

How do you live with integrity?

*“I build my thoughts, words, and actions on what God says is true.”*

Psalms 51:6 (NASB):

“Behold, You desire truth in the innermost being,  
and in the hidden part you will make me know wisdom.”

How do you live with integrity?

*“I b\_\_\_ m\_ t\_\_\_, w\_\_\_, a\_\_\_  
a\_\_\_ o\_ w\_\_\_ G\_ s\_ i\_ t\_\_\_.”*

Psalms 51:6 (NASB):

*“B\_\_\_, Y\_\_\_ d\_\_\_ t\_\_\_ i\_ t\_\_\_  
i\_\_\_ b\_\_\_,  
a\_ i\_ t\_ h\_\_\_ p\_\_\_ y\_\_\_ w\_\_\_  
m\_\_\_ m\_ k\_\_\_ w\_\_\_.”*

# Winter 2017 CT: I Have Integrity - Team

## Week 1: December 11-16

“How do you live with integrity?”

*“I build my thoughts, words, and actions on what God says is true.”*

### Psalm 51:6 (NASB)

“Behold, You desire truth in the innermost being,  
and in the hidden part you will make me know wisdom.”

## Lesson: Story Part 1

1. We are studying integrity this Winter!
2. Our declaration helps us think about how to live with integrity, so our questions is: “How do you live with integrity?”
3. What does God have to say about integrity? A lot! The bible is God’s Words, his message to us. Our main verse this Winter is:
4. Listen to Story Part 1. Ask questions:
  - a. What challenge are Marcus and Waldo excited to begin?
  - b. What do you think the brothers thought about the plans that had been drawn for them?
  - c. How would you like to build your own house? One specifically designed for you? What would it look like?
  - d. Who is the Great Designer?
  - e. What is his job?
5. Our story this winter is about two brothers building houses to live in. But there is more to learn from the story. We’ll be looking at the story as an example of how the brothers build their whole lives. Will they make the choices needed to build strong, secure lives? Strong lives built with integrity?
  - a. Your life is like a house that you are building with each choice you make.
  - b. Here is a quote from Stephen Covey “Sow a thought, reap an action; sow an action, reap a habit; sow a habit, reap a character; sow a character, reap a destiny.”
    - i. What do you think this quote means?
  - c. If you are like one of the brothers in the story, and your life is the house you are building, who do you think is like the Great Designer in real life?

## Planning Notes:

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# Winter 2017 CT: I Have Integrity - Team

Week 2: December 18-30 (*Emeth closed Dec. 23-27 - Thurs & Fri get two Week 2's*)

*"How do you live with integrity?"*

*"I build my thoughts, words, and actions on what God says is true."*

## Psalm 51:6 (NASB)

"Behold, You desire truth in the innermost being,  
and in the hidden part you will make me know wisdom."

### Lesson: What is Integrity?

1. Review Character Declaration and God's Words
2. Review Story from last week:
  - a. Marcus and Waldo have begun the challenge of building their houses on the island of Zephen with plans from the Great Designer. What danger do they face?
3. What is Integrity?
  - a. Integrity is building your thoughts and actions on what God says is true!
  - b. Can we have integrity without God?
    - i. No. We cannot have integrity apart from God because we cannot make up what is true.
  - c. Why is God the source of truth?
    - i. Genesis 1:1 tells us that "In the beginning God created the Heavens and the earth." God was there in the beginning. Were you? He is *the* creator of all. He is the one in charge. God has full authority over the universe and he has defined truth.
    - ii. God has defined what is right and wrong. He is unchanging and holds a consistent standard. People are very inconsistent in choosing what we think is right & wrong.
  - d. What happens when we try to define what is right and wrong based on what people think?
    - i. People have different opinions on what is right and wrong. This eventually creates problems between people, because everyone acts out what they really believe.
    - ii. We need to believe that how God sees things is the perfect way to understand them. Because of our sin, all people have a hard time seeing God and everything else accurately. We have to work hard to understand his message (in the Bible), and get to know him to find out what is really true.
  - e. So what is integrity?
    - i. Holding closely to what God says and working hard to match my choices to what he says is right. Integrity is the practice of being 100% honest before God.
4. What does our verse teach us?
  - a. God wants us to store up what is true and accurate inside us, not lies!
  - b. God will make us wise as we store up truth inside our hearts.
    - i. Wisdom is more than being smart. Wisdom is understanding how relationships work; how to have purpose, meaning and fulfillment in your life, how to be happy and at peace.
  - c. What are some common lies we might keep in our hearts?
    - i. *I'm not valuable; What I want is the most important; a little lie won't hurt anyone;*

