



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

Daniel's Integrity  
with Food  
Daniel 1

### Bottom Line

Do what's right  
wherever you are.

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

## Activity

### Food Art

#### What You Need:

Paper plate, markers or crayons

#### What You Do:

Set out the paper plate and the markers. Say to your child, "Create a meal with whatever you'd want to eat for lunch. Draw your meal on your paper plate."

When your child finishes, ask them to share what they drew.

Say to your child, "You did a great job! Those are some very interesting choices on your plate."

"In today's story, Daniel knew that eating the king's food would go against what God wanted. Instead, he asked permission for him and his friends to eat only vegetables. Do you think it was easy for Daniel to go against the king?" (Allow your child to respond.)

"It can be hard to live with integrity when the people around us aren't making good decisions. When we're in a tough situation like that, we can always pray and talk to God about it. We can ask God to help us do what's right."

## Talk About the Bible Story

How was Daniel's choice the wise choice? (God had made it clear to him and his friends that it was wrong to eat the king's food; he knew that and did what God wanted him to do.)

Have you ever had to make a hard choice to do what was right? What did you do?

What can help you make a wise choice, even when it's hard? (Talking to God about it, talking to family or friends who can encourage you)

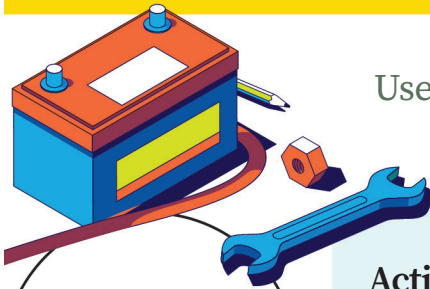
Parent: Share about a time when you had to make a choice between doing the right thing or the wrong thing. Emphasizing where you were—like if you were in a place where you could easily have done what was wrong and no one would know. Explain how God helped you do the right thing.



## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, thank You for reminding us to do what's right wherever we are. Please help us remember to make good choices when we're at school, home, the playground, church, and wherever we are. Help us to do the right thing and let others see You because of the decisions we make. We love You, and we pray these things in Jesus' name. Amen."



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### Key Question

When is it hard  
to do what's right?

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

## Activity

### Driving Decisions

#### What You Need:

Masking or painter's tape, toy car (or any object that can represent a car)

#### What You Do:

Tape a starting line and a finish line on the floor. Line up the car on the starting line.

Say, "I'll suggest some situations where it could be tough to do what's right. If you think it would be easy for you to do what's right, move your car to the finish line. If it would be difficult for you to do what's right, leave your car at the starting line. If you think it would be somewhere would be in the middle—between easy and hard—to make the right choice, move your car in the middle."

#### Situations:

- You choose not to watch the show that your friends are watching because you know it's off limits for you.
- Your friends are making fun of someone, but you speak up to defend the person.
- You decide not to cheat on a test even though you could easily do so without getting caught.
- You know you're in the wrong about something, so you choose not to try to defend yourself and get the last word in.
- You choose to tell the truth about something, even though you know it means you might get in trouble.

Then say, "Sometimes it's tough to do what's right—especially when the people around us are making a different choice. But God is always there to help us live with integrity!"

## Talk About the Bible Story

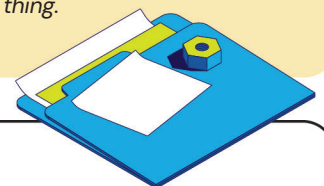
How was Daniel's choice the wise choice? (*God had made it clear to him and his friends that it was wrong to eat the king's food; he knew that and asked to eat vegetables instead.*)

Have you ever had to make a hard choice to do what was right? What did you do?

What can help you make a wise choice, even when it's hard? (*Talking to God about it, talking to family or friends who can encourage you*)

If you could create a bumper sticker about something you've learned this month about integrity, what would it say?

*Parent: Share about a time when you had to make a choice between doing the right thing or the wrong thing. Emphasizing where you were—like if you were in a place where you could easily have done what was wrong and no one would know. Explain how God helped you do the right thing.*



## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, sometimes it's hard to follow You when people around us are doing something we know isn't right. Please help us to be strong in times when we're tempted to make a bad choice. Help us make the WISE choice this week and do what's right—wherever we are. We love You, and we pray these things in Your name. Amen."