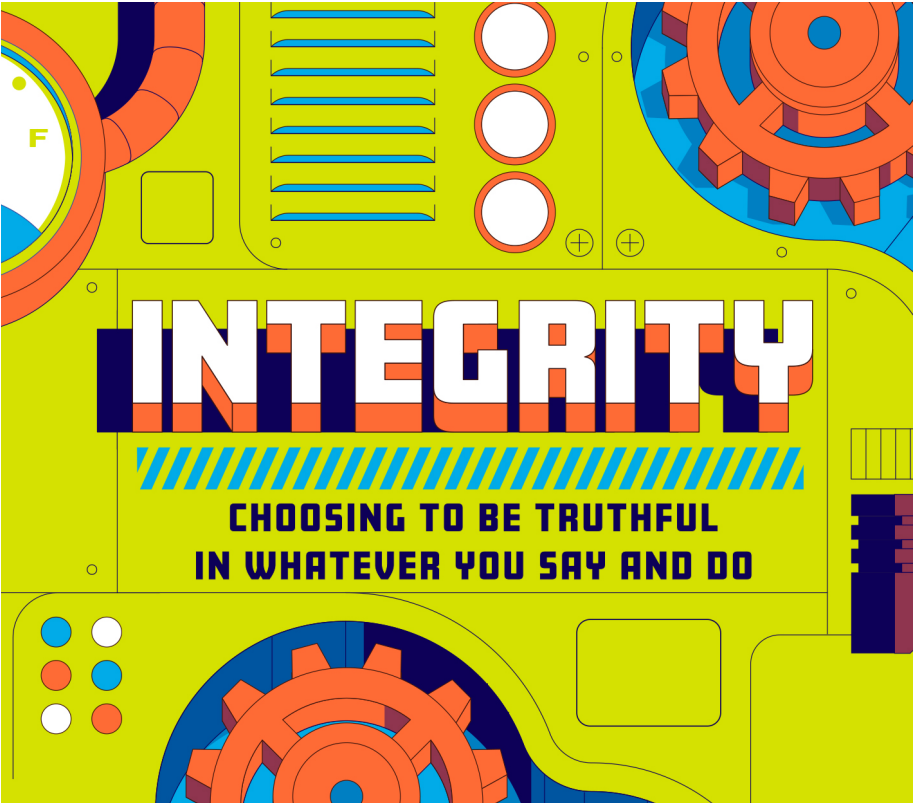


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Journal writing area with horizontal lines.



Day 1

After watching, write one thing that:

The So & So Show

Watch and write down your thoughts!

You can find each week's episode at:
www.popmn.org/kidvid

Journal writing area with horizontal lines for questions 1, 2, and 3.

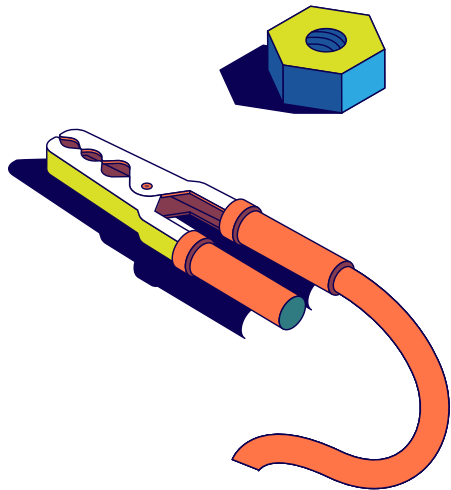
Day 2

Read Daniel 1:1–20

As you read Daniel 1, underline the attributes of the young men the king was looking for. Then, further down in the passage, circle the description of Daniel and his friends. Lastly, draw a line from each of the things the king was looking for in these men down to the circled description that matches it.

That line, the space between verses 5 and 15, represents years of living lives of integrity! Daniel and his friends did what was right—no matter where they were!

How you live your life—what you do with the space between now and then—matters!



Day 3

Have you ever been away from home like Daniel and his friends?

It's important to remember that even when you're away from home and the people who care for you, you're never away from God. So the best thing you can do when you're tempted to do something wrong is to talk to God about it! Personalize this prayer, then say it out loud.

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**Dear God,** thank You for the life of Daniel and his friends and the way they lived out integrity. I can learn so much from them in how they did what was right even when they were far from home and no one would even know. I want to live a truthful life of integrity like that too because I love you. Right now, it's hard to

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Please give me the strength to make the wise choice. In Jesus' Name, I pray.  
**Amen.**

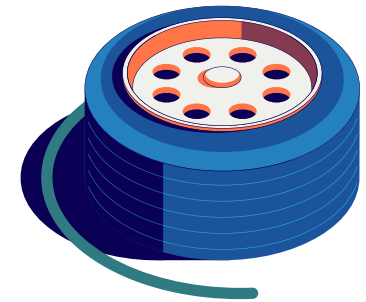
## Day 4

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### When is it hard to do what's right?

Take the following list around to your friends and family today and take their vote on when it's hard for them to do what's right. You can explain to the person you're polling why you're asking them the question. Share with them how you're learning what it means to live with integrity.

- **When do you find it hardest to do what's right?**
- When all your friends are doing it
- When it's something you really want to do
- When someone told you that you can't do it
- When you're tired
- When you're angry
- When you're away from home
- When you're alone
- Something else?



## Day 5

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### Do what's right wherever you are.

Daniel and his friends had integrity—they made a choice to do the right thing even when they were in a brand-new place where it would have been a lot easier to just do what everyone else was doing. As you go through the next few years of life, you will certainly face situations where you have to choose to do the right thing even when your friends aren't. But there's good news: you're not really alone! Any time you're struggling to do the right thing, you can ask God for help.

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Ask an adult for a couple of paper clips—if they don't have any, try asking your teacher at school for a couple. Attach the paper clips together as a reminder that you're never truly alone, no matter where you go. Add the clips to the zipper pull on your backpack, and every time you see them, thank God for being with you and ask for help living a truthful life!