

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

Read: Ephesians 4:25

DAY

1

## 2 Truths and a Lie

Play a game of 2 Truths and a Lie. In this game, you list 3 things about yourself, two truths and one is made up. Take turns playing the game with the people in your family.

Once you're finished playing, think back to the three things you said. Was it hard to lie, was it hard to keep your story straight? When we lie, it makes it hard to remember the truth and then it can end up hurting someone or yourself!

**KNOW** that a lie can hurt you and others!

DAY

3

## Speak Up!

This week's verse is Ephesians 4:25. Read the verse with an adult and create some motions to help you practice it. Use this verse to remind yourself to be truthful and show others God's love.

**LOOK** for ways to show others God's love by speaking the truth.

DAY

4

## Truth, Please

Choosing to tell the truth can be hard. We need to ask for help! Ask God to help you learn to have integrity in life.

~~~~~  
"Dear God, I pray that You can help me have integrity. I pray that I can keep from lying and tell the truth when I need to. I pray my words will build others up! In Jesus' name, Amen."  
~~~~~

**THANK** God for helping you tell the truth.

DAY

2

## Walk by Trust Not By Sight

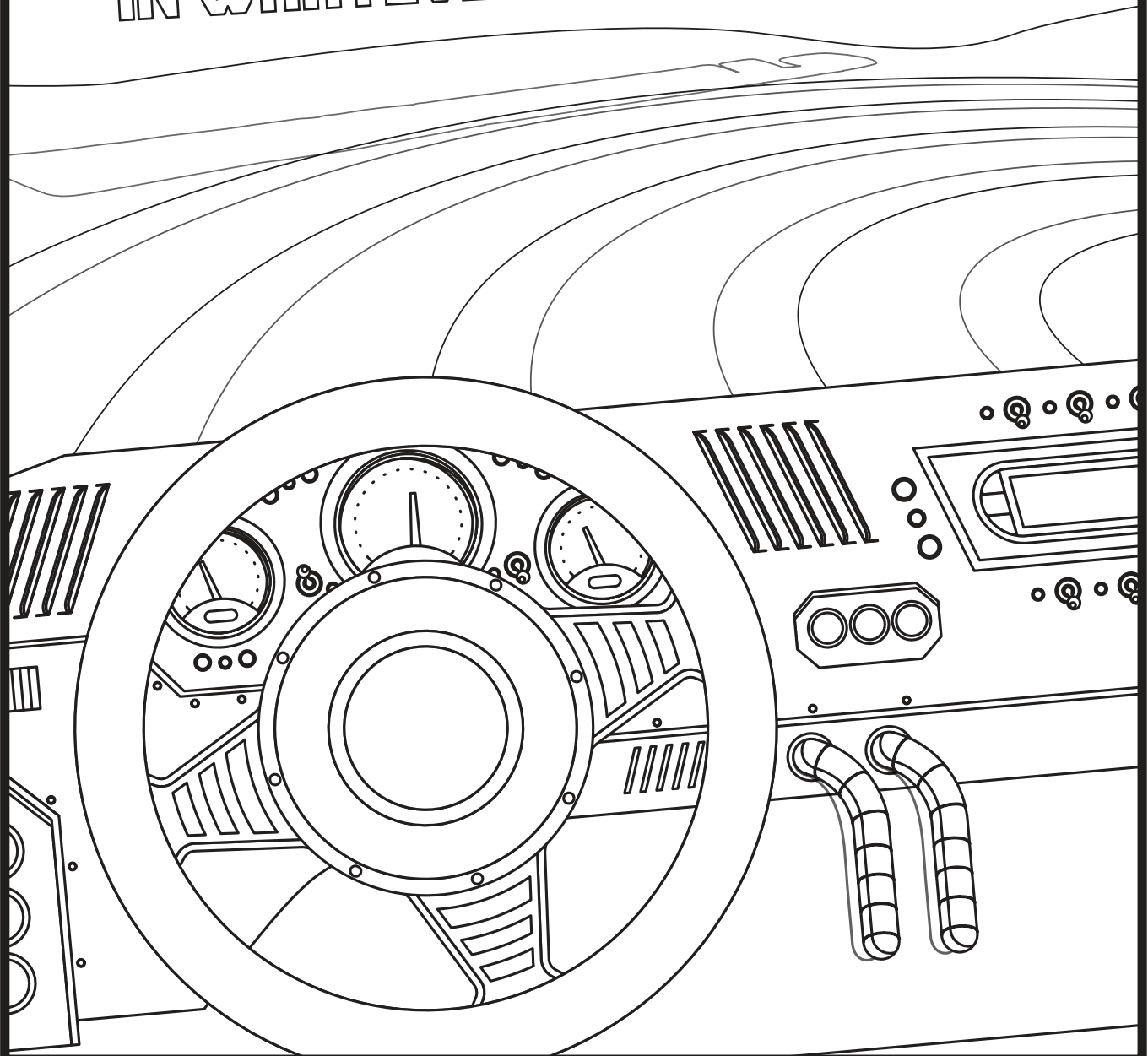
Have a family member stand at one side of the room and you at the other with your eyes closed. Listen to them guide you through the room safely. Take turns guiding each other.

