

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

Read: Psalm 25:5

DAY

1

## It's the Inside that Counts

Think of a fruit with a peel or food that comes in a wrapper. Ask an adult if they have one you can hold. As you hold the food in your hands, ask: Is the snack better with the peel or wrapper on or off? What's more important—the inside or the outside?

You can think of yourself that way— it's one thing to look great on the outside, but God looks at who we are on the inside! (With your parent's permission, enjoy the tasty snack.)

**KNOW** that we use what's inside of us to show others God's love.

DAY

2

## Bearing Fruit

This week's Bible story, Luke 6:43-45 talks about a good tree and a bad tree and the fruit they produce. What do you think a good tree and a bad tree would look like? Draw a picture of each. Talk with an adult about what is different between a good tree and a bad tree. Which tree would you rather eat from?

**ASK** God to help you fill your life with goodness.

DAY

3

## Guide Me in Truth

Look up this week's verse, Psalm 25:5. Read through the verse a few times. After each time you read, say something that you trust God with. For example, "I trust that God will keep me safe."

**LISTEN** to God's Words and trust them.

DAY

4

## Being Truthful

Talking to God and reading the Bible helps us learn what truth is. Pray and ask God to help you be more truthful.

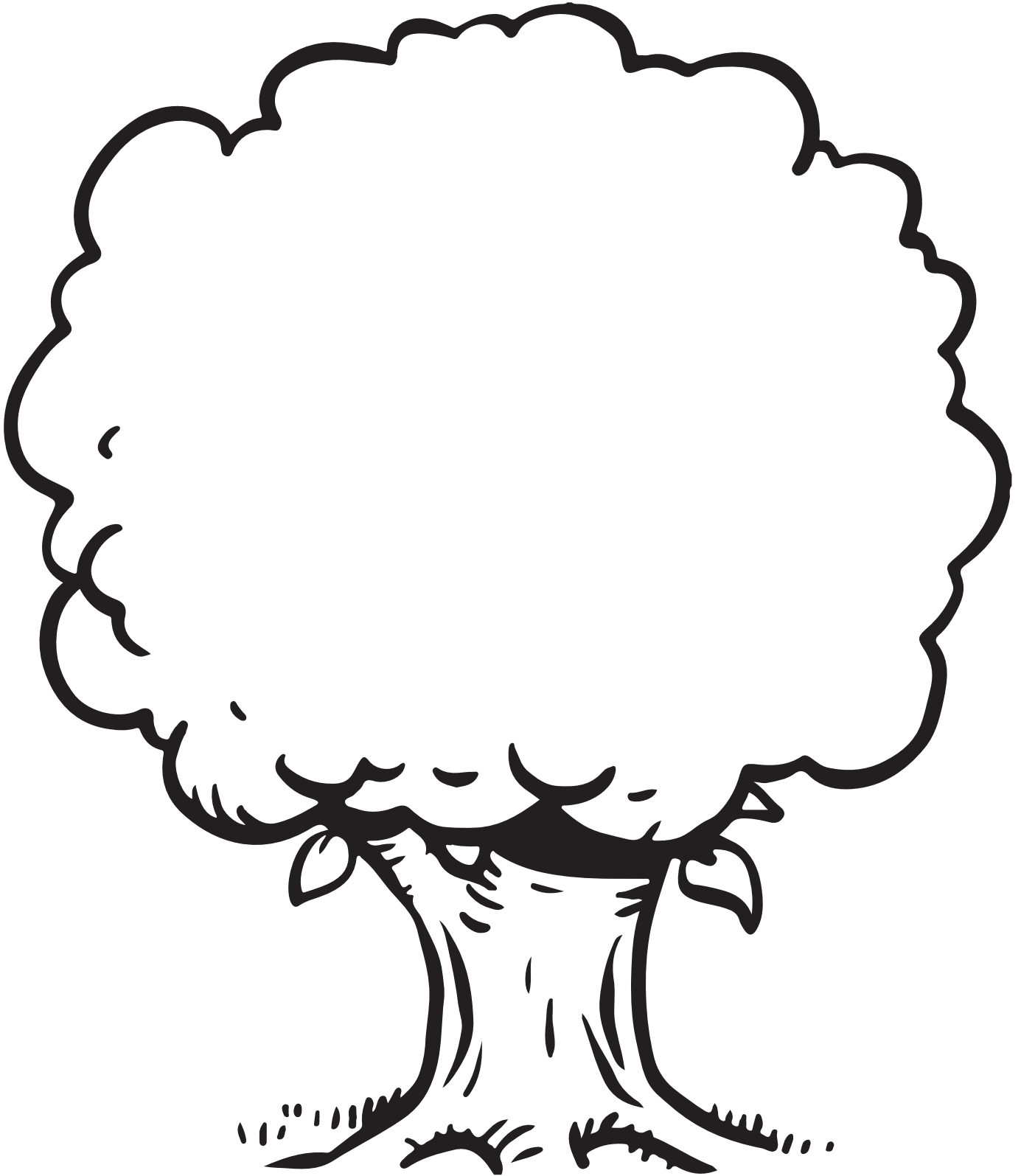
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"Dear God, Thank you for always being Someone I can trust. I pray that I can learn from You and follow Your ways. I pray that I can be truthful even when it's hard. I pray You can show me how to love others with my words and truth. In Jesus' name, Amen."  
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**THANK** God for always being truthful!



