

Hello 2<sup>ND</sup> and 3<sup>RD</sup> Grade Parents!

Here is everything you need for your family HCKids at home activities. Just follow the directions on the Parent Guide (next page) for any of the things you and your child(ren) are interested in doing. Also included in this document is the link to the Bible Video and “God Time” pages to do throughout the week.

**YOUR CHILD WILL EARN 3 POINTS TO SPEND AT THE STORE FOR EACH COMPLETED ACTIVITY AND 10 POINTS FOR A COMPLETED “GOD TIME”**  
~ PLEASE EMAIL ME POINTS EARNED EACH WEEK ~

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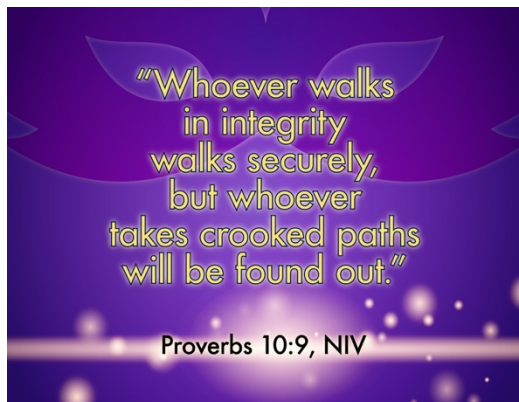
Praying you all are well, safe, growing in faith, and having fun during our time apart! Please reach out if you need anything at all.

Lisa Osborne  
HCKids Elementary Director

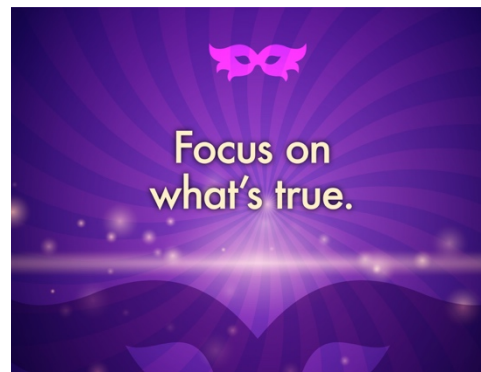
FOR THE MONTH OF OCTOBER, WE ARE STUDYING:



THIS MONTH’S MEMORY VERSE:



TODAY’S BOTTOM LINE:



**Watch Bible Video Here** <https://at-home.playlister.app/3e01533f-d769-41b3-9cff-91ac5761fbc5/31fb55fb-4a3b-4174-9fcd-3d2bf79e60fc>

Use this guide to help your family learn about how God wants us to live with integrity.

## 1. WATCH IT!

First, watch this week's video!

Integrity: choosing to be truthful in whatever you say and do.

### Memory Verse

Anyone who lives without blame walks safely. But anyone who takes a crooked path will get caught.  
Proverbs 10:9, NIV

### Bible Story

Always on My Mind  
(Think on These Things)  
Philippians 4:8

### Key Question

What do you tend to focus on?

## 2. DO IT!

### Activity

#### Focus Fast!

#### WHAT YOU NEED:

No supplies needed

#### WHAT YOU DO:

Tell your child you're going to read through a list of negative thoughts and brainstorm something *different* you could think about instead.

Read a few of the following scenarios. (Choose the ones that you think your child will respond best to, and adjust the details to tailor them to your family.) Work with your kid to find a way to turn the thought into something more positive.

- My teacher is so boring. I'll never be able to pay attention.
- That's the LAST time I try something new. I never be able to learn something else.
- I'm never talking out loud in front of my class or my coworkers—ever.
- I can't do math. I'm terrible at it.
- I hate when my step-brother comes in my room. He's so annoying.
- The new person is so strange.
- Dad is the worst cook ever. I really don't like when he makes dinner.
- I don't want to go to Small Group. None of my friends are there.
- Someone is always telling me what to do. It's the worst!
- Why does it feel like I have to work harder than any of my friends?

## 3. TALK ABOUT IT!

### Talk about the Bible Story

When you're daydreaming or just thinking your thoughts, what do you usually think about?

