

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

Say Anything (No Secrets with God)  
1 John 1:9

### Key Question

What do you talk to God about?

## Activity

### A Dip in Forgiveness

#### WHAT YOU NEED:

Two small scraps of napkin, washable marker, bowl, water

#### WHAT YOU DO:

Fill the bowl with water. Say, "Today's video talked about how God wants us to tell Him everything. He wants us to talk to Him like a friend. And if we mess up, we can ask God to forgive us, and He will—no matter how bad we think it is!

"Let's both sit and think about something we've done or said recently that we know we shouldn't have. You don't have to say it out loud—just think about it.

*(Pause for reflection.)*

"Now, let's both write 'FORGIVEN' on our paper." *(Write FORGIVEN on the napkin and prompt your kid to do the same.)*

Put the napkin scraps into the water and swirl the napkin around a bit. watch how "Forgiven" starts to disappear.



## Talk about the Bible Story

Look up 1 John 1:9 and read it together.

How is what happened to the ink on our napkin similar to how God forgives us? *(When we ask for forgiveness, God forgives us and makes it so that the wrong things we've done no longer separate us from Him.)*

What does it mean to sin? Why should we tell God about it? *(We sin when we do something we know we shouldn't. Everyone sins, grownups included. God wants us to tell Him when we've sinned so that He can forgive us.)*

How does confessing our sins and being truthful keep us close to God? *(When we're truthful with God, we remember that He sent Jesus to make it possible for us to have a forever relationship with Him.)*

Is there anything you need to tell God about right now? Let's pray silently for a moment and talk to God about those things.

## Prayer

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

"Dear God, thank You for loving us. Thank You for sending Jesus. Because of Him, nothing can separate us from You. God, sometimes we try to hide things from You. But You are interested in everything about us, and that is AMAZING to think about! We ask You to remind us to share our lives with You—because You love us. We love You, too! We pray this in Jesus' name. Amen."