

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"