Why do you think it's sometimes easier for us to think negative thoughts more often than positive thoughts?

What can we do when we find ourselves thinking about or worrying about something negative? Or when we start to worry? For example: You have a big test coming up and you are worried you will fail it. What can you do to focus on what is true?

What are some ways you can practice focusing on what's true? (*Remembering things you are thankful for, the talents and skills God has given you, funny moments with friends.*)

Share with your child why you're grateful. Talk about ways that you focus on what's true even in difficult situations. If you choose, talk about how the pandemic has affected you and how being able to focus on what is true, noble, lovely, etc. is helping you get through a dark time.



### Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, You are worthy of our praise! You are always right and pure. Your ways are excellent and trustworthy. God, when we struggle with showing integrity, help us remember to turn to You. We know when we focus on You, we are choosing to train ourselves to be truthful in whatever we say and do. We pray this in Jesus' name! Amen!"

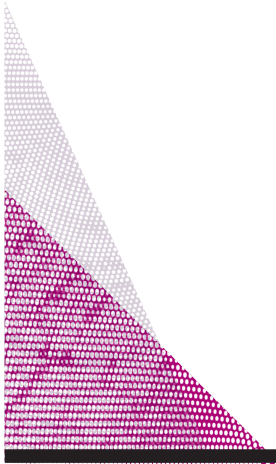


## Day 2

Read Philippians 4:8.

As you read Philippians 4:8, make a list of the things you should think about.

Then beside each word, write or draw something that fits that description for you. Like, for "true," you could write "I am loved," or draw a heart. Do this for each word in your list, then hang the list somewhere you will see it often so you can draw your mind back to focus on what's true!



## Day 3

One way you can train your brain to focus on the things mentioned in Philippians 4:8 is by asking God to help you!

The simple act of praying out loud and centering your prayer time on these things will help your brain to focus on it.

Grab your list from yesterday, and use it to fill in the blanks. Then read it out loud to God. "Dear God, thank You for the truth that \_\_\_\_\_. I want to focus on what is noble, like \_\_\_\_\_, and I want my mind filled with things that are right and pure, like \_\_\_\_\_ and \_\_\_\_\_. \_\_\_\_\_ lovely, so help me to focus on that, as well as \_\_\_\_\_, which/who is worth of respect. Please also help me to think about excellent things like \_\_\_\_\_ and \_\_\_\_\_, which is worthy of praise. In Jesus' Name, I pray, amen."

## Day 4

Think about the conversations you have with your friends, the texts or messages you send each other or the jokes you tell. Do these line up with the things that God wants us to think about?

Thinking about things that are pure and right and good doesn't mean we can't be silly with our friends, but it does mean that our thoughts, words and actions shouldn't contradict the things that are true and excellent.

Grab your phone or device and shoot a message to a friend right now. But before you do, think about what you could say to your friend that would be true and lovely. Maybe you could share Philippians 4:8 with them or another verse that has encouraged you lately. Maybe you could tell them something you appreciate about them. Or perhaps you could simply say, "I'm thinking of you and wanted you to know!"

Now, try to make this a habit. At least once a day, think of a way you can reach out to a friend or family member within the framework of Philippians 4:8 by focusing on what is excellent and worthy of respect.

☐

## Day 5

Stare at this drawing for about 30 seconds. Now, look at a blank wall. What do you see? Crazy, right?!

The same thing happens in our lives. When we focus on something for a while, we carry it with us. But most likely, we'll see the effects of that focus for a lot longer than it takes for the light bulb to fade from your vision.

Think about when you've watched a scary movie or listened to music that your parents probably wouldn't want you to hear. It's hard to shake off, isn't it?

On the other hand, if most of what you focus on is true, noble, right, pure, lovely, worthy of respect, excellent or worthy of praise, then imagine how great it will be to carry those thoughts with you throughout your day!

Try to start every day by focusing on something excellent. You could:

- ☐ Read your Bible
- ☐ Memorize a verse
- ☐ Listen to a worship song
- ☐ Pray
- ☐ Write down three things you're thankful for

Pick at least one thing to focus on each day, and watch how your morning focus will stick with you the rest of the day!