**ASK** God to guide you through your life.

When you're not  
truthful, you lose trust.

# INTEGRITY

CHOOSING TO BE TRUTHFUL  
IN WHATEVER YOU SAY AND DO



# 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 multiply 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.

Journal

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



.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

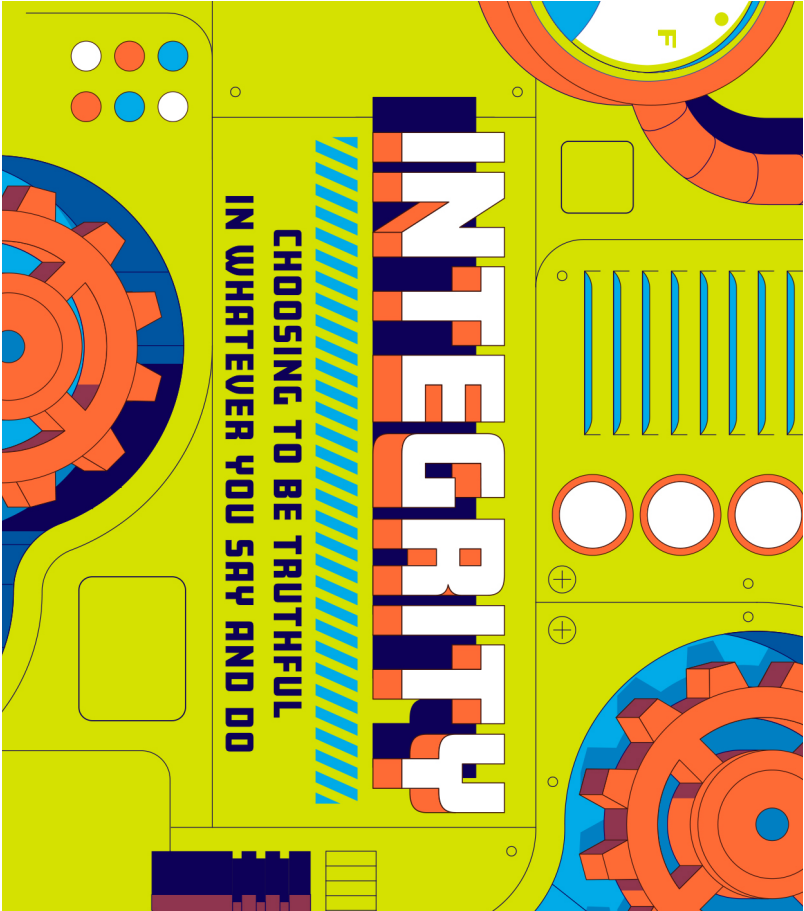
.....

.....

.....

October 2023

Week Two 4th-5th



Day 1

After watching, write one thing that:

1. You liked:

.....

