

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

Always on My Mind
(Think on
These Things)
Philippians 4:8

Key Question

What do you tend
to focus on?

Activity

Focus Fast!

WHAT YOU NEED:

No supplies needed

WHAT YOU DO:

Tell your child you're going to read through a list of negative thoughts and brainstorm something *different* you could think about instead.

Read a few of the following scenarios. (Choose the ones that you think your child will respond best to, and adjust the details to tailor them to your family.) Work with your kid to find a way to turn the thought into something more positive.

- My teacher is so boring. I'll never be able to pay attention.
- That's the LAST time I try something new. I never be able to learn something else.
- I'm never talking out loud in front of my class or my coworkers—ever.
- I can't do math. I'm terrible at it.
- I hate when my step-brother comes in my room. He's so annoying.
- The new person is so strange.
- Dad is the worst cook ever. I really don't like when he makes dinner.
- I don't want to go to Small Group. None of my friends are there.
- Someone is always telling me what to do. It's the worst!
- Why does it feel like I have to work harder than any of my friends?

Talk about the Bible Story

When you're daydreaming or just thinking your thoughts, what do you usually think about?

Why do you think it's sometimes easier for us to think negative thoughts more often than positive thoughts?

What can we do when we find ourselves thinking about or worrying about something negative? Or when we start to worry? For example: You have a big test coming up and you are worried you will fail it. What can you do to focus on what is true?

What are some ways you can practice focusing on what's true? (*Remembering things you are thankful for, the talents and skills God has given you, funny moments with friends.*)

Share with your child why you're grateful. Talk about ways that you focus on what's true even in difficult situations. If you choose, talk about how the pandemic has affected you and how being able to focus on what is true, noble, lovely, etc. is helping you get through a dark time.



Prayer

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

"God, You are worthy of our praise! You are always right and pure. Your ways are excellent and trustworthy. God, when we struggle with showing integrity, help us remember to turn to You. We know when we focus on You, we are choosing to train ourselves to be truthful in whatever we say and do. We pray this in Jesus' name! Amen!"