

Friends Club



Integrity

Additional Project Ideas

Build bridges. Supply the girls with marshmallows and toothpicks (or similar building materials – pretzels and gumdrops can work well, too) and challenge them to build a bridge. Bring in small objects of varying weights to test the bridges (i.e., a quarter, a paperclip, a paperweight, a roll of quarters, rocks of varying sizes). You can do one bridge if you have a smaller group, or if you have a larger group, divide the girls into groups and have them work to see whose bridge can sustain the most weight. Building a bridge this way probably won't work very well. Talk with the girls about the importance of having a solid foundation built with integrity. Liken this exercise to the importance of having a solid foundation of integrity in our personal lives.

Act it out. Have the girls write and perform a skit illustrating the difference between living a life of integrity and living without integrity. Have the girls break up into smaller groups or have one big skit. Incorporate the aspects of peer pressure, making right decisions in the small things, and staying strong for big decisions. Coordinate with the sponsor of another club to have the girls come and share their skit.

Tell the story. Have the girls write a "choose-your-own-adventure" story presenting the concept of integrity. The girls could write a story individually or collaborate with a small team of other girls. Coordinate with the sponsor of a younger club to have the girls share the story with the younger club.

Write about it. Have the girls write an essay based on Philippians 4:8 or 1:27 and Integrity. Allow time for the girls to share their essays with the group.

Character study. Help the girls choose a Bible character to study. Have the girls focus on the choices the individual made and the consequences of those choices. When did they exhibit integrity? When not? What happened? Have the girls write about what they find out and allow time for the girls to share with the group what they find.

Test it. Have the girls take personality tests. There are several free tests available online. Have the girls share their results with the group. Take time to learn about the different personality types and what they look like. Talk with the girls about differences between the personalities in the group. Integrity means being true to what God has called us to do and sometimes He uses many different personalities to accomplish His work.

Resource Ideas

- *Honest to God* by Charlie Westarr, available at www.gospelpublishing.com
- *A Genuine Faith* by Rodney Reeves, available at www.gospelpublishing.com

Additional Discussion Questions

Discovery #1

- Why does it matter if people have integrity?
- Who is a good example of integrity?
- Is having integrity cool?

Discovery #2

- How can you show that you have integrity?
- Who do you admire for their integrity? Why do you admire them?
- What can you do to be more like them?

Discovery #3

- What is faithfulness? How is it related to integrity?
- What are the consequences of not having integrity?
- Think about the people you admire for their integrity. How have they been blessed?

Discovery #4

- What is accountability? How can accountability help me have integrity?
- Why are the little things so important?
- How can I practice having integrity?

Discovery #5

- Why is reading your Bible important? Why is memorizing Scripture important?
- What does it mean to live your life according to the Word of God?
- How do we know where to set the standard?

Discovery #6

- Have you ever felt left out or out of place? What should you do?
- Why is having Christian friends so important?
- When you maintain integrity, how does that affect how people see you?