

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

WEEK
1
1ST

Read Proverbs 12:17

DAY

1

Who Are You?

What two places do you spend a lot of time at? School and home most likely! Think about some of the things you do really well at those places. Like being kind, funny, or a good friend. Talk with your parent about it and see if they agree!

Adults, talk to your child about some of the positive character traits that they exhibit at school and then at home. Give examples of how they show those traits. Such as: "You are kind because you share toys with your friends." Also, find one example of when they were truthful. Tell them how much you appreciated their honesty.

Know that God gave you those amazing character traits!

DAY

2

Speaking Truth

Below are some situations that can be true or false. Read them aloud and if they are true statements shout, "True" and clap your hands. If they are false wag your pointer finger and say, "False."

- The sky is a bright purple color.
- Yes, cookies are the best thing to eat for breakfast.
- I am in elementary school.
- God made me to be just who I am.

Make up one or two of your own!

ASK God to help you speak the truth always.

DAY

3

Ask For Help

Today let's use our verse to help us pray. Look up Proverbs 12:17. Once you have read it a few times, pray the prayer below.

"Dear God, I pray that I will be able to speak the truth even when it's hard. I know that you don't like lies and you love truth. Please help me be able to be truthful all of the time. I want to live with integrity so others will trust me. Amen."

Look for opportunities to speak the truth.

