

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

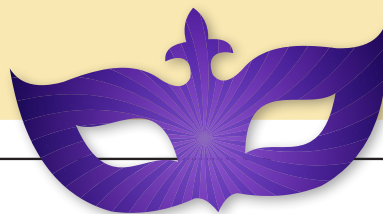
Our memory verse for this month is, "Anyone who
lives without blame walks safely. But anyone who
takes a crooked path will get caught," (Proverbs 10:9,
NIV). What do you think that means? (*Relate it to the
game you played earlier—how much easier it is to
walk the "straight" path versus the "crooked".*)

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"

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



DAY 1

Read Proverbs 11:3

Have you heard the word integrity before? Integrity is choosing to be truthful in whatever you say and do. So, it's more than just being truthful with your words. Integrity is about doing the right thing even when no one is looking. Integrity means being truthful in all things, in all ways, always.

Unscramble the words below to find out what we're learning this week:

_____	_____	_____
E B	T F L U U R H T	T I W H
_____	_____	_____
R Y O U	E O H L W	E I F L

Ask God to help you do what is right so you can live a life of integrity. Thank Him for guiding you and for always doing what He says He will do.

**Be truthful with
your whole life.**

DAY 2

Read Proverbs 19:1

Say the sentences below aloud, paying attention to the direction at the beginning.

(with enthusiasm) "Nice shirt."

(with sarcasm) "Nice shirt."

Do you see how the same sentence can have two very different meanings? "Nice shirt" could either be a big compliment or a major put down. Have you ever had a friend claim you said something unkind when you really didn't mean it that way?

When we say what we mean and mean what we say, others learn quickly that they can trust us. Choose to speak words that build up in a kind tone so that they can't be twisted around or misunderstood.

Think about a time when you said something that made someone else angry or upset. Were you careful with your tone or were you sarcastic? Did you do anything with your body language to make the other person feel unloved?

Ask God to help you choose kind words and to be careful with how you deliver them so you can show integrity.

DAY 3

Read 1 Peter 3:16

Have you ever done something you knew you shouldn't have done? Maybe you took something that wasn't yours, or told a lie, or cheated so you could win. You know that feeling you feel when you're worried you will get caught?

Do you know how you can avoid that feeling? Check out the first sentence in 1 Peter 3:16. If you choose to be truthful in all you say and do, then you won't have to worry. Living a life that's truthful means you'll never have to hide, or worry about getting caught!

Use the key to decode the sentence below.

A - +	G - ~	L - =	R - !	V -)
D - #	H -]	M - \	S - :	W - [
E - @	I - &	N - ^	T - \$	Y -
F - /	K - %	O - *	U - (

= &) @ : * \$] + \$ | * (

* ^ \$] +) @ \$ * / @ @ =

| * () @ # * ^ @ + ^ | \$] & ^ ~

[! * ^ ~

Answer: Love so that you don't have to feel you've done anything wrong.



DAY 4

Read Luke 16:10

Is there something you are allowed to do now that you weren't allowed to do when you were younger? Maybe you have a later bedtime. Maybe you're allowed to walk down the street to a friend's house or ride your bike around the neighborhood on your own.

As you show you can be trusted, you might notice that teachers, coaches and your parents allow you a little bit more freedom. Showing you can be trusted with a little thing now (like riding your bike carefully around the neighborhood) might lead to bigger freedoms later (like driving a car when you're old enough and have a license.)

Our verse today reminds us that **integrity is something you build upon**. When you're honest with your words and actions, you build trust. It's about being truthful with your whole life. In the spaces below, write one way you can show integrity with that body part this week so you can build trust. (Example: Eyes - "I will choose to only play video games that my parents have approved.")

Mouth - _____

Hands - _____

Eyes - _____

Ears - _____

Feet - _____