

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

Read John 8:31-32



DAY
1

Hurt Heart

Grab some paper and scissors. Cut out the shape of a heart. Crumble the heart shape in your hands. Then, carefully smooth it out.

When we lie to others, we hurt their heart and they lose trust in us. It's a lot like the heart you just made. It started off perfect and unhurt and then it got crumpled. Even if you are super careful undoing it, it will never go back to the way it was before.

Ask God to help you speak truth to your friends.



DAY
2

The Boy Who Cried Wolf

Did you ever hear the story about the boy who cried wolf? Ask a parent or adult to tell you the story or help look it up online.

Has someone ever lied to you? Was it hard to believe them next time? Think of a time something like this happened to you or where you have seen it done around you. Talk about it with an adult.

Adults: Talk with your kid about how that made them feel when someone lied to them or how it could make someone feel if they haven't experienced it.

Know that when you tell the truth people can trust you.

DAY
3

Walk on T-R-U-T-H

Grab five pieces of paper and a crayon. On each of the pieces of paper write one of the letters in the word truth. Then, lay the papers out in front of you like a sidewalk spelling out T-R-U-T-H. Now, look up this week's verse. After you have read it, say your verse aloud while walking on the letters. Now, go walk in truth, even without the papers!

Thank God for giving us an example of how to walk in truth.

DAY
4

Whatever You Say and Do

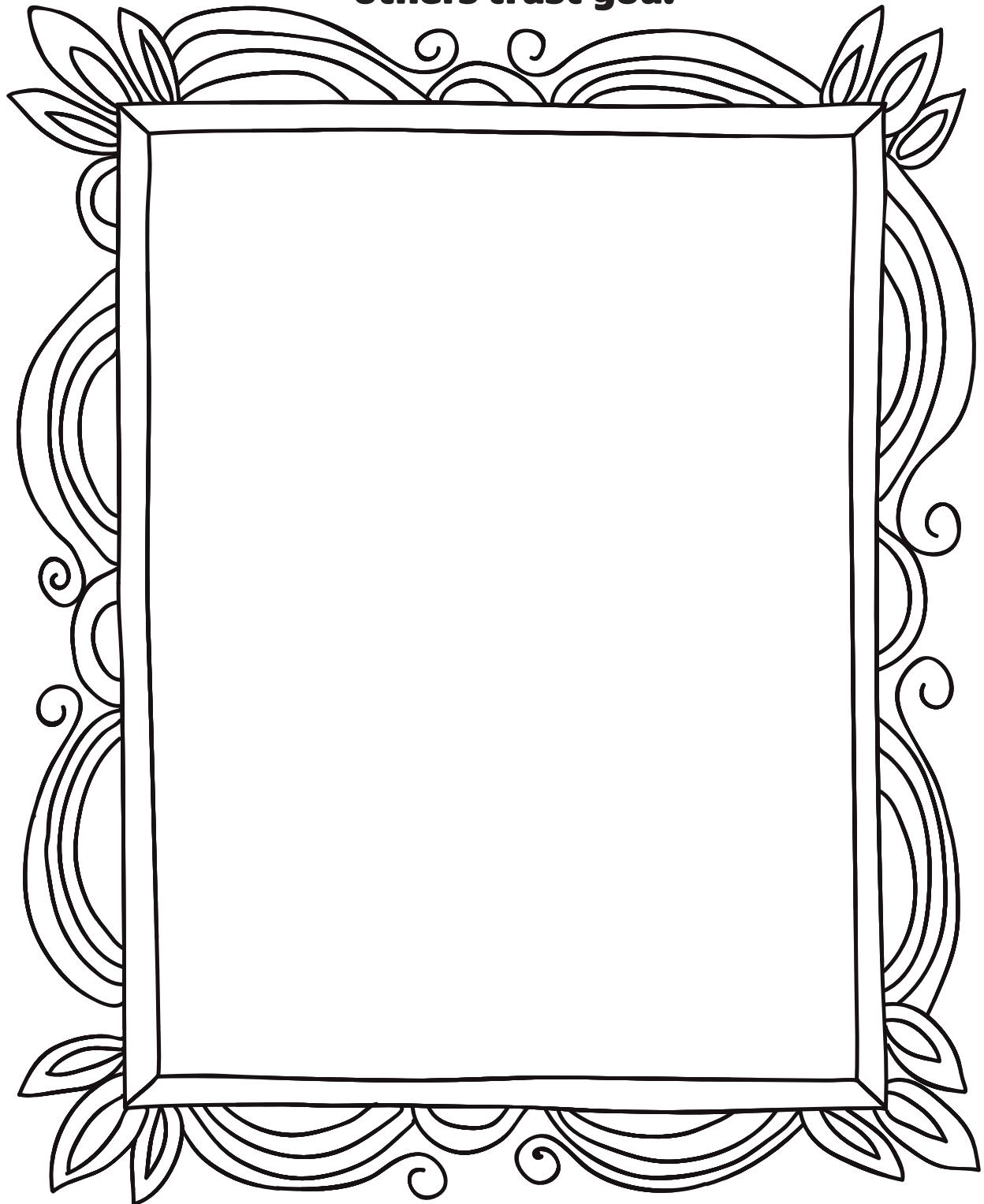
Whatever you say and do be truthful. Sometimes it's easier to tell a lie because it might get you what you want. It might be easier to cheat in the game so that you can win. But even when it's hard, let whatever you say and do be truthful. Pray and ask God to help you do this.