DAY

4

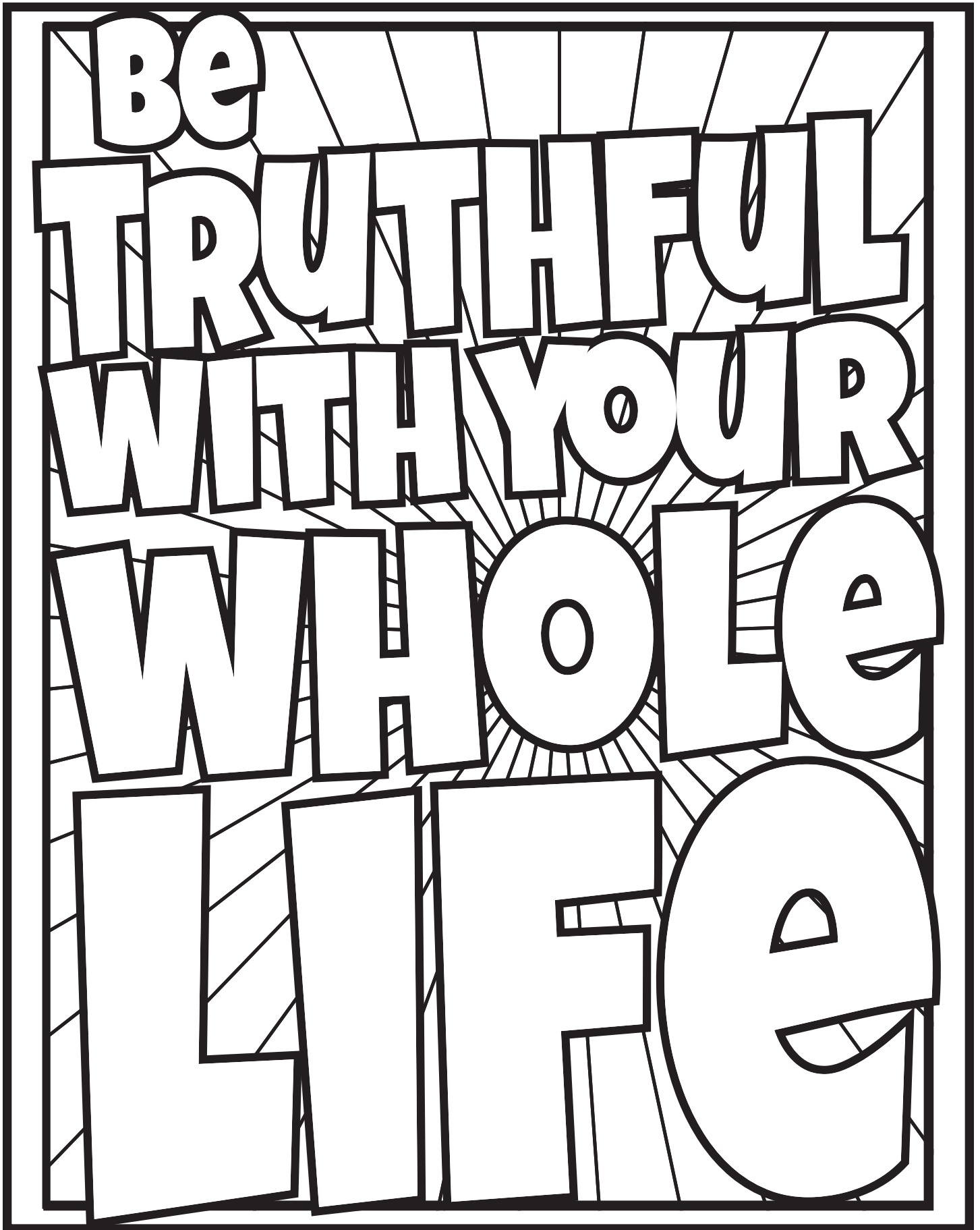
Truth Talk

When you choose to speak the truth, people know that you can be trusted and that you have integrity. Flip this page over and color the words on the back to create a poster that you can hang in your room to remind you of this week's bottom line: Be truthful with your whole life.

Thank God for teaching us the importance of telling the truth.

*Be truthful with
your whole life.*

PARENT CUE



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

WEEK
1
2ND-3RD

DAY 1

Read Proverbs 11:3

Have you heard the word integrity before? Integrity is choosing to be truthful in whatever you say and do. So, it's more than just being truthful with your words. Integrity is about doing the right thing even when no one is looking. Integrity means being truthful in all things, in all ways, always.

Unscramble the words below to find out what we're learning this week:

_____	_____	_____
E B	T F L U U R H T	T I W H
_____	_____	_____
R Y O U	E O H L W	E I F L

Ask God to help you do what is right so you can live a life of integrity. Thank Him for guiding you and for always doing what He says He will do.

DAY 2

Read Proverbs 19:1

Say the sentences below aloud, paying attention to the direction at the beginning.

(with enthusiasm) "Nice shirt."

(with sarcasm) "Nice shirt."

Do you see how the same sentence can have two very different meanings? "Nice shirt" could either be a big compliment or a major put down. Have you ever had a friend claim you said something unkind when you really didn't mean it that way?

When we say what we mean and mean what we say, others learn quickly that they can trust us. Choose to speak words that build up in a kind tone so that they can't be twisted around or misunderstood.

Think about a time when you said something that made someone else angry or upset. Were you careful with your tone or were you sarcastic? Did you do anything with your body language to make the other person feel unloved?

Ask God to help you choose kind words and to be careful with how you deliver them so you can show integrity.

Be truthful with
your whole life.

DAY 3

Read 1 Peter 3:16

Have you ever done something you knew you shouldn't have done? Maybe you took something that wasn't yours, or told a lie, or cheated so you could win. You know that feeling you feel when you're worried you will get caught?

Do you know how you can avoid that feeling? Check out the first sentence in 1 Peter 3:16. If you choose to be truthful in all you say and do, then you won't have to worry. Living a life that's truthful means you'll never have to hide, or worry about getting caught!

Use the key to decode the sentence below.

A - + G - ~ L - = R - ! V -)
D - # H -] M - \ S - : W - [
E - @ I - & N - ^ T - \$ Y - |
F - / K - % O - * U - (

_____ = &) @ : * \$] + \$ | * (_____
_____, _____ # * ^ \$] +) @ \$ * / @ @ = _____
_____, _____ | * () @ # * ^ @ + ^ | \$] & ^ ~ _____
_____ [! * ^ ~ _____

Answer: Love so that you don't have to feel you've done anything wrong.