2. You learned:

.....

3. You'd like to know:

.....

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!



A Devotional on Integrity.

FOR AN **everyday faith.**

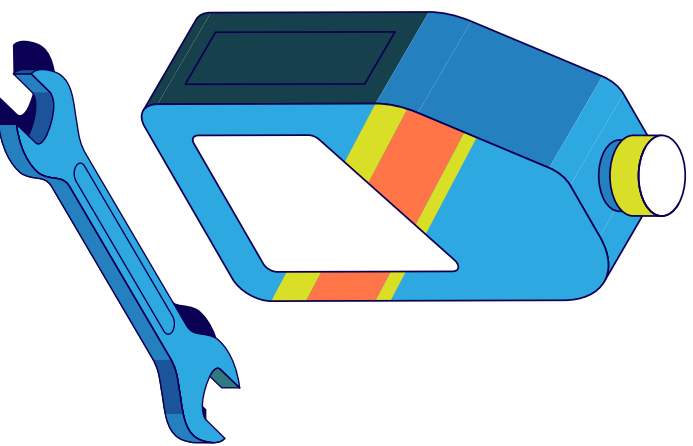
## Day 2

**Read 2 Kings 5:9-10, 14-16, 19-27**

As you read through the selected passages of 2 Kings 5, circle the places where Gehazi wasn't truthful.

Next, underline all of the consequences Gehazi faced for not being truthful.

We often think the biggest consequence of Gehazi's dishonesty was that he ended up sick. And that was definitely bad. But Gehazi also lost his job, and Naaman also lost trust in his servant. **When you're not truthful, you lose trust.**



## Day 3

**When you're not truthful, you lose trust, but let's get real: sometimes it's hard to be completely truthful—especially when we know it might get us in trouble.**

When we're tempted to be dishonest, that's when we need to turn to God for help. We can pray and ask God to help us be honest. Here's a sample prayer you can personalize and pray now, but also hang up somewhere that will remind you to pray this when you're being tempted to be dishonest.

**Dear God,** thank You for helping me

to be truthful. But even with Your

help, sometimes I choose to be

dishonest, especially when it comes

to \_\_\_\_\_. I can

see from Gehazi's story how when I'm

not truthful, others lose trust in me. I

want others to be able to trust me, so

please give me the strength to turn

to You for help when I'm tempted not

to be truthful. In Jesus' Name, I pray.

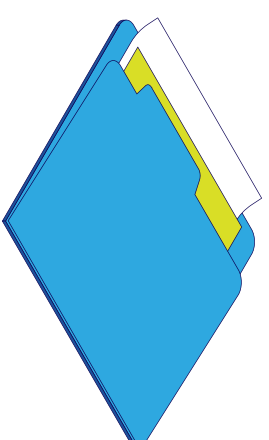
**Amen.**

## Day 4

**Find a trusted friend and grab a scarf or other piece of cloth.**

Take turns leading each other either through the house or around your yard outside while one of you is blindfolded. No peeking! It takes a lot of trust to make it safely around when you can't see, doesn't it?

**Why is it important for people to trust you?** That's a big question, isn't it? Why IS it important for people to trust you? Take a few minutes and talk about why trust was important when you were playing the game, then follow it up with a conversation about why trust is important in real life.



## Day 5

**Sometimes we don't even realize that we're not being truthful.**

We can make promises that we don't follow through on, or we can decide doing something we said we wouldn't do really isn't that bad. Creating some accountability for yourself is important as you work toward being a person of integrity.

This week make a Trust Board for yourself. It can be a dry erase board that your parents don't need, or you can simply make it on a large white piece of paper or poster board.

Write down two categories. Things I said I **WOULD** do. Things I said I **WOULDN'T** do.

Now think through the last couple of days. What are some things you told your parents or friends you would do and things you promised you wouldn't do? Write them down under the appropriate column. Keep adding to the board all week long, crossing through the item when you follow through. If you are having trouble being truthful, go back to the prayer you prayed earlier this week and say it out loud to God again.