### Planning Notes:

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# Winter 2017 CT: I Have Integrity - Team

Week 3: January 2-6 (*Emeth closed Jan. 1st - Monday does not get a 'Week 3'*)

"How do you live with integrity?"

*"I build my thoughts, words, and actions on what God says is true."*

## Psalm 51:6 (NASB)

"Behold, You desire truth in the innermost being,  
and in the hidden part you will make me know wisdom."

### Lesson: Story Part 2

1. Review Character Declaration and God's Words
2. Listen to Story Part 2 and ask questions:
  - a. What is Marcus imagining his house will be like?
  - b. What is Waldo dreaming about for his house?
  - c. What do you think is more important?
  - d. What did Marcus do first?
    - i. *Read carefully through the blueprints*
  - e. What did Waldo do first?
    - i. *Went to look for the 'perfect' spot for his house, then afterwards looked at his blueprints.*
  - f. Where would you choose to build your house?
3. Story application
  - What blueprints does God give us for building our lives?
  - Who knows some specific instructions God gives in his Word?
  - Does building your life seem complicated? Does the bible seem complicated?
    - All good plans have lots of details that will seem complicated at first. We will always have to learn and study to become expert builders (*in gymnastics, houses, relationship, and life*)
    - Does anyone know the most important instructions the bible gives?
      - Jesus said "You must love the Lord your God with all your heart, all your soul, and all your mind.' This is the first and greatest commandment. A second is equally important: 'Love your neighbor as yourself.' The entire law and all the demands of the prophets are based on these two commandments." (Mat 22:37-40)
      - What does it mean to love God
        - Hint: It is similar to loving other people! (*spend time with him, listen, obey, give him gifts...*)

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# Winter 2017 CT: I Have Integrity - Team

## Week 4: January 8-13

“How do you live with integrity?”

*“I build my thoughts, words, and actions on what God says is true.”*

### Psalm 51:6 (NASB)

“Behold, You desire truth in the innermost being,  
and in the hidden part you will make me know wisdom.”

### Lesson: God is the source of all truth

1. Review Character Declaration and God's Words
2. Review Story from last week:
  - What did Marcus and Waldo do in last week's story? *(They each chose a location in which to build their house.)*
3. God is the source of all truth
  - The choice of where Marcus and Waldo were going to build their houses was a very important decision. Why? *(Their houses should be built in a place where they would not be vulnerable to wind, and be able to survive the great storms)*
  - Who was the one person that knew what kind of location the houses should be built in? *(The Great Designer)*
  - The Great Designer knew exactly how to build houses that would stand through the worst of storms, including the dreaded Twenty Year Storm. In the same way, God is the one who understands the best way for us to live. God is the Great Designer of life.
2. John 14:6: “Jesus \*said to him, “**I am the way, and the truth, and the life; no one comes to the Father but through Me.”**
  - This verse tells us that truth is not just an idea. It is a person. Jesus is the truth.
  - The whole universe, including you and me, are held together by his power.
  - The way Jesus (God) sees our lives is what matters most. His perspective is truth.
3. Illustrate why God's perspective matters
  - Show a small partial picture, ‘what is this?’
  - Then show the full picture
  - Possibly gymnastics related?

### Planning Notes:

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# Winter 2017 CT: I Have Integrity - Team

## Week 5: January 15-20

“How do you live with integrity?”

