

PRETEEN

START
HERE!

FLIP THIS PAGE OVER
TO GET STARTED!

HOW DOES ALL OF THIS WORK?

Easy. Every box includes a challenge card and activity pack for each kid and a lesson pack for each age group. The challenge card "drives" all the content. Three activities to complete each week, three activities to complete each month. Check out all the activities below!



WATCH IT - WEEKLY VIDEO CONTENT

Every week, we have new video content for you to watch online. Go to the link we provide in your box to Watch It!



DO IT - WEEKLY ACTIVITY

Every week, we provide a "Do It" activity in your lesson pack. Detailed Instructions and most of the materials needed are included in the activity pack.



TALK ABOUT IT - WEEKLY DISCUSSION

Every week, we provide 1-2 questions to ask a grownup. Once they give their answer, they'll ask you the same questions. It's a fun and easy conversation!



MEMORY VERSE

Every month, we introduce a new verse to memorize. It's the anchor passage for the month's content and is worth committing to memory!



MAKE IT ACTIVITY

Every month, we provide a fun and crafty (sometimes edible) activity to do as a family. This activity will include clear directions, easy to find supplies, and a simple connection to what your kids are learning.



FAMILY ACTIVITY

Every month, we provide a parent-led family activity, usually a fun activity or conversation that can happen during a meal or at bedtime.

COMPLETE YOUR CHALLENGE CARD

Three activities every week and three activities every month. Complete every activity and you'll win a special prize. How fun is that?

**WATCH IT**

Follow the link in your box to watch this week's service video

**DO IT - WEEKLY ACTIVITY**

Below is a quick activity to do with someone in your family

DROP THE ACT

WHAT YOU NEED: Integrity Description Card, Mask and Marker

WHAT YOU DO:

- Begin by filling out the Integrity Description Card
 - Use adjectives of how people describe you and how you want people to describe you to fill in the blanks (**You are looking for adjectives describing someone's character or personality, not adjectives describing how they look)
 - Examples of adjectives: nice, loyal, honest... or rude, disrespectful, unkind
- Once you have made your list, use the marker to write the adjectives of "how you want people to describe you" on the masks
- Discuss whether the adjectives from the two lists are similar or different
- For further discussion, take turns answering:
 - How do you want people to describe you and why?
 - Do you feel like you are a person of integrity with everyone, or just some people? Why?
 - What one word would you pick to describe God?

THINK ABOUT IT:

Every day, you have the choice to to be the same person with everyone in your life, or to be two different people. Dropping the mask is all about being who god created you to be and being truthful in all you say and do. That's what integrity is all about. There may be instances in your life when you want to be different just to fit in or to make others happy. But the best thing you could do is to be who God made you to be... a person of integrity.

**Pray this prayer with someone you know who will help you to have integrity every day:**

"Dear God, You are faithful, and You never change! You are the same yesterday, today, and tomorrow. In everything You say and do You are truthful! Your Word is truth! We can trust You no matter what. God, You made each one of us in Your image, and we want to reflect You to others. God, I want to be described as honest, kind and loving. God, help us to show integrity—to be truthful in whatever we say or do. In Your name we pray. Amen"

**TALK ABOUT IT - DISCUSSION**

Find a grown up and take turns answering these questions

- 1. Do you think you are different inside the house than when you go somewhere? Why?**
- 2. How would you know if someone had integrity? How would they act and speak?**

DON'T FORGET YOUR MONTHLY CHALLENGES**MEMORY
VERSE****MAKE IT
ACTIVITY****FAMILY
ACTIVITY****MEMORY VERSE:**

**"Anyone who lives without blame walks safely.
But anyone who takes a crooked path will get caught."**

Proverbs 10:9

**WATCH IT**

Follow the link in your box to watch this week's service video

**DO IT - WEEKLY ACTIVITY**

Below is a quick activity to do with someone in your family

WE ALL NEED FORGIVENESS

WHAT YOU NEED: Bible, dissolvable paper, marker, clear container of water (not included)

WHAT YOU DO:

- Read 1 John 1:9:
 - “But God is faithful and fair. If we confess our sins, he will forgive our sins. He will forgive every wrong thing we have done. He will make us pure.”
- Take turns answering:
 - What does John tell us about God in this verse?
 - What does it mean that God is faithful?
 - What does it mean “to confess our sins”?
- Simple answers:
 - God is faithful, He forgives, He makes us pure, He is fair
 - God is always there, never lies, and is trustworthy
 - Confessing our sins means you admit when we've done something wrong
- Fill a clear container with some water
- Everyone can take turns thinking of one thing they need to tell God; a situation where they struggle to obey God or to listen to what He says, or a situation where they have done wrong
 - It can be one word or an entire sentence (Ex: lying, stealing, I struggle with fighting with siblings)
 - Now, share that one thing with each other
- Use the marker to write down these things on the included piece of paper
- Ask: When we confess, what does God promise? (Refer to 1 John 1:9)
- Using the marker, write FORGIVEN across their paper
- Put the paper in the water and stir the water.
- Ask: What happened to your paper in the water? How is what happened to the paper like confessing our sins to God?



