



OCTOBER THEME



BIBLE STORY

Philippians 4:8

Always on My Mind | Think on These Things

BOTTOM LINE

Focus on what's true

MEMORY VERSE

"Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out."
Proverbs 10:9, NIV

LIFE APP

Integrity | Choosing to be truthful in whatever you say and do

BASIC TRUTH

I need to make the wise choice



•• **THURSDAY 10/29**

SHARE | Highs and Lows...what was great about today? What was tough?

READ | Proverbs 4:25-26

TALK | All month we've talked about integrity. These verses remind us that when we keep our eyes fixed on Jesus we'll keep moving in the right direction. Talk about some ways your family can keep focused on Jesus.

PRAY | For your family's highs and lows, for our world's leaders to make wise choices, for health and healing, or anything/anyone else who needs prayer, for the wisdom to focus on what's true...

BLESS | Seal each other with the sign of the cross on foreheads or hands, saying something that reminds you about Jesus' love: "You are a loved child of God," "Jesus loves you and so do I," or the baptismal promise: "You have been sealed by the power of the Holy Spirit and marked by the Cross of Christ forever."

•• **FRIDAY 10/30**

SHARE | Highs and Lows...what was great about today? What was tough?

READ | Philippians 4:8

TALK | What we think about impacts the way we act. If we fill our thoughts with negative stuff, we will approach life negatively...but if we fill our thoughts with positivity, we will live that way. What filled your thoughts today? Do you need to make a change? If so, ask God to help you!

PRAY | For your family's highs and lows, for our world's leaders to make wise choices, for health and healing, or anything/anyone else who needs prayer, for the wisdom to focus on what's true...

BLESS | Seal each other with the sign of the cross on foreheads or hands, saying something that reminds you about Jesus' love: "You are a loved child of God," "Jesus loves you and so do I," or the baptismal promise: "You have been sealed by the power of the Holy Spirit and marked by the Cross of Christ forever."

•• **SATURDAY 10/31**

SHARE | Highs and Lows...what was great about today? What was tough?

READ | 1 Peter 3:10-11

TALK | These verses give us some pretty good guidance on how to live with integrity and focus on what is true. Share about the ones you struggle with the most. Talk about how your family might hold one another accountable.



PRAY | For your family's highs and lows, for our world's leaders to make wise choices, for health and healing, or anything/ anyone else who needs prayer, for the wisdom to focus on what's true...

BLESS | Seal each other with the sign of the cross on foreheads or hands, saying something that reminds you about Jesus' love: "You are a loved child of God," "Jesus loves you and so do I," or the baptismal promise: "You have been sealed by the power of the Holy Spirit and marked by the Cross of Christ forever."

•• SUNDAY 11/01

SHARE | Highs and Lows...what was great about today? What was tough?

READ | Proverbs 28:18

TALK | It's impossible to live a perfect life, isn't it? BUT we can do our very best to live lives full of integrity by focusing on what's true. What are things you can do to keep your eyes fixed on Jesus this week?

PRAY | For your family's highs and lows, for our world's leaders to make wise choices, for health and healing, or anything/ anyone else who needs prayer, for the wisdom to focus on what's true...

BLESS | Seal each other with the sign of the cross on foreheads or hands, saying something that reminds you about Jesus' love: "You are a loved child of God," "Jesus loves you and so do I," or the baptismal promise: "You have been sealed by the power of the Holy Spirit and marked by the Cross of Christ forever."

•• MONDAY 11/02

SHARE | Highs and Lows...what was great about today? What was tough?

READ | Psalm 101:3

TALK | The phrase "Garbage in, garbage out" reminds us that what we put in our ears/eyes/hearts is what comes out. Talk about the music you listen to; the movies you watch; the way you spend your time. Are they filled with positivity or negativity? Do they draw you closer to Jesus or pull you away? Are there some changes your family needs to make?

PRAY | For your family's highs and lows, for our world's leaders to make wise choices, for health and healing, or anything/ anyone else who needs prayer, for the wisdom to focus on what's true...

BLESS | Seal each other with the sign of the cross on foreheads or hands, saying something that reminds you about Jesus' love: "You are a loved child of God," "Jesus loves you and so do I," or the baptismal promise: "You have been sealed by the power of the Holy Spirit and marked by the Cross of Christ forever."

•• TUESDAY 11/03

SHARE | Highs and Lows...what was great about today? What was tough?

READ | Ephesians 5:2

TALK | Jesus came to show us how to love; to show us how to live with integrity. How might you draw near to Jesus today?

PRAY | For your family's highs and lows, for our world's leaders to make wise choices, for health and healing, or anything/ anyone else who needs prayer, for the wisdom to focus on what's true...

BLESS | Seal each other with the sign of the cross on foreheads or hands, saying something that reminds you about Jesus' love: "You are a loved child of God," "Jesus loves you and so do I," or the baptismal promise: "You have been sealed by the power of the Holy Spirit and marked by the Cross of Christ forever."

•• WHAT'S NEXT

Set a reminder to join us for WOW @home on Wednesday 11/04 at 6:00 pm live at [facebook.com/popchildrens](https://www.facebook.com/popchildrens) or anytime after that at [popmn.org/youtube](https://www.popmn.org/youtube) for a time of worship centered around the **[Bottom Line]: Celebrate what God has done.**"