

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

## DAY 1

### Read I Thessalonians 5:15

Can you think of a time when someone did something that really hurt your feelings? When that happens, what do you feel like doing? If we're honest, our first reaction is to hurt them right back.

But our verse today gives us a different way to respond.

What if instead of hurting someone like they hurt you, you stopped and prayed for them? What if instead of saying something mean back to them, you said something kind?

Only God can help you do that! God can give you the power to stop and make the wise choice. And when you do, instead of getting even, your actions might help someone else see their need for God's help too! Because when you do what's right, others can see God.

## DAY 2

### Read Colossians 3:23

What are the things you have to do that you really don't want to do? Write some examples in the space below.

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Most people have a list of "have to do's" that aren't "want to do's." And while not every task is fun or exciting, it doesn't mean those tasks aren't worth doing. Like if you didn't take out the trash, you'd end up with a big stinky mess in your kitchen. If you didn't brush your teeth, you might end up with some not so fun trips to the dentist!

What if you took just one or two things from the list you made above and thought about working hard at those tasks with integrity? You can choose to do your best as if working for God and not the people around you. When you do what's expected of you, when you finish the tasks you're responsible for, you show others that you have integrity.

DAY 3

## Read Titus 2:7

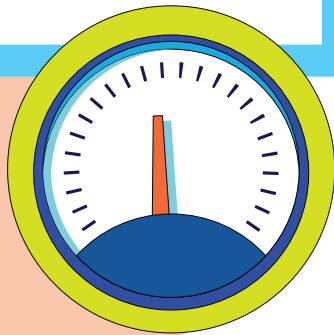
### Shape Patterns

Finish the patterns below.



It's pretty easy to see what needs to come next when there's a clear pattern to follow! Did you know that the choices you make can also set a pattern too? When Paul wrote these words to Titus, he wanted him to understand the importance of his role as a leader to others. Paul wanted Titus to set an example by choosing to live with integrity.

As followers of Jesus, we are also called to do what is right and set an example or pattern for others to follow. And when you do what's right, others can see God.



DAY 4

## Read Proverbs 2:20-21

Have you ever made footprints in the snow or on a sandy beach? Or tried to follow along in footprints someone else left behind? When it comes to doing the right thing, it's easier when we have someone to follow! That's why it's important to surround yourself with friends who are making wise choices with their life.

It's important to listen to others who follow Jesus. Find the people in your life who live with integrity and walk in their footsteps. Look for other Jesus followers who set a good example. And ask God to help you be that kind of example too. Because when you walk with integrity, others can see God.



### Footprint Verse

Grab some paper and trace around your left and right shoes. Lay them out in the path, left foot, right foot and so on. Then write out each phrase of the verse below on a separate footprint. Repeat the words of the verse as you walk, then hop, then jog along the path.

*"You will / walk / in the / ways of / good people. / You will / follow the / paths of / those who / do right. / Honest people / will live / in the land. / Those who / are without / blame will / remain in it." / Proverbs 2:20-21*

# When you do what's right others can see God.