

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

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

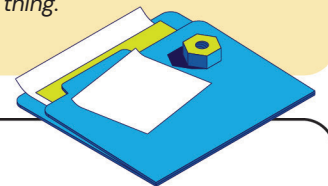
How was Daniel's choice the wise choice? (*God had made it clear to him and his friends that it was wrong to eat the king's food; he knew that and asked to eat vegetables instead.*)

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."