

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

Read: Psalm 25:5

DAY

1

## It's the Inside that Counts

Think of a fruit with a peel or food that comes in a wrapper. Ask an adult if they have one you can hold. As you hold the food in your hands, ask: Is the snack better with the peel or wrapper on or off? What's more important—the inside or the outside?

You can think of yourself that way— it's one thing to look great on the outside, but God looks at who we are on the inside! (With your parent's permission, enjoy the tasty snack.)

**KNOW** that we use what's inside of us to show others God's love.

DAY

2

## Bearing Fruit

This week's Bible story, Luke 6:43-45 talks about a good tree and a bad tree and the fruit they produce. What do you think a good tree and a bad tree would look like? Draw a picture of each. Talk with an adult about what is different between a good tree and a bad tree. Which tree would you rather eat from?

**ASK** God to help you fill your life with goodness.

DAY

3

## Guide Me in Truth

Look up this week's verse, Psalm 25:5. Read through the verse a few times. After each time you read, say something that you trust God with. For example, "I trust that God will keep me safe."

**LISTEN** to God's Words and trust them.

DAY

4

## Being Truthful

Talking to God and reading the Bible helps us learn what truth is. Pray and ask God to help you be more truthful.

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"Dear God, Thank you for always being Someone I can trust. I pray that I can learn from You and follow Your ways. I pray that I can be truthful even when it's hard. I pray You can show me how to love others with my words and truth. In Jesus' name, Amen."  
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**THANK** God for always being truthful!

Be truthful with  
your whole life.

Add fruit to make this the most beautiful fruit tree.

