

Driven: What's Inside Matters Most



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."