Offstage: Drop the Act

PARENT GUIDE
Elementary

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, NIrV

Bible Story

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

Bottom Line

Focus on what's true.

Activity

Focus Fast!

WHAT YOU NEED:

No supplies needed

WHAT YOU DO:

Say, "Let's play a game. There are four moves. When I give a command, you do the following. When I say . . .

- Up: put your hands up over your head.
- Down: put your hands at your sides.
- Pat: pat the floor.
- Clap: clap your hands together.

Call out the four motions in any random order. Keep the game challenging and increase the speed of the commands.

For a variation, ask them to do the OPPOSITE of what you call. So if you say, "Up," have your child put their hands down. If you say, "Pat," have your child clap, and so on.

After the game, talk about how you had to really focus in order to get the moves right!

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!"

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

WEEK 4 K-5TH

DAY 1

Read Proverbs 4:25–26

Read the rules below. Play the game. Come back and finish reading.

Rules of the Game:
Grab some pillows and spread them out across the floor of your room. Stand in the doorway of your room and pretend the entire floor is covered in lava. Carefully jump from one pillow to the next to reach your bed. If your foot touches any part of the floor, go back to the doorway and start over.

Did you make it all the way across the floor the first time? Just like you had to think carefully about which pillow to jump to next to reach the safety of your bed, we need to be careful that we make the kind of decisions that lead us in the right direction. When we choose to be honest, when we choose to do what's right over what's easy, we don't have to worry because we'll always end up heading in the right direction!

Choose to be truthful in all you say and do so that you'll end up where you want to be. Because when you focus on what's true, you'll always be headed in the right direction!

DAY 2

Read Philippians 4:8

Have you ever thought about what you think about? That's perhaps the craziest question ever and likely one you've never *thought* to ask yourself before!

Our thoughts are important because what we *think* affects how we act. When you *think* the new kid is mean, you might ignore him. When you *think* you won't be invited to the party, you might decide not to be friends with the birthday boy anymore. When you *think* that your teacher doesn't like you, you'll probably be less likely to listen during instruction.

When it comes to living with integrity our thoughts are important. That's why, even when it comes to what we think about, we need to focus on what's true.

When you find yourself thinking about things this week, ask yourself a simple question: Is this true? Is what I'm worried about, or angry about really true? If not, then tell that thought to take a hike. Work on replacing those untrue thoughts with noble, pure and right thoughts.

Focus on what's true.

PARENT CUE

DAY 3

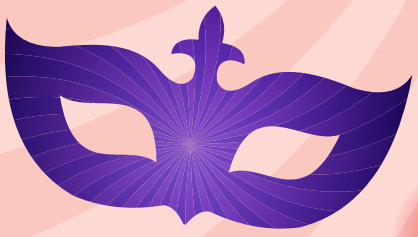
Read 1 Peter 3:10–11

Have you ever played the game "capture the flag?" It's super fun! In this game, you have two teams. Each team has a flag and the goal is to capture the opposing team's flag! Every single player is focused on that one goal: getting that flag.

Just like you have one goal in a game of "Capture the Flag," if we want to "love life and see good days," the key is to focus on what's true. When we tell the truth and 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!

Grab some friends and head outside to play capture the flag. Ask an adult to help you look up the rules if you aren't familiar with the game!

Spend some time thanking God for the friends and family He's given you. **Ask Him to help you focus on what is true** so your family and friends can trust you.



DAY 4

Read Proverbs 28:18

When you focus on what's true, it keeps you safe. But when 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. So, what are some true things we know about God?