*“I build my thoughts, words, and actions on what God says is true.”*

### Psalm 51:6 (NASB)

“Behold, You desire truth in the innermost being,  
and in the hidden part you will make me know wisdom.”

### Lesson: Story Part 3

1. Review Character Declaration and God's Words
2. Listen to Story Part 3 and ask questions:
  - a. What struggles did Marcus face when he was digging his foundation?
  - b. Did Waldo have any struggles when he dug?
  - c. Do you think it will matter if Waldo's foundation is not perfectly dug?
  - d. Who had an easier time working today?
3. Story application:
  - a. Doing the right thing is not always the easier choice - it usually takes more work now, and pays off later.
  - b. Why is it hard to do what is right in the midst of struggle?
    - i. When we are in the middle of a struggle it is very easy to only see what is going wrong in front of us. In order to make it through struggles we have to have a clear picture of the end goal.
  - c. Having integrity means that we commit to doing what is right and true ahead of time, and then have the guts to follow through with our promise. Integrity is a commitment to be honest and true.
    - i. Consider showing [John Wooden Love Letters](#) (or coaches watch for prep!)
    - ii. Integrity will cost you something, perhaps a lot. Are you ready for that?
4. What is integrity in your gymnastics?
  - a. Not lying in conditioning
    - i. If everyone else says they are done, and you know they cheated, do you say you are done too?
    - ii. If everyone else finishes faster than you, should you be done too?
  - b. Keeping *small* promises
    - i. I told my coach I would get this done. I will do it, instead of talking to my friends.
  - c. When mom or dad asks if you washed your hands, are you honest? Did you really do it?
  - d. Doing a good, thorough, complete job of following instructions, obeying, giving your best effort.
    - i. When mom or dad tells you to, put your toys away *where they are supposed to go* - don't just pick it up and put it somewhere else that is wrong.
    - ii. When your coach tells you to do a skill, do it *well, with 100% effort*. Don't give half your effort.
    - iii. In gymnastics you need to have a clear goal of where you are trying to get in order for you to put in the hard work in the middle of a struggle. You may be struggling through conditioning, an injury, a skill, but the more you know where you want to get, the easier it is to press on.

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- iv. Philippians 3:13-14 says, “Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, 14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.” Paul was an example of someone who held tightly to doing what God said despite the challenges he faced. He was able to do this because he had a clear goal. He knew that God had sent Jesus to save him and make a way for him to go to heaven. Paul also knew that he would receive rewards in heaven for choosing to be obedient to God.

### Planning Notes:

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# Winter 2017 CT: I Have Integrity - Team

## Week 6: January 22-27

“How do you live with integrity?”

*“I build my thoughts, words, and actions on what God says is true.”*

### Psalm 51:6 (NASB)

“Behold, You desire truth in the innermost being,  
and in the hidden part you will make me know wisdom.”

## Lesson: I ask “What does God say?” when I make decisions

1. Review Character Declaration and God's Words
2. Review Story from last week:
  - Marcus and Waldo started building their houses and had to dig the foundations. Marcus struggled through, but worked hard to make sure all that it was dug exactly right. Waldo dug it 'close enough' to the requirements.
3. I ask “What does God say” when I make decisions
  - Marcus and Waldo were supposed to follow the Great Designer's blueprint for how they built their houses, so they would stand up to storms, and give them safe, secure places to live.
  - God has given us “blueprints” for building our lives. We can choose to follow his instructions and design, or make up our own way and hope it works out.
    - Example: In Gymnastics what gives you the highest chances of success? Trying to figure out skills on your own, or listening to your coaches and going through the steps they give you to learn the skills?
    - Why does listening to the coach give the the greatest odds for success?
  - Where are God's blueprints for your life?
  - The Bible is God's Words and message to us. 2 Timothy 3:16 (NLT) says:
    - “All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work.”
  - Are you paying close attention to God's design for your life?
  - Do you know what the bible says? Really, do you?
  - How often do you ask: “What does God say about this?”
    - What does God say about the kind of friends you choose? (1 Cor 15:33)
    - What does God say about the kind of words you use? (Eph 4:29)
    - What does God say about what things you think about? (Phil 4:8)
    - What does God say about what you do with your body? (1 Cor 6:19-20)
  - God has a design for you life! He has a good plan! He made you and loves you.