## Be truthful with your whole life.

Add fruit to make this the most beautiful fruit tree.



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

## DAY 1

### Read Proverbs 10:9

This month is all about integrity – choosing to be truthful in whatever you say and do. This can be hard to do. But, when you have integrity with your whole life, it can help you keep safe and stay out of trouble.

#### Crooked vs. Straight

Find index cards or scraps of paper. Number the cards and write one word from the verse on each card. Scatter the cards all over the floor and try to jump from one card to the next without falling onto the floor. Can you make it without tripping up? Try this a few times. Then, place the cards in number order in a straight path and try again. Which was easier? Remember that living with integrity leads to safety and keeps you out of trouble.

## DAY 2

### Read 1 Peter 3:16

It never feels good to be blamed for something that wasn't your fault. But if that does happen, we should still respond with wisdom. Why? Because eventually, the truth will come out. The small choices you make every day to be honest with your words and actions are important. Focus on what God thinks about you instead of what other people say. Keep choosing to be truthful with your whole life. Grab a sheet of paper and write out the first part of that verse:

“Live so that you don't have to feel you've done anything wrong.” 1 Peter 3:16a, NIRV

Tape it somewhere you'll see it every day this week to remind you to make the wise choice and live with integrity.



DAY 3

### Read Luke 16:10

Do you know what the word “reputation” means? Basically, it’s what people think or say about you when you’re not around.

Do you want to be seen as someone who can be trusted? Well, today’s verse has a very big clue how to make that happen!

Every honest and wise choice you make today, even the small ones, help you build a life of integrity. Being truthful with your words and actions now builds trust with the people around you.

Think about a time this week when you made a small decision to be honest. How did that one small decision help others trust you? Write your answer in the space below.

DAY 4

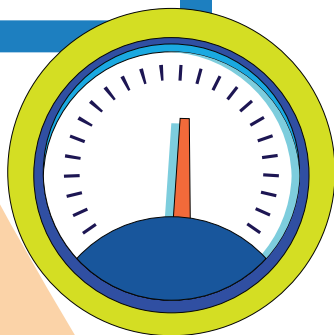
### Read Proverbs 11:3

Have you ever used a map to find something before? It helps to have someone or something to guide you when you aren’t sure where to go or what to do.

Integrity is like a map. When you choose to live honestly, it will always lead you in the right direction. Choosing truthful words and doing the right thing even when no one else is looking will always keep you out of trouble.

#### Treasure Hunt

To remind you of this truth, find something in your room that could represent a treasure. It could be a favorite sports medal or a special rock or jewel. Hide your treasure. Then create a treasure map that can help someone find it. Once you’re finished, help a sibling or a parent hunt for the treasure and share today’s verse and talk about being truthful with your words and actions.



Be truthful with  
your whole life.

