

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.

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.

Read Proverbs 11:3

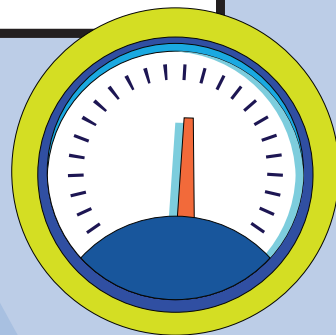
Have you ever used a map to find something before? It helps to have someone or something to guide you when you aren’t sure where to go or what to do.

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.**

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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.

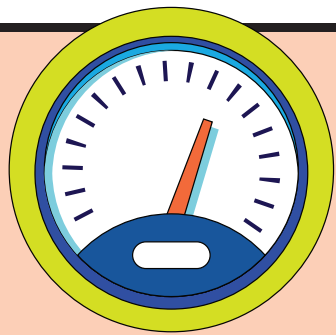
Being truthful is a big deal to God. When you're not truthful, you lose trust. God wants to help us see that choosing to be honest in words and actions protects our relationships with others.



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!



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!

Read Proverbs 10:9

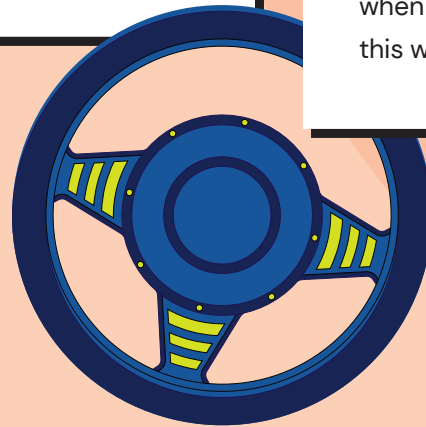
Have you ever heard of Pinocchio? Pinocchio had a problem with telling the truth. Every time he told a lie, his nose would grow.

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.

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DAY 1

Read Proverbs 21:3

As followers of Jesus, we should look for ways to do what is right and fair as much as possible. And the best news is that we don't have to do this in our own strength. God will help us treat others with fairness and do what is right wherever you go!

Right and Fair

Read the scenarios below and think of one way you could "do what is right and fair" as you follow Jesus:

- ➔ The kid next door always borrows your basketball without asking. Today, you notice the ball is gone. You didn't see him take it. What do you do?
- ➔ You grab the last ice cream bar from the freezer. Your little brother begs you to share it. What do you do?
- ➔ You didn't finish your homework before heading outside to ride your bike. Later, your dad asks if your homework is done. What do you do?

DAY 2

Read 2 Corinthians 8:21

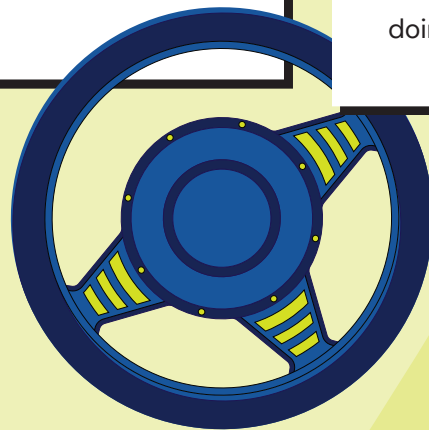
"If at first you don't succeed, try, try, try again."

Have you ever watched athletes in the Olympics stand on the podium with a medal around their necks? That moment is the result of years and YEARS of trying and trying again. That athlete knows all of the hard work it took to reach that special moment.

Choosing to do the right thing over and over again is a bit like training for the Olympics. You won't always get it right or perfect. But when you try, when you practice doing the right thing, even small right things, it can lead to big results. And the best part? You don't have to try alone! God will help you to keep doing the right thing wherever you are.

Gold Medal Integrity

Grab some paper and markers to create your own gold medal. You can make it as simple or fancy as you choose. On the back, write out the words of today's verse as a reminder to keep doing the right thing!





DAY 3

Read 1 John 3:18

Today's verse reminds us not simply to say we love but to show 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. It's about our honest actions too. While the words we say are super important, we need to back up those words by being honest in how we live and treat others.



Write Myself a Letter

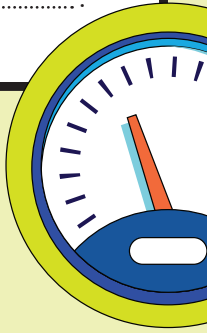
Write a note to yourself by filling in the blanks below. Ask God to help you show love by choosing to be honest in all we say AND do this week.

Dear
(your name)

Don't just talk about love, show

..... love by
(friend/family member)

.....



Do what's right wherever you are.

DAY 4

Read Colossians 3:9

Habits. Some are good and some are just plain bad! But bad habits are something that you can change. And the best way to break an old habit is to replace it with a new, good one.

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

Think about your habits. Write down a few of them below.

.....
.....
.....

Write down a new habit you want to form.

.....

Make a plan to practice that new habit this coming week! Check off a box each time you practice the new habit.

