

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

WEEK  
**3**  
2ND-3RD

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

Today’s 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

### 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.**

DAY 4

### 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.**