"Dear God, sometimes it is really hard to be truthful. Please give me the strength to do my best. I want to be someone others can trust. Help me tell the truth in whatever I say and do. Amen"

Look for opportunities to be truthful in whatever you say and do.

When you're not truthful, you lose trust.

**Draw a picture of you and your friends.
Remember, when you are truthful
others trust you.**



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



DAY 1

Read Ephesians 4:25

“Cheaters never win.”
“Honesty is the best policy.”
“Lying lips sink ships.”

Have you heard any of these sayings before?

Honesty is always the best policy because even if you do get in trouble for something you've done wrong, being honest about it means less trouble for sure. And lying lips, can tank or sink your relationship with others.

Here's a little integrity challenge. The next time you're tempted to do or say something untrue, think about the people around you. **Remember that when you're not truthful, you lose trust.** Ask yourself if telling that lie or doing something dishonest in the moment will help or hurt your relationships. If it's hurtful, it's best to choose integrity instead. And remember, you can always ask God to help you make choices that honor Him and others!

Create your own integrity phrases like the ones above. Try to keep it to five words or less. Share your new integrity slogan with a family member or friend.

DAY 2

Read Luke 6:31

Todays' verse is often called the golden rule. Jesus taught us this rule so we would know how to treat each other. But this is especially true when it comes to integrity! Strong friendships are built on trust.

How would you change the scenarios below so that the person treats you the way you want to be treated? Your sister breaks something of yours. When you ask her what happened, she says she never touched it.

Your best friend passes out invitations to her birthday party at school. It's the end of the day and you haven't received one. When you ask her about it, she denies that she passed out invitations at all.

Your friend borrowed your favorite pencil sharpener without asking. When you say something to him, he lies and says he hasn't seen it.

When it comes to living with integrity this week, make sure you apply the golden rule. **Ask God to help you treat others the way you want to be treated so you build trust!**

*When you're not truthful,
you lose trust.*



DAY 3

DAY 4

Read Colossians 3:9

Biting your nails.
Brushing your teeth twice a day.
Chewing with your mouth open.
Cleaning up after you're finished.

Habits. We all have them. Some are good and some are just plain bad! Did you know that you can actually change your habits? The best way to break an old habit is to replace it with a new one.

When you become a follower of Jesus, you are a new creation. The old way of doing things, the old way of living should be left behind. So instead of falling into old habits that are dishonest, we should follow Jesus' example. With God's help, we can replace our old habits and choose to be truthful so that others can trust us.

Think back to this past week. Did you fall into the old habit of lying about something to avoid getting in trouble? Ask God to forgive you and to help you make a different choice next time. **And if you've hurt someone with your lie, make sure you ask them for forgiveness too.**

Read 1 John 3:18

What's the difference between saying "I love you" and showing someone you love them? Is it easier to say you love or to show you love?

One big way you can show someone how much you love them is by choosing to be truthful in all you say and do. Just like love is about more than words, integrity is more than just using honest words or telling the truth. It's about our honest actions too. While the words we say are super important (just like saying "I love you" is important), we need to back up those words by being honest in how we live and treat others.

Write a note to yourself by filling in the blanks below. Ask God to help you show love by choosing to be honest in all we say AND do this week.

Dear _____,

(Your name)

Don't just talk about love, show

_____ love by

(Friend/ family member)