## Planning Notes:

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# Winter 2017 CT: I Have Integrity - Team

## Week 7: January 29-February 3

“How do you live with integrity?”

*“I build my thoughts, words, and actions on what God says is true.”*

### Psalm 51:6 (NASB)

“Behold, You desire truth in the innermost being,  
and in the hidden part you will make me know wisdom.”

## Lesson: Story Part 4

1. Review Character Declaration and God's Words
2. Listen to Story Part 4 and ask questions:
  - a. Who showed more integrity this week?
  - b. Where in his building process did Waldo compromise?
  - c. When did this mistake becomes evident?
  - d. Why does Waldo not want to go back and fix his mistake?
  - e. How do you think his choice to cover it up will affect him in his building?
3. Application Questions:
  - o What caused Waldo to choose the easier route?
  - o Who do you think Waldo's choice to compromise (or cheat) will effect?
  - o In what areas of your gymnastics do you find yourself compromising?
  - o When you compromise who does it affect?
  - o How does it affect you?
  - o How does it affect others?
  - o James 4:17 says **“Therefore, to one who knows the right thing to do and does not do it, to him it is sin.”** Having Integrity is knowing the right thing to do, and the doing it. The opposite of this verse, “If you know what is right, and you do it, that is integrity!

## Planning Notes:

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# Winter 2017 CT: I Have Integrity - Team

## Week 8: February 5-10

### Lesson: Being honest in the small stuff

1. Review Character Declaration and God's Words
2. Review Story from last week:
  - What part of their houses did Marcus and Waldo work on in the story last week?
    - *The foundation*
  - What happened with Waldo's concrete?
  - Why was there a problem with his concrete?
    - *He hadn't followed the digging instructions in enough detail*
  - How did Waldo handle the inspection of his work?
    - *He was nervous, and tried to cover up and justify his work*
3. What does it mean to have integrity?
  - a. One part of integrity is being honest in the small details of our lives
4. Read Prov 12:22 "The LORD detests lying lips, but he delights in people who are trustworthy."
  - a. What does this verse mean?
  - b. God wants us to be 100% honest. In our words *and* actions.
  - c. Did Waldo lie?
    - i. *This may or may not be clear to some students. It is easy to try to justify ourselves.*
  - d. Was he honest?
    - i. *This should be clearer. He was not honest.*
  - e. Did he have integrity?
    - i. *Absolutely not. Integrity is not just what we say or don't say. It is if our actions, words, & thoughts are built on God's truth. It is if we build our lives on God's design, just like Waldo and Marcus were told to build their houses according to the Great Designer's plan.*
5. How do you know if you have integrity?
  - a. Ask yourself these questions:

|                                                                                                                                                                                                                     |                                                               |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|
| Am I hiding anything?<br>If my coach could see every detail of what I am doing, would I be nervous?<br>Do I tell myself, "It's no big deal," "Everyone is doing it," "I don't know why this detail matters anyways" | Do I have peace?<br>Am I proud of all the details of my work? |
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- b. What is an area of your life you want your integrity to grow in, by being honest with small things?

