

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



## 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.

Be truthful with your whole life.

## 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.

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 - \_\_\_\_\_