

# 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

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.

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.

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

When you're not  
truthful, you lose trust.

# INTEGRITY

CHOOSING TO BE TRUTHFUL  
IN WHATEVER YOU SAY AND DO

