



## Family Worship Guide 8

### Look Up and Read Out Loud

Matthew 5:33-37

#### Talk Time

We're going to talk about a word that may be new to you. The word is "integrity." When you have integrity, you firmly stand on what God says is right. Your actions and words make it clear to others that you follow God. It's who you are **all the time**. Integrity is not something you can take off when it's not convenient to stand for what God says is right. When people say you have integrity, they mean that you always make choices that please God, and that you don't make exceptions.

#### Orange You Glad You Did This?

You'll need: a large bucket of water (or other big container), an orange

Fill your container with water. Gently place the orange in the bucket. What happened to the orange? Did it sink or float? Now, peel the orange, but keep the orange segments together as a single ball. Gently place the peeled orange into the bucket of water. What happened to the orange? Did it sink or float?

#### Talk Time

When you took the peel off the orange, it sunk in the bucket. It floated as long as it was surrounded by its peel.

- If integrity is living what God says is right, then can you take your integrity off sometimes?

What happens to you when you take off your integrity? The orange sunk in the bucket without its peel. Removing the peel made it sink, so that peel is like your integrity. You're in trouble when you think that in a certain situation you can be dishonest ... or you can lie just this one time ... or you can say untrue words about someone because you're really mad right now. If you do those things, you've taken off your integrity. People will not trust you if they don't trust your integrity.

## Smear or Clear?

You'll need: 2 pieces of paper towel, water, 2 colors of food coloring

Dampen both pieces of paper towel, squeezing as much water out of them as possible without tearing them. Around the middle of the paper towel, let ONE drop of food coloring fall onto it. About an inch away from where that drop landed, put ONE drop of the other color onto the paper towel.

Now let's do something similar to the other piece of damp paper towel. The difference is that you'll put the drops of food coloring about 6" apart.

Describe the difference between the two. Which paper towel had the colors smear together? Which paper towel kept the colors clear of one another.

## Talk Time

Matthew 5:37 tells you to say "yes" or "no". When you start adding "but in this situation" or "this time" or "it's kind of yes and kind of no", then you mess up your integrity. You're not clear on what is God's right way. God's right way is right **all the time**.

- Which paper towel represents when you say "yes" or "no"—when you say "this is right" and "this is wrong"? It's the one where the colors stayed separate, because you can definitely tell where each color is. When your deep down desire is to live God's right way, your integrity will make it clear what is right and wrong.

- Which paper towel represents when you step away from your integrity? The one that has the colors bleeding into one another. You can't tell where one starts or stops. People don't know if you're going to stand up for what is right or not.

- When is it difficult for you to keep your integrity ... when it's hard to firmly and clearly stay with what God says is right?

- If you're not sure if something is God's right way—if you need to guard your integrity—what can you do? Go to someone who follows God and ask them what they think. Read the Bible to know what God says there. Pray that you will make good integrity choices.

## Prayer

Encourage different members of your family to pray out loud.

*Dear God, I want to live in your right way all the time. Help me to have integrity when \_\_\_\_\_ (fill in the blank with something you struggle with). Amen.*

