

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

## DAY 1

### Read Philippians 4:8

Have you ever looked at something through a pair of binoculars? To see clearly, you have to adjust the little dial at the top to focus the lens! When you adjust the focus, suddenly that bird or bunny or flower you're trying to look at becomes sharp and clear.

When it comes to doing the right thing, we have to focus our thoughts! We have to think about what we think about. If we're filling our minds with good things, our actions will follow. But if our mind is full of anger or bitterness, we'll end up hurting ourselves and the people around us.

So, what are you thinking about? You can change your thoughts with one simple exercise. When you feel a negative, or untrue thought, think about Jesus! Remember what He taught and how He lived. And ask Him to help you change your thoughts so you can focus on what's true.

## DAY 2

### Read Proverbs 4:25-26

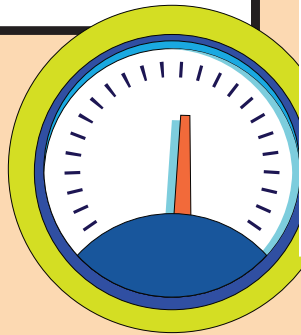
When it comes to doing the right thing, we need to pay attention to what's ahead. We need to be careful that we make the kind of decisions that lead us in the right direction.

How? By trusting God! By reading the Bible. By focusing on what's true. By making the wise choice.

As you make decisions this week, think about where that choice might lead. Choose to be truthful in all you say and do so that you'll end up where you want to be. When you focus on what's true, you'll be headed in the right direction!

#### Focused Path

Use pillows or paper or other items to create a path on the floor from your door to your bed. Try to make it from your door to the bed by only looking to the left or the right, not at the path ahead. Can you make it to your bed safely without touching the floor? Now try a second time, only focusing on the pillows. Which way worked better?



## Read Proverbs 28:18

When you choose to lie or cheat to get ahead, it's like walking on a crooked path! Pretty soon, the people around you will start to question whether they can trust you. And you might just find yourself in trouble because of your choice to be dishonest.

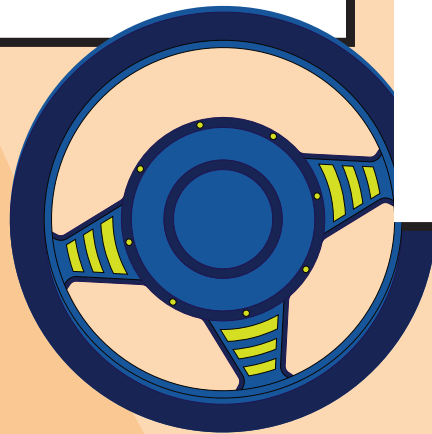
That's why focusing on what's true is so important. Here are some true things we know about God.

God will *help us*, even when we're afraid to tell the truth.

God will *guide us*, even when it feels like cheating will get us there faster.

God will *forgive us*, even if we do mess up.

Write the words "Help," "Guide" and "Forgive" on separate sticky notes and stick them to the wall beside your bed. As you wake up each morning, say a quick prayer and ask God to help and guide you to focus on what is true; then tap each sticky note as a reminder that God will help, guide, and forgive you today as you try to live with integrity.



## 1 Peter 3:10-11

### Concentration

Grab three cups, a bouncy ball, and a friend. Line up the cups, upside down on a table, lift one of the cups and set the ball underneath. Set a timer for 20 seconds. Slowly move the cups around until time runs out, then see if the other player can identify where the ball is. If correct, award that player one point. Repeat but switch roles, allowing your friend to move the cups as you try to find the ball. Play again moving the cups more quickly. Keep score and declare a concentration winner!

The goal of concentration is to follow the cup with the ball! In this game, you focused all your attention on that one cup. Today's verse reminds us that if you want to "love life and see good days," the key is to focus on what's true. When we do the right thing, even when no one else is looking, then others learn quickly that we can be trusted. The strongest friendships are built on trust!

Pray and thank God for the friends and family you have. Ask God to help you focus on what is true so others can trust you.

## Focus on what's true.