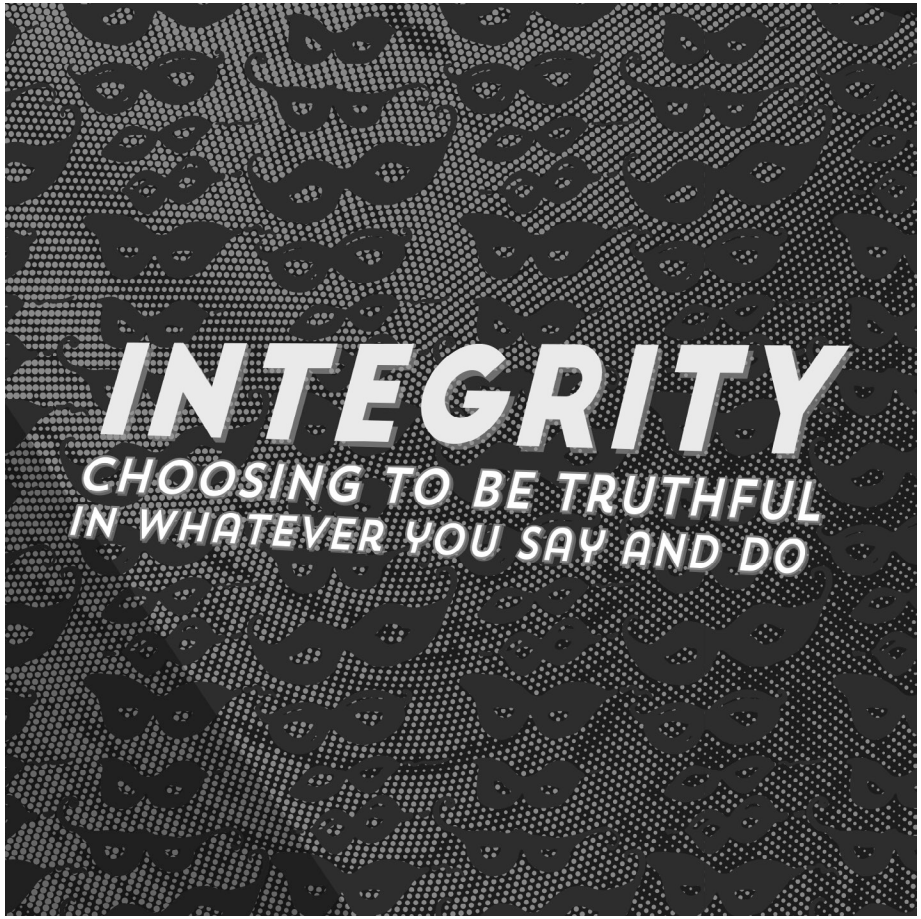
Journal

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

HOW DO YOU WANT PEOPLE TO DESCRIBE YOU?



Day 1

Go to Studio252.tv and watch this week's episode of The So & So Show.

➡Click on Fun2Watch! then The So & So Show.

Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that:

1. You liked: _____

2. You learned: _____

3. You'd like to know: _____

Day 2

Read Daniel 1:3-5, 15-20

As you read verses 3-5, underline the characteristics of the young men the king was looking for. Then as you read verses 15-20, 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 in verses 15-20.

That line, the space between verses 5 and 15, represents years of living lives of integrity by Daniel and his friends!

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

Day 3

Sometimes when we think about being truthful, we think it just means not telling any lies. But integrity is more than that: it means being truthful with your whole life.

That's a little more overwhelming, isn't it? Thankfully we have great examples like Daniel, and we have help from God.

Go grab your favorite snack. As you eat the food, imagine if you believed God was asking you to give it up for some reason. Would you be able to? It would be hard, but if you knew God had something better in mind, it would be a little easier, right? Don't worry, chances are good that God isn't asking you to give up fruit snacks or popcorn, but there may be other things in your life that He wants you to stop or start doing, and when you are obedient to live life in the way that He's called you to, you will live a life of integrity.

As you finish your food, ask God to show you any areas of your life where you might not be living truthfully and to give you the strength to change course!

Day 4

"Being truthful with your life" – that's a pretty big concept. And how it looks from person to person can look different. It's all about finding out who God has made you to be, and living a life of obedience to that call.

In other words, if God has made you to be a funny person, but you find yourself keeping that part of yourself away from others for fear of not being taken seriously, that wouldn't be truthful. Or maybe you've seen God do something amazing in your life and when people ask you about it, you hold back and don't point to God for fear they will make fun of you. That wouldn't be truthful either.

There are so many ways to live a life of integrity, so take a few minutes to interview a few people that you see living a truthful life. Ask them what they think integrity means, and what they think it means to live a truthful life. Ask them about a time they were tempted to not live a truthful life. And be sure and tell them how you see them living out integrity!

Day 5

Today, you're going to do a little self-inventory. Use the space on the back or a separate piece of paper.

What are six words you would use to describe yourself?

_____

_____

_____

_____

_____

What are six words you would want people to use to describe you?

_____

_____

_____

_____

_____

Are these words the same? Maybe some are the same, and some are different? Circle any from the second group that you didn't use in the first.

These circled words might just be the key for you to live a life of integrity—being true to who God made you to be! Ask God to help you live truthfully and live the life He has called you to live!