

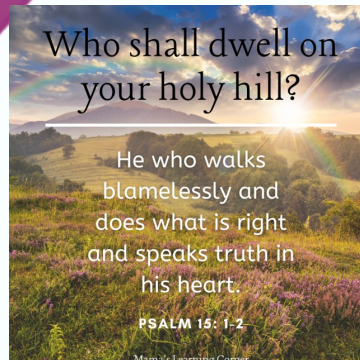
# EPWORTH WORSHIP TOGETHER,



This week's big idea

## Integrity

The quality of being honest and having strong moral principles.



Bible verse of the week

## Exploring further

God cares about who we are on the inside.

Look at yourself and think about your heart -

Are you honest? Are you kind? Are you trustworthy? Are you fair?

"What is one promise you can keep this week?"

- Tell the truth?
- Be kind?
- Offer to help?
- Stand up for a friend if others are not nice?



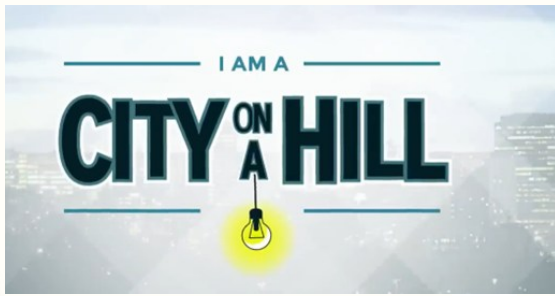
## Prayer of the week



Dear God,  
Thank You for loving me every day.  
Please help me to tell the truth, even when it feels hard.  
Help me do the right thing when no one is watching.  
Teach me to be kind, fair, and honest in my words and my actions.  
Help me choose good paths  
and be brave enough to follow them.  
Thank You for guiding my heart.  
Amen.

## This week's worship song

<https://youtu.be/ITEadEftdnM?t=15>



## This week's activity



Promise Bracelets

**Psalm 15:4** - encourages us to tell the truth even when it hurts.

**Activity:**

Make simple bracelets with wool and / or beads.

"What is a promise you can keep this week?" Each promise add a bead. Or another strand to braid. Think which promises will you make this week.

- Tell the truth
- Be kind
- Finish homework
- Help at home

This bracelet will remind you to keep your promises.

## Explore further at home



### Integrity Dice

Draw or write choices on a cube (paper or cardboard):

- Truth
- Kindness
- Help
- Promise

Roll it each morning ☐ that's the day's focus for you - make a difference!



## Quote of the week

**"Do the right thing, even when no one is watching."**

*C. S. Lewis*

## Picture of the week

