



LIFE APP

integrity: choosing to be truthful in whatever you say and do.

BOTTOM LINE

Focus on what's true.

KEY QUESTION

What do you tend to focus on?

BIBLE STORY FOCUS

Always on My Mind
(Think on These Things)
Philippians 4:8

MEMORY VERSE

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

ACTIVITY: FOCUS FAST!

WHAT YOU NEED

No supplies needed

WHAT YOU DO

Tell your child you're going to read through a list of negative thoughts and brainstorm something different you could think about instead.

Read a few of the following scenarios. (Choose the ones that you think your child will respond best to, and adjust the details to tailor them to your family.) Work with your kid to find a way to turn the thought into something more positive.

- My teacher is so boring. I'll never be able to pay attention.
- That's the LAST time I try something new. I never be able to learn something else.
- I'm never talking out loud in front of my class or my coworkers—ever.
- I can't do math. I'm terrible at it.
- I hate when my step-brother comes in my room. He's so annoying.
- The new person is so strange.
- Dad is the worst cook ever. I really don't like when he makes dinner.
- I don't want to go to Small Group. None of my friends are there.
- Someone is always telling me what to do. It's the worst!
- Why does it feel like I have to work harder than any of my friends?

TALK ABOUT THE BIBLE STORY

When you're daydreaming, what do you usually think about?

Why do you think it's sometimes easier for us to think negative thoughts more than positive thoughts?

What can we do when we find ourselves thinking about or worrying about something negative? For example: You have a big test coming up and you are worried you will fail it. What can you do to focus on what is true?

What are some ways you can practice focusing on what's true? (Remembering things you are thankful for, the talents and skills God has given you, funny moments with friends.)

Share with your child why you're grateful. Talk about ways that you focus on what's true even in difficult situations. If you choose, talk about how the pandemic has affected you and how being able to focus on what is true, noble, lovely, etc. is helping you get through a dark time.

PRAYER

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, You are worthy of our praise! You are always right and pure. Your ways are excellent and trustworthy. God, when we struggle with showing integrity, help us remember to turn to You. We know when we focus on You, we are choosing to train ourselves to be truthful in whatever we say and do. We pray this in Jesus' name! Amen!"