### Planning Notes:

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## Week 9: February 12-17

### Lesson: Story Part 5

1. Review Character Declaration and God's Words
2. Listen to Story Part 5
  - a. What was the struggle Waldo faced as he tried to decide what materials to get?
    - i. *Whether to go with what is right, or with what looks good.*
  - b. What ended up being most important to Waldo?
    - i. *How his house would look, so he chose the better looking, weaker materials.*
  - c. Why do you think Waldo made this choice? What has he been focused on during the building of his house?
    - i. *He made this choice because it would end up making his house look nicer from the outside. He has been focused on building a house that will wow people and be magnificent looking.*
  - d. How do you think this choice is going to work out for him? Do you think its that big a deal that he went just with the slightly weaker materials?
3. Application Questions:
  - How many compromises has Waldo made to this point?
  - When God was selecting the King of Israel (David) he sent his prophet Samuel to a group of men. As Samuel looked over the men he saw a lot of tall and strong men. When Samuel saw these strong men he assumed one of them would be the King God had chosen. But man God had chose to be King was a small, weak looking boy. Samuel was confused by why God would choose this person to be the next king over the strong and mighty men. God responds to Samuel with these words,
  - "But the Lord said to Samuel, *"Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart."*
  - God is not interested in how we appear to others, he is looking at what we are made up of on the inside. 2 Chronicles 16:9 says, *"For the eyes of the LORD range throughout the earth to strengthen those whose hearts are fully committed to him."*
5. Application: How many compromises have you made in your workouts today, this week?
  - A compromise is doing anything less than what's been asked or set for you to do.
  - God is searching for people who are eager to please him and who are walking with integrity. They are seeking to what he says and doing their very best to do what he says.
  - As God looks over the earth would your heart stand out as one he would be looking to strengthen?

### Planning Notes:

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## Week 10: February 19-24

### Lesson: The cost and the value of integrity

1. Review Character Declaration and God's Words
2. Review Story from last week:
  -
3. If you choose to have integrity, what will it cost you?
  - *Effort. You will have to try harder than others to choose the easy way.*
  - *Pride. You will have to admit mistakes and failures when others hide theirs.*
  - *Comfort and Popularity. You will have to stand up and stick out when others choose wrong.*
4. What value does integrity have? Why would you want it if it costs so much?
  - *Various answers*
5. Read Psalm 15
  - "O Lord, who may abide in Your tent? Who may dwell on Your holy hill?  
He who walks with integrity, and works righteousness, And speaks truth in his heart.  
He does not slander with his tongue, Nor does evil to his neighbor,  
Nor takes up a reproach against his friend;  
In whose eyes a reprobate is despised, But who honors those who fear the Lord;  
He swears to his own hurt and does not change;  
He does not put out his money at interest, Nor does he take a bribe against the innocent.  
**He who does these things will never be shaken."**
  - Most of Psalm 15 talks about what it costs to have integrity. The last line tells us the value.
    - i. *Will never be shaken*
  - What does that mean?
    - i. *If we choose to live our lives according to God's commands and what he says is true, we are choosing to trust him as our foundation.*
    - ii. *We can build our lives (just like a house) with confidence on God. Why?*
      1. *He is the creator of the whole universe (Gen 1; Acts 17:25-26)*
      2. *He is your creator. He knows you better than your do. (Ps 139)*
      3. *He loves you. Enough that he died for you. (John 3:17)*
6. If we never lie, we can be free of the fear being found out. We have the honor & integrity of our word. Good people will want to be around us.
7. If we build our lives on what is true, testing every decision with God's blueprints (the bible), we can be confident and unafraid of what will happen. God will give us peace.
  - "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." - John 16:33
8. What does integrity in your conditioning cost you?
  - What value does it have?

### Planning Notes:

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# Winter 2017 CT: I Have Integrity - Team

## Week 11: February 26-March 3

“How do you live with integrity?”

*“I build my thoughts, words, and actions on what God says is true.”*

### Psalm 51:6 (NASB)

“Behold, You desire truth in the innermost being,  
and in the hidden part you will make me know wisdom.”