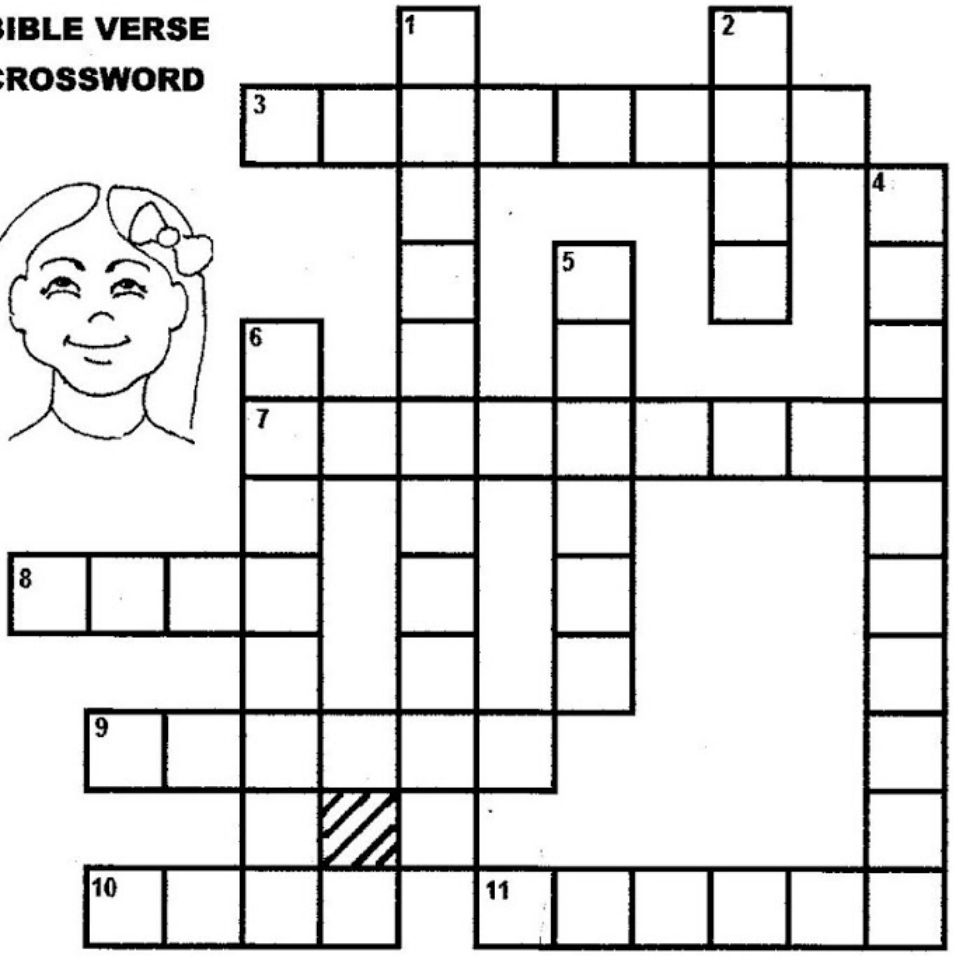
- God always does what He says He will do.
- God will *help* us, even when we're afraid the tell the truth.
- God will *guide* us, even when it feels like cheating will get us there faster.
- God will *forgive* us, even if we do mess up and find ourselves on that crooked path.

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.** And if you mess up, ask Him to forgive you so you can walk without blame and stay safe.

Download the free Parent Cue App
AVAILABLE FOR IOS AND ANDROID DEVICES

PARENT CUE

BIBLE VERSE CROSSWORD



ACROSS

3. Family members
7. Deserving respect
8. Fair and right
9. Beautiful
10. Perfect.
11. To say something good

DOWN

1. Praiseworthy
2. Not False
4. The highest standard
5. High value

WORD BANK: Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. Philippians 4:8-9 ESV ©

Philippians 4:8 NLT

W N O B L E P F N O F B F G N K F S L H K W C P
U W D P H I L I P P I A N S O B G I R B C J Z X
I S X V A M J R C W K D W M X I Z S N U M J O P
K H E G N O D H J O B V G O A J X T V V B P N T
A Z N C Y R F X V R V Y I N Y A D E G B A L U O
R G T G T E O B E T E Z V S M D D R P Z S V Q M
I E Y R H Y I S V H X B D P M X K S R D Z J W D
N N V E I E Q I N Y C W B L F L Q B S T F K S B
R S T S N I X O X O E T J L C Y Z W O E M Y B B
D G D P G P F S Z S L N E D U S G V Q T B K S C
L X B E N C N C E V L X U S F S U U S P L R J I
X Y X C T H I N K F E P V T J L E B I D T Y T Z
F A F T M N A C B X N H Z G I I Y T G V H Z W D
N P V S E K B B C L T X B W V I M E K E O W U S
X B F W C P R M J F J S G D D U O X Z E W Z F R
S N C J F Z O U F L N G L W B Q M V G J S C U I
I N S C W D T V P J M K O P T F X T I Z K D F G
V V V Q Z D H R I W B K V B N H R T H I N G S H
A U T D Z R E G R S C O E C P T A P P E M K G T
R Z I Q G Z R U G R R F L L M Y U R U I H K U P
N A S X J W S T U Z O G Y T R U E A R S U I O V
Z Q D T S X J L C E S J R F Q P A I E P E L R X
L R V U J D D G G A I S M S P W G S H D S P V A
Y Z T T C V H V J C Y I U L E I G E E F L T D S

THINGS EXCELLENT ANYTHING PHILIPPIANS PRAISE

RESPECT WORTHY LOVELY PURE RIGHT NOBLE TRUE

THINK SISTERS BROTHERS

NOVEMBER 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	Last day to return November 22					
29	30	1	2	3	4	5

Return filled shoe boxes to the new building, table at Bubb entrance.

Thank you!