

Offstage: Drop the Act

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

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

Rise Up
(Daniel's Integrity)
Daniel 1

Bottom Line

Be truthful with
your whole life.

Activity

This Path or That Path?

WHAT YOU NEED:

Painter's or masking tape, cotton ball
(or similar), timer

WHAT YOU DO:

Create two paths with masking tape.
For the first, create a straight path,
about 5-10 feet long and 5 inches
wide. For the second, make a zigzag
path the same distance and width as
the first path.

Give your child a cotton ball. Explain
that you will time how long it takes
them to blow the cotton ball down
both paths. Tell them they can only
use their mouth to blow the cotton
ball down each path.

Call out, "Ready? Set. Go!" and then
time how long it takes for your child to
blow the cotton ball down Path One.

Then do the same for Path Two and
time how long it takes for your child
to blow the cotton ball down that
path. (Path Two should take longer.)

Ask, "Why do you think it took longer to
blow the cotton ball down Path Two?"

Discuss their response before moving
on to talk about the Bible story.

Talk about the Bible Story

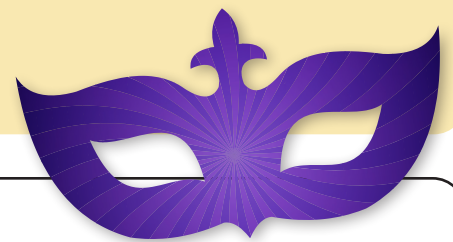
Our memory verse for this month is, "Anyone who
lives without blame walks safely. But anyone who
takes a crooked path will get caught," (Proverbs 10:9,
NIV). What do you think that means? (*Relate it to the
game you played earlier—how much easier it is to
walk the "straight" path versus the "crooked".*)

Integrity means choosing to be truthful in whatever
you say and do. How did Daniel and his friends show
integrity? (*They didn't eat the king's food. Doing so
would dishonor God because the food had been
offered to false gods.*)

What happened when Daniel and his friends only ate
vegetables for 10 days? (*they looked healthy and well
fed—they looked better than the men who ate the
king's food*)

When can it be hard for you to tell the truth or show
integrity?

(*Share a personal example of an area in your life that
you're working on showing more integrity in.*)



Prayer

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

"God, You are faithful and never change! In everything
You say and do, You have always been truthful! We can
trust You no matter what. God, You made each one of
us in Your image, and we want to reflect You to others.
Help us to show integrity and be truthful in whatever
we say and do. In Jesus name we pray. Amen"

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Key Question

How do you
want people to
describe you?

Activity

Scenario Says

WHAT YOU NEED:

No supplies!

WHAT YOU DO:

Tell your child that integrity means choosing to be truthful in whatever you say and do. You're going to take turns reading a scenario from the list below. One of you will come up with a response that shows integrity, and one of you will think of a response that doesn't show integrity.

(Make sure to take turns coming up with the positive response versus the negative response so one person isn't exclusively thinking of negative reactions!)

- You find \$10 in the couch cushions.
- Your promised you would clean your room.
- You said you would finish your homework but you really want to go outside and meet up with a friend.
- You are at a friend's house when they start watching a movie that you know you're not allowed to watch.
- Your dad tells you goodnight and asks you to read 30 minutes before going to sleep.
- You pick up your sister's latest LEGO creation. A big chunk breaks off, and you can't fix it on your own.

Talk about the Bible Story

In your own words, what do you think integrity means?

Why was Daniel taken to Babylon? (*Daniel was taken to Babylon because King Nebuchadnezzar conquered Judah and marched all the people to Babylon to live*)

How did Daniel and his friends show integrity during their training? (*They didn't eat the king's food. Doing so would dishonor God because the food had been offered to false gods*)

What happened when Daniel and his friends only ate vegetables for 10 days? (*they looked healthy and well fed—they looked better than the men who ate the king's food*)

When can it be hard for you to tell the truth or show integrity? (*Allow them to respond.*)

Integrity is more than being honest. It is about being honest even if no will see or hear you being honest. (*Share an example of an area in your life where you're working on integrity.*)

How can you work on integrity this month?



Prayer

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

"God, You are faithful and never change! In everything You say and do, You have always been truthful! We can trust You no matter what. God, You made each one of us in Your image, and we want to reflect You to others. Help us to show integrity and be truthful in whatever we say or do. In Jesus name we pray. Amen"