### Lesson: Story Part 6

1. Review Character Declaration and God's Words
2. Listen to Story Part 6
  - a. What compromises did Waldo make that ended up costing him dearly?
    - i. *Not digging his foundation right, which cause him to not anchor his walls on the South side, which resulted in the whole south end being torn up.*
    - ii. *His choice of siding and roofing*
  - b. How could Waldo have easily avoided the utter destruction of his house?
  - c. Whose house was a better looking house? (when!)
  - d. Whose house was still standing at the end of the storm?
3. Application Questions:
  - Just like the brothers' houses were put to the test, we also will be need to stand before God one day and be tested. Our ability to pass that test will come down to if we followed God's blueprints. God gave us the bible and told us exactly how we are to make it to eternity with him.
    - Romans 10:9 says **“If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.10 For it is by believing in your heart that you are made right with God, and it is by openly declaring your faith that you are saved.”**
    - John 8:31 says: “Jesus said to the people who believed in him, **“You are truly my disciples if you remain faithful to my teachings.”**
  - God has clearly told us that we will be able to spend eternity in heaven with him if we make Jesus Lord of our lives and then choose to live lives that clearly reflect that choice.
  - God's word also contains the instructions for how we are to live each day and how we can please him. Are you carefully reading and spending time in God's word so that you can walk with integrity before him?

### Planning Notes:

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## Week 12: March 5-10

### Lesson: Integrity Review

#### 1. Review

“How do you live with integrity?”

*“I build my thoughts, words, and actions on what God says is true.”*

- “What does God have to say about integrity?”

“Behold, You desire truth in the innermost being,  
and in the hidden part you will make me know wisdom.”

**Psalms 51:6 (NASB)**

#### 2. “Let’s review our Winter story, ‘The Build.’”

- Marcus and Waldo must build their own houses to become respected citizens of Zephen.
- The Great Designer gives them specific plans and instructions on how to build a house that will withstand the intense storms of their island.
- Marcus and Waldo both have very different desires for their houses. Marcus decides what he wants most is a strong, secure house. Waldo wants to build a place that will make him look good to his friends.
- As the brothers go through the story they are challenged constantly with the choice to compromise (cheat) or have integrity. With each choice and test, the brothers and their houses become more different.
- Waldo is not thorough in following the instructions, not willing to fix problems that come up, and actually works to hide his mistakes from others so that he does not have to look bad or put in extra effort.
- Marcus is careful to start with the blueprints from the Great Designer from the beginning, and when he runs into trouble, he does the work to make things right, even though it costs him extra effort. His house ends up less magnificent looking than Waldo’s, but he is confident that it is strong.
- The great storm that comes to Zephen tests each brother’s house. Waldo’s house is totally destroyed because of the trail of small compromises he has made. Marcus’ house stands strong, so that the only thing Marcus is worried about is Waldo!

#### 3. Application Questions:

- “Just like Marcus and Waldo’s houses were tested by a storm, you and I will stand before God one day and be tested. We will pass or fail based on if we followed God’s blueprints.”
- “We all have a problem though. No person who has ever lived has followed God’s commands perfectly, and that is what God requires. We will either be rewarded for our perfection, or punished for our sin!”
- “There is only one way we can escape punishment from God. God sent his son Jesus to be perfect for us, and pay for our sin. Here’s what God tells us in the bible:
  - “For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ.” - 2 Corinthians 5:21
- “God gave us the bible and told us exactly how we can live forever with him.”
  - “Romans 10:9-10 says **“If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For it is by believing in your heart that you are made right with God, and it is by openly declaring your faith that you are saved.”**

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- “John 8:31 says: “Jesus said to the people who believed in him, “You are truly my disciples if you remain faithful to my teachings.”

- “God loves us so much he made a way to save us from our own mistakes and evil.”
- “God clearly tells us that we can spend eternity in heaven with him if we make Jesus the one in charge of our lives, and obey his commands.”
- “If we trust God and obey him, he says that he will give us the power to stop sinning, and live lives full of integrity.”

### 4. Wrap Up:

- “Do you want to live safely with Jesus forever? Do you want to make him in charge of your life? We would love to give you a Bible (God’s blueprints for your life) and pray with you.”
- “Are you excited to build your thoughts, words and actions on what God says is true?”

### 5. Optional Questions/Answers:

- “What do you need to change in your life to have more integrity?”

### Planning Notes:

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