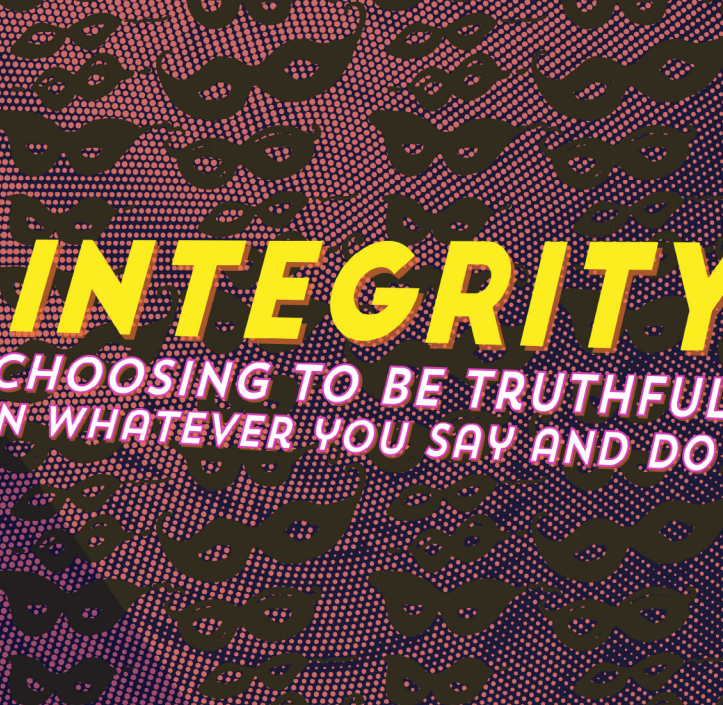
- ➔ God always does what He says He will do.
- ➔ God will *help* us, even when we’re afraid to tell the truth.
- ➔ God will *guide* us, even when it feels like cheating will get us there faster.
- ➔ God will *forgive* us, even if we do mess up and find ourselves on that crooked path.

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.** And if you mess up, ask Him to forgive you so you can walk without blame and stay safe.



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

## WHAT DO YOU TEND TO FOCUS ON?



**INTEGRITY**  
CHOOSING TO BE TRUTHFUL  
IN WHATEVER YOU SAY AND DO

## Day 1

Go to [Studio252.tv](http://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 Philippians 4:8.

As you read Philippians 4:8, make a list of the things you should think about.

Then beside each word, write or draw something that fits that description for you. Like, for “true,” you could write “I am loved,” or draw a heart. Do this for each word in your list, then hang the list somewhere you will see it often so you can draw your mind back to focus on what’s true!

## Day 3

**One way you can train your brain to focus on the things mentioned in Philippians 4:8 is by asking God to help you!**

The simple act of praying out loud and centering your prayer time on these things will help your brain to focus on it.

Grab your list from yesterday, and use it to fill in the blanks. Then read it out loud to God. “Dear God, thank You for the truth that \_\_\_\_\_. I want to focus on what is noble, like \_\_\_\_\_, and I want my mind filled with things that are right and pure, like \_\_\_\_\_ and \_\_\_\_\_. \_\_\_\_\_ lovely, so help me to focus on that, as well as \_\_\_\_\_, which/who is worth of respect. Please also help me to think about excellent things like \_\_\_\_\_ and \_\_\_\_\_, which is worthy of praise. In Jesus’ Name, I pray, amen.”

## Day 4

**Think about the conversations you have with your friends, the texts or messages you send each other or the jokes you tell. Do these line up with the things that God wants us to think about?**

Thinking about things that are pure and right and good doesn’t mean we can’t be silly with our friends, but it does mean that our thoughts, words and actions shouldn’t contradict the things that are true and excellent.

Grab your phone or device and shoot a message to a friend right now. But before you do, think about what you could say to your friend that would be true and lovely. Maybe you could share Philippians 4:8 with them or another verse that has encouraged you lately. Maybe you could tell them something you appreciate about them. Or perhaps you could simply say, “I’m thinking of you and wanted you to know!”

Now, try to make this a habit. At least once a day, think of a way you can reach out to a friend or family member within the framework of Philippians 4:8 by focusing on what is excellent and worthy of respect.

## Day 5

**Stare at this drawing for about 30 seconds. Now, look at a blank wall. What do you see? Crazy, right?!**

The same thing happens in our lives. When we focus on something for a while, we carry it with us. But most likely, we’ll see the effects of that focus for a lot longer than it takes for the light bulb to fade from your vision.

Think about when you’ve watched a scary movie or listened to music that your parents probably wouldn’t want you to hear. It’s hard to shake off, isn’t it?

On the other hand, if most of what you focus on is true, noble, right, pure, lovely, worthy of respect, excellent or worthy of praise, then imagine how great it will be to carry those thoughts with you throughout your day!

Try to start every day by focusing on something excellent. You could:

- Read your Bible
- Memorize a verse
- Listen to a worship song
- Pray
- Write down three things you’re thankful for

Pick at least one thing to focus on each day, and watch how your morning focus will stick with you the rest of the day!