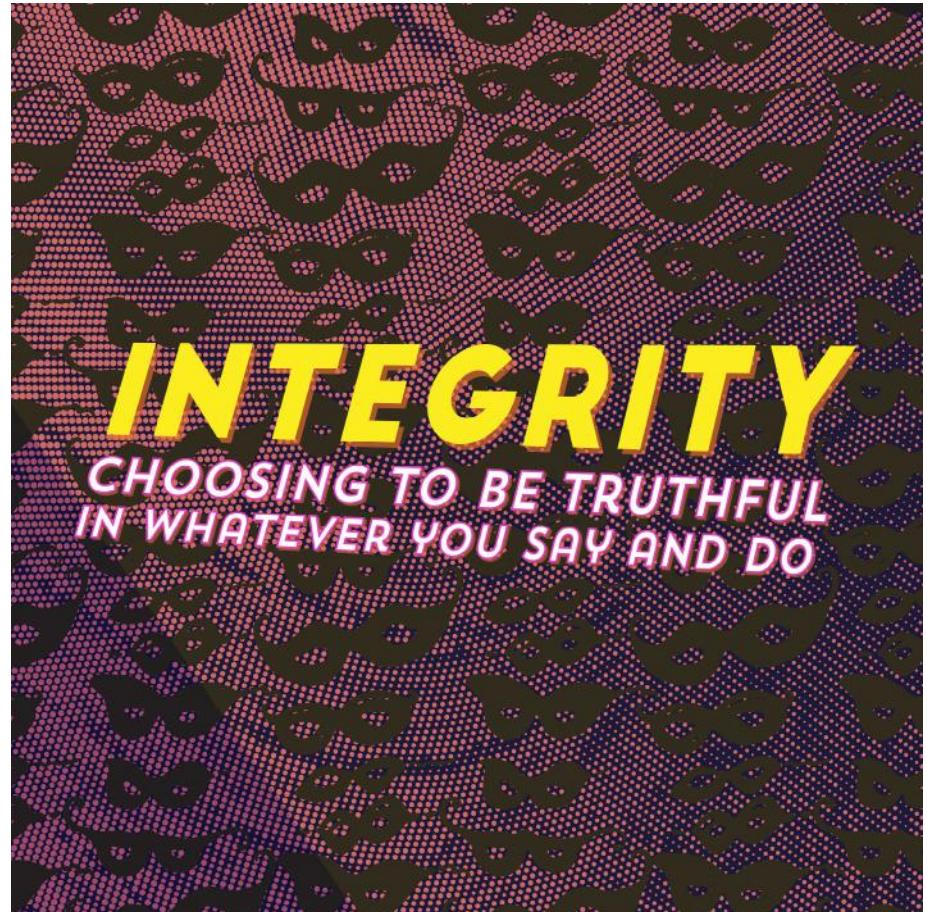
_____.

(a specific example of integrity)

Then it will truly be love.

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

WHY IS IT IMPORTANT FOR PEOPLE TO TRUST YOU?



Day 1

Go to Studio252.tv and watch this week's episode of The So & So Show.

→ Click on Fun2Watch! then The So & So Show.

Even if you already saw it at church,
feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that:

1 You liked:

3. You Learned:

3. You'd like to know

Day 2

Read 2 Kings 5.

As you read chapter five, circle any numbers you see. How many circles do you have? (See the answer below.)

Those numbers may not mean much, but they do illustrate something important: God is into the details. He knows all the “numbers” of our lives. Luke even teaches us that God knows how many hairs are on our head! That means we can trust Him no matter what. And the more we try to follow after God, the more we should be someone others can trust. And for them to be able to trust us, we have to tell the truth every single time.

Day 3

From reading the story of Naaman and Gehazi, it seems like Gehazi had an honesty problem, and that it probably had a lot to do with what he wanted.

In other words, if he had his eye on something, he was going to do whatever it took to get it.

Maybe that's not your particular honesty struggle. Maybe you have found yourself lying to keep from getting in trouble or you sometimes exaggerate stories to make people like you more, or to one-up your friends. The great thing is that it's not too late to ask forgiveness and make a change! You can begin living a life of integrity today! You can use the prayer below to help you press re-start.

“Dear God, as You know, I struggle with being honest when it comes to _____. I think it's hard for me because _____.

Please forgive me for not being honest, and help me to begin being honest in everything I say and do. In Jesus' Name, I pray, amen.”

There were 11 numbers in this story.

Day 4

You've probably played the game two truths and a lie before.

It's a pretty fun game, but it only works because you know the person is telling you one lie, and as soon as the person makes their guess, you come clean.

Find a friend, sibling, or parent to play the game with. Each of you should take a turn sharing two truths and a lie. When you're done, take some time to talk about it. Share with each other why it isn't upsetting to play the game, but in real life, if someone lies to you, it really damages the relationship.

Talk with each other about the importance of trust, and commit together to be truthful to each other and to everyone around you.

Day 5

Have you ever known someone who was always lying? Even when they say something kind to you, you aren't sure how to take it, right?

Imagine being that person. The one that no one can trust. It must be pretty lonely.

On the other hand, if you're someone others can trust, they will want to be around you. They will want to spend time with you and confide in you. And that feels pretty awesome.

Grab a dry erase marker and head to the bathroom mirror. Draw a circle around your face and then a rectangle around the circle so it looks like a picture frame. Now imagine what people would think when they see a picture of you. Do they think about how kind, loyal and trustworthy you are? Or do they see someone who they aren't sure they can trust? Around the picture frame, write some words that you hope describe how others see you, like honest and trustworthy. Every time you look in the mirror, think about how important it is for others to see you like that!