Journal

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



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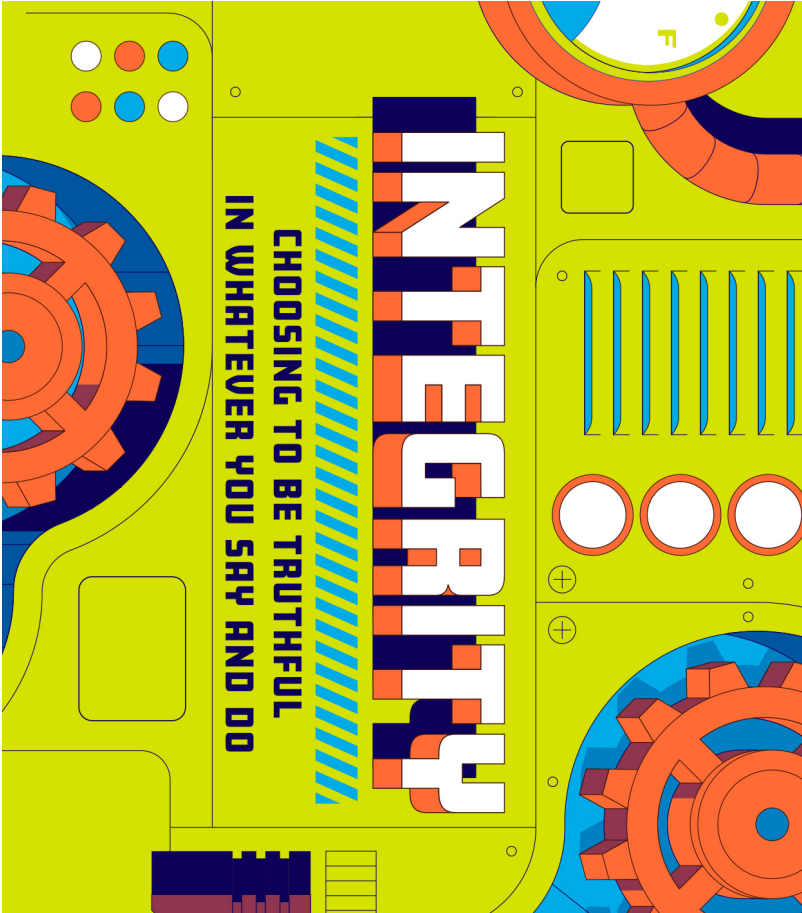
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October \_\_\_\_\_  
2023

Week One  
4th-5th



Day 1

After watching, write one thing that:

1. You liked:

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2. You learned:

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3. You'd like to know:

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Watch this week's episode of  
The So & So Show by going to:  
<https://bit.ly/PreteensSundaysatHome>

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

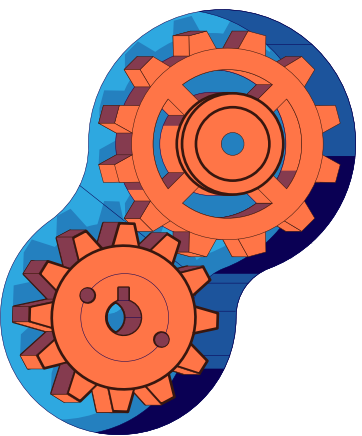


## Day 2

Read Luke 6:43-45

Grab a sheet of paper and some drawing utensils. As you read Luke 6:43-44, illustrate the trees, bushes, and fruit as it is described by Luke. When things are described as bad, cross through them with a red 'x.' When they are described as good, circle them. Then read Luke 6:45 and draw a stick figure of the two people Luke describes, each with a speech bubble coming out of their mouth. Then draw hearts near each of the stick figures, with a frowny face on the heart with evil and a smiley face on the heart that is storing up good things. Then draw a line from each person's heart to the speech bubble. Put a frowny and a smiley face in the speech bubble that matches each person's heart.

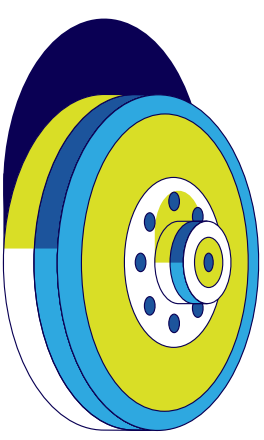
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Whatever is in your heart will eventually make its way to your mouth. If there is truth in your heart, you will live with integrity!



## Day 4

Being a person of integrity means to be truthful with your whole life.

That means when you're fully truthful, you need to take time to talk to that person and work it out so you can **be truthful with your whole life**. Reach out to that person today and apologize for not being truthful and ask for their forgiveness. Thankfully, we don't have to do this in our own power. When we're connected to Jesus, God's Spirit is with us and will help us make the wise choice and do what it takes to live with integrity.



## Day 5

Our friends have a big influence in our lives.

As we talked about this week, when we stay connected to Jesus, we will grow to be more like Him. And when we make friends with people who are also following after God, they will be a great influence on our lives.

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Make a list of the five people you spend the most time with. Then think: what kind of an influence do each of these people have on your life? Is there anyone who you should maybe spend a little less time with because they don't encourage you to follow God and be a better person? Or maybe you know of a friend or family member who's a great influence on your life and you should spend more time with?

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**Dear God,** thank You for sending Jesus to show what that looks like. Thank you for giving me the help through Your Spirit to be truthful with my whole life. Please help me to stay connected to Jesus so that I can grow more like Him. In Jesus' Name, I pray. Amen.