

Life App Definition

Integrity — choosing to be truthful in whatever you say and do

Main Idea

In Philippians 4:8, Paul encourages the church by saying, "My brothers and sisters, always think about what is true. Think about what is noble, right and pure. Think about what is lovely and worthy of respect. If anything is excellent or worthy of praise, think about those kinds of things." If we want to have integrity in our entire lives, we have to fill our minds with good things in the first place. We hope that this week kids will discover how they can fill their minds with what is true and good and worth thinking about.

Memory Verse

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

Bottom Line

Focus on what's true.

Monthly Profession

I am a follower of Jesus and will love the Lord my God with all my heart, all my soul, and all my strength.

Small-Group Discussion

Review the story and use the following questions to reinforce the lesson learned from the story.

- What was Horatio really good at?
 - Keeping track of things that went wrong
- What did Horatio's mom tell him to do?
 - To focus on something positive for once
- What verse did Nala share with her brother?
 - Philippians 4:8: "Finally, my brothers and sisters, always think about what is true. Think about what is noble, right and pure. Think about what is lovely and worthy of respect. If anything is excellent or worthy of praise, think about those kinds of things."

- What picture helped change what Horatio was focusing on?
 - The picture of the Cape Hatteras lighthouse
- What happened after he saw one good thing?
 - He started to see more.
- Why do we often focus on the negative instead of the positive?
- What are some things you can do to help train yourself to focus on what is true?
- 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?

Object Lesson

The following activity is intended to help your children apply the lesson that was learned in today's House Party. Complete the activity as a family by following the steps below.

Supplies Needed

- ☐ "What You Think" cards (attached)
- ☐ "How You Respond" cards (attached)

Activity

- Gather your family in a circle.
- Lay out the "How You Respond" cards in the middle of the circle so that everyone can see them.
- One at a time, hold up a "What You Think" card and let someone read it.
- Then call on someone to choose a "How You Respond" card that would correspond with the "What You Think" card that is held up.
- Put the card you are holding up on top of the card they choose.
- Repeat with the remaining cards until all cards are matched.
- Point out how in each of these scenarios, the "What You Think" card determines the "How You Respond" action.
- Point to any negative thought cards and allow the kids to give an example of how they could change their thinking to produce a different action.
 - For instance, the card that reads, "The new kid is strange," and the corresponding action, "I'm not inviting him to play with my group of friends at recess," could be changed to, "You decide the new kid is just quiet." The corresponding action could be,
 - "You invite the new kid to play with you and your friends at recess."
- Share with your children that what we THINK about has a big impact on how we respond. It's easy to see that in these examples. But in real life, we sometimes forget to focus on what's true.
- Encourage your children by telling them that if they find themselves focusing on negative, untrue things this week, or just generally having a bad attitude, they can ask God to help them change their thinking and focus on what's true. Because when we THINK about what's true, we'll DO what's true in response.

Prayer

Take a few minutes to pray Philippians 4:8 over your children.

Dear God,

Thank You for loving us. Thank You for Your Word that shows us how to follow You. Help us focus on what's true this week. That includes those things that are noble, right, and pure. Help us think about what is lovely and worthy of respect. If anything is excellent or worthy of praise, help us think about those things. Thank You that we can trust You always. We love You, God. In Jesus' name, amen.

This teacher is the worst.

The new kid is strange.

I can't do it.

This game is boring.

Everyone will laugh.

Math homework is the worst.

My little brother is SO annoying.

Even though I've never tried them, I'm sure those green beans taste like feet.

I'm not inviting him I'm not listening to anything to play with my group of that teacher says in class. friends at recess. I'm going to whine the whole I'm not even going to try. time everyone else plays. I'm not going to talk in front I'm not even going to TRY to do my math homework. of the class, ever.

I'm blocking the door to my room so he can't come in.

I'm pitching a BIG fit about this at dinner tonight.