

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"

# 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.

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.

Be truthful with your whole life.

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 - (	

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[ ! \* ^ ~

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 - \_\_\_\_\_

OCTOBER  
2020

# Elementary

WEEKLY CUES

YOU GOT  
THIS!

## Theme

# Offstage: Drop the Act

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



### REMEMBER THIS

“Anyone who lives  
without blame walks safely.  
But anyone who takes a  
crooked path will get caught.”  
Proverbs 10:9, NIV

## Week One

Daniel's Integrity  
Daniel 1

## Say This

Be truthful with your whole life.

## Do This



## Morning Time

**W**rite a note to your child on their mirror or a sticky note on their door saying, “Be brave by being truthful with your whole life.” If they ask what you mean, talk to them about being true to who they are and not bending or changing to what their friends behaviors are like. For example, if you see someone not being kind, stand up for what is right.

**It doesn't make  
you a bad parent  
to ask for help,  
it makes you a  
better parent.**

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For blog posts and parenting resources, visit [TheParentCue.org](https://TheParentCue.org)