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DAY 1

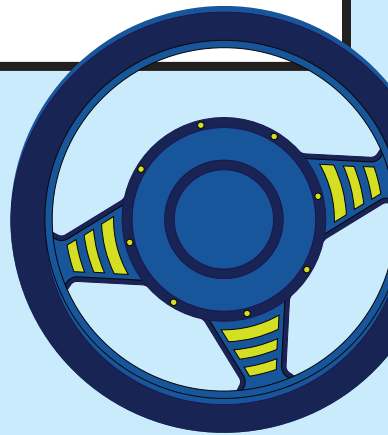
Read I Thessalonians 5:15

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.

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.



Read Titus 2:7

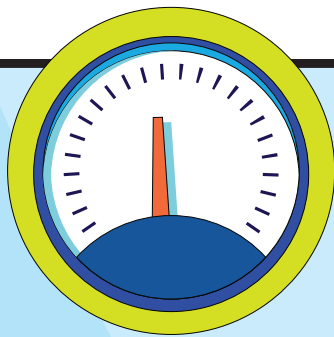
Shape Patterns

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.



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.

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DAY 1

Read Philippians 4:8

Have you ever looked at something through a pair of binoculars? To see clearly, you have to adjust the little dial at the top to focus the lens! When you adjust the focus, suddenly that bird or bunny or flower you're trying to look at becomes sharp and clear.

When it comes to doing the right thing, we have to focus our thoughts! We have to think about what we think about. If we're filling our minds with good things, our actions will follow. But if our mind is full of anger or bitterness, we'll end up hurting ourselves and the people around us.

So, what are you thinking about? You can change your thoughts with one simple exercise. When you feel a negative, or untrue thought, think about Jesus! Remember what He taught and how He lived. And ask Him to help you change your thoughts so you can focus on what's true.

DAY 2

Read Proverbs 4:25-26

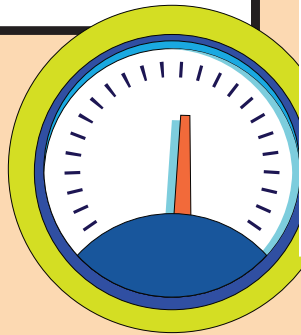
When it comes to doing the right thing, we need to pay attention to what's ahead. We need to be careful that we make the kind of decisions that lead us in the right direction.

How? By trusting God! By reading the Bible. By focusing on what's true. By making the wise choice.

As you make decisions this week, think about where that choice might lead. Choose to be truthful in all you say and do so that you'll end up where you want to be. When you focus on what's true, you'll be headed in the right direction!

Focused Path

Use pillows or paper or other items to create a path on the floor from your door to your bed. Try to make it from your door to the bed by only looking to the left or the right, not at the path ahead. Can you make it to your bed safely without touching the floor? Now try a second time, only focusing on the pillows. Which way worked better?



Read Proverbs 28:18

When you choose to lie or cheat to get ahead, it's like walking on a crooked path! Pretty soon, the people around you will start to question whether they can trust you. And you might just find yourself in trouble because of your choice to be dishonest.

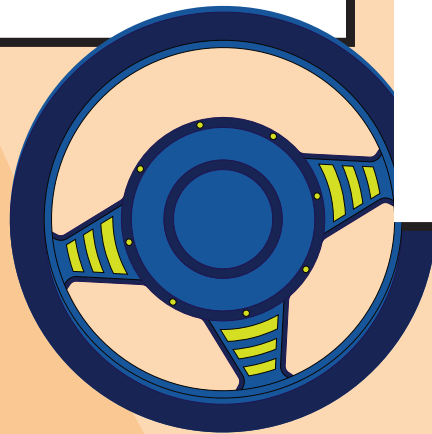
That's why focusing on what's true is so important. Here are some true things we know about God.

God will *help us*, even when we're afraid to tell the truth.

God will *guide us*, even when it feels like cheating will get us there faster.

God will *forgive us*, even if we do mess up.

Write the words "Help," "Guide" and "Forgive" on separate sticky notes and stick them to the wall beside your bed. As you wake up each morning, say a quick prayer and ask God to help and guide you to focus on what is true; then tap each sticky note as a reminder that God will help, guide, and forgive you today as you try to live with integrity.



1 Peter 3:10-11

Concentration

Grab three cups, a bouncy ball, and a friend. Line up the cups, upside down on a table, lift one of the cups and set the ball underneath. Set a timer for 20 seconds. Slowly move the cups around until time runs out, then see if the other player can identify where the ball is. If correct, award that player one point. Repeat but switch roles, allowing your friend to move the cups as you try to find the ball. Play again moving the cups more quickly. Keep score and declare a concentration winner!

The goal of concentration is to follow the cup with the ball! In this game, you focused all your attention on that one cup. Today's verse reminds us that if you want to "love life and see good days," the key is to focus on what's true. When we do the right thing, even when no one else is looking, then others learn quickly that we can be trusted. The strongest friendships are built on trust!

Pray and thank God for the friends and family you have. Ask God to help you focus on what is true so others can trust you.

Focus on what's true.