

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



DAY 1

Read Exodus 20:16

Has anyone ever said something about you that wasn't true? How did it make you feel? To "bear false witness" is when you make up a story about someone that's not true. You can't really trust a person that makes up lies about someone else.

Being truthful is a big deal to God. When you're not truthful, you lose trust. God wants to help us see that choosing to be honest in words and actions protects our relationships with others.

Truth Leads To Trust

Grab a piece of paper. Write the phrase TRUTH LEADS TO TRUST across the center of the page. Draw pictures around the words to depict their meaning.

Pray and thank God for always being honest and trustworthy. Ask God to help you live with integrity this week so others can trust you too.



DAY 2

Read Ephesians 4:25

The human heart sends blood to every part of your body all day, every day. The average heart beats about a hundred thousand times a day! Cool, right? But as amazing as it is, it needs the rest of you to actually work!

Just like the heart needs the rest of your body to do its best work, you need the people around you to be the best at who God made you to be.

We're all connected. That's why dishonesty can be so damaging. The next time you have the opportunity to tell the truth, think about how you're connected to the person you're talking with. Protect that relationship by choosing honesty!

Check Your Pulse

Check your pulse by placing your index finger on your neck or your wrist. Can you feel it beating? Ask a parent to set a timer for one minute. Count the number of beats. Take that number and multiply it by 60. That will tell you how many times your heart beats in an hour. Then take that number and multiple it by 24 to figure out how many beats per day!

DAY 3

Read Proverbs 26:28

Think about a good friend. Write their name here:

God wants to help you be the kind of friend who tells the truth, the kind of friend others can depend on. Spend some time asking God to help you with this.



Friendship Greetings

Make a card for a good friend. On the inside, list some reasons why they are a good friend. Give the card to your friend the next time you're together. And remember to be honest with your words and actions so your friendship remains strong!

DAY 4

Read Proverbs 10:9

Have you ever heard of Pinocchio? Pinocchio had a problem with telling the truth. Every time he told a lie, his nose would grow.

Now, your nose won't grow every time you tell a lie. But that doesn't mean lying won't cause other problems. Because no matter how hard you try, you can't really cover up a lie. Eventually, the truth will stick out just like Pinocchio's nose. It's best to tell the truth so others can trust you.



The Nose Knows

Take a look at your nose in the mirror. Thank God for giving you a nose that doesn't grow when you lie. Ask God to help you be truthful this week so others can trust you.



When you're not truthful, you lose trust.