DAY 4

Read Luke 16:10

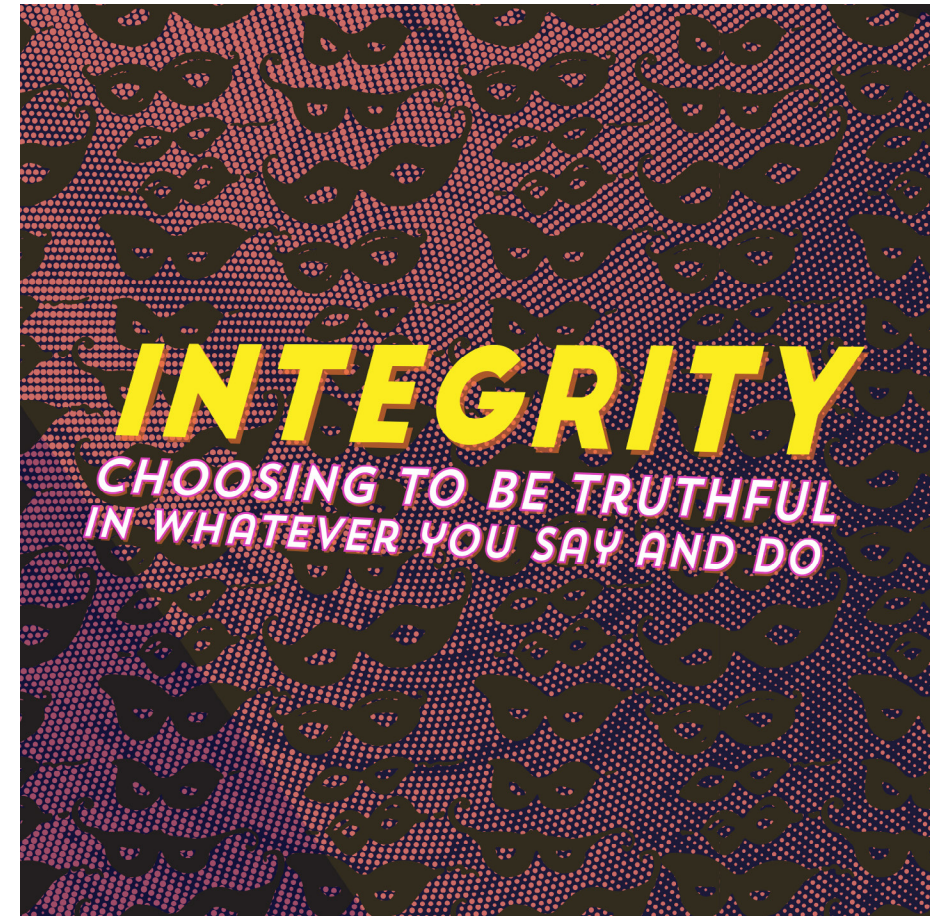
Is there something you are allowed to do now that you weren't allowed to do when you were younger? Maybe you have a later bedtime. Maybe you're allowed to walk down the street to a friend's house or ride your bike around the neighborhood on your own.

As you show you can be trusted, you might notice that teachers, coaches and your parents allow you a little bit more freedom. Showing you can be trusted with a little thing now (like riding your bike carefully around the neighborhood) might lead to bigger freedoms later (like driving a car when you're old enough and have a license.)

Our verse today reminds us that **integrity is something you build upon**. When you're honest with your words and actions, you build trust. It's about being truthful with your whole life. In the spaces below, write one way you can show integrity with that body part this week so you can build trust. (Example: Eyes - "I will choose to only play video games that my parents have approved.")

Mouth - _____
Hands - _____
Eyes - _____
Ears - _____
Feet - _____

**HOW DO
YOU WANT
PEOPLE TO
DESCRIBE
YOU?**

[illegible]

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

After watching, write one thing that:

Day 2

Read Daniel 1:3-5, 15-20

As you read verses 3-5, underline the characteristics of the young men the king was looking for. Then as you read verses 15-20, circle the description of Daniel and his friends. Lastly, draw a line from each of the things the king was looking for in these men down to the circled description that matches it in verses 15-20.

That line, the space between verses 5 and 15, represents years of living lives of integrity by Daniel and his friends!

How you live your life—what you do with the space between now and then—matters!

Day 3

Sometimes when we think about being truthful, we think it just means not telling any lies. But integrity is more than that: it means being truthful with your whole life.

That’s a little more overwhelming, isn’t it? Thankfully we have great examples like Daniel, and we have help from God.

Go grab your favorite snack. As you eat the food, imagine if you believed God was asking you to give it up for some reason. Would you be able to? It would be hard, but if you knew God had something better in mind, it would be a little easier, right? Don’t worry, chances are good that God isn’t asking you to give up fruit snacks or popcorn, but there may be other things in your life that He wants you to stop or start doing, and when you are obedient to live life in the way that He’s called you to, you will live a life of integrity.

As you finish your food, ask God to show you any areas of your life where you might not be living truthfully and to give you the strength to change course!

Day 4

“Being truthful with your life” – that’s a pretty big concept. And how it looks from person to person can look different. It’s all about finding out who God has made you to be, and living a life of obedience to that call.

In other words, if God has made you to be a funny person, but you find yourself keeping that part of yourself away from others for fear of not being taken seriously, that wouldn’t be truthful. Or maybe you’ve seen God do something amazing in your life and when people ask you about it, you hold back and don’t point to God for fear they will make fun of you. That wouldn’t be truthful either.

There are so many ways to live a life of integrity, so take a few minutes to interview a few people that you see living a truthful life. Ask them what they think integrity means, and what they think it means to live a truthful life. Ask them about a time they were tempted to not live a truthful life. And be sure and tell them how you see them living out integrity!

Day 5

Today, you’re going to do a little self-inventory. Use the space on the back or a separate piece of paper.

What are six words you would use to describe yourself?

What are six words you would want people to use to describe you?

Are these words the same? Maybe some are the same, and some are different? Circle any from the second group that you didn’t use in the first.

These circled words might just be the key for you to live a life of integrity—being true to who God made you to be! Ask God to help you live truthfully and live the life He has called you to live!