THINK ABOUT IT:

Just like the paper is gone, when we tell God the things we've done wrong, God forgives us and He makes us pure. Once we confess our sins, does that mean we won't do wrong things again? No, we are humans and we aren't perfect. God knows we can't obey Him perfectly and He still wants us to talk to Him about everything, including when we mess up or disobey Him. But we can also take it one step further. When we share what we struggle with with others, it helps us to have integrity. Look for people who can help you with the things you struggle with and, if you need to make things right with someone you have wronged, take time to do that this week.



TALK ABOUT IT - DISCUSSION

Find a grown up and take turns answering these questions

- 1. What do you talk to God about? Are you always truthful to God right away?**
- 2. How does confessing our sins and being truthful keep us close to God?**

DON'T FORGET YOUR MONTHLY CHALLENGES



**MEMORY
VERSE**



**MAKE IT
ACTIVITY**



**FAMILY
ACTIVITY**

MEMORY VERSE:

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**DO IT - WEEKLY ACTIVITY**

Below is a quick activity to do with someone in your family

INTEGRITY DOMINO CHALLENGE

WHAT YOU NEED: Verse Card, Dominos, Marker or something to write with

WHAT YOU DO:

- Use the Verse Card as an example: write words from each rectangle on the dominos
- On the opposite side of each domino, write the word INTEGRITY
- Arrange the dominos in order so you can read the verse and practice saying it
- Each time you memorize and can say that portion of the verse, build a domino track by standing up dominos and placing them about half an inch apart, so that when one domino falls it knocks the next domino down
- Work on this with someone else and help them memorize the verse as well
- Once you have created a domino track, knock it over and practice the verse again and again

THINK ABOUT IT:

Integrity, like your domino tracks, can also result in a chain reaction—what you do and say affects not only you but other people too. What can be a consequence of lying? You lose trust with people. Being dishonest can result in a chain reaction. When you lie about something, people may not believe you in the future. Above all else, honesty and integrity leads to trust with family, friends, teachers, coaches... pretty much everyone. And every time you tell a lie, you end up having to tell another one to cover up that lie, and on and on. Being a person of integrity matters to God because God does not lie and does not want that for us.



TALK ABOUT IT - DISCUSSION

Find a grown up and take turns answering these questions

1. What are some reasons people might lie?
2. Why is it important for people to trust you?
3. How can we earn back each other's trust?

DON'T FORGET YOUR MONTHLY CHALLENGES



**MEMORY
VERSE**



**MAKE IT
ACTIVITY**



**FAMILY
ACTIVITY**

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**DO IT - WEEKLY ACTIVITY**

Below is a quick activity to do with someone in your family

WHAT WOULD YOU DO?

WHAT YOU NEED: Bundle of What Would You Do Cards, something to write with (not included)

WHAT YOU DO:

- Work together with at least one other person
- Read each Scenario Card one at a time and then use a Thought Bubble Card to write down your first reaction to that scenario - What would you do?
- ****Note:** it is ok to put both positive and negative thoughts for the scenarios
- Talk about the answers each person gave for the situations
- If someone did put a negative response, help one another with ideas of how to approach that scenario with integrity
- Read 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."
- Take turns answering:
 - What things are true about you?
 - What things are true about God?
 - What is the most excellent thing you can think of?

THINK ABOUT IT:

What you focus on, you lean towards and eventually follow. So many times, people get off track from the right things because they are focused on things they shouldn't be. Has that ever happened to you? Most everyone gets distracted by little things sometimes, but when that happens every day or multiple times a day, you can lose focus. The scenarios you read today are just examples of things that could happen when you should choose integrity. Being a person of integrity is all about choosing to be truthful; so focus on what is true, noble, right, pure, and excellent or worthy of praise. If we don't, there could be consequences for focusing on the wrong/negative things.



TALK ABOUT IT - DISCUSSION

Find a grown up and take turns answering these questions

- 1. What do you tend to focus on?**
- 2. What is one good and true thought you like to always fill your mind with?**
- 3. How does that keep you motivated?**

DON'T FORGET YOUR MONTHLY CHALLENGES



**MEMORY
VERSE**



**MAKE IT
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**FAMILY
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