

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



Read Proverbs 12:17



DAY
1

Who Are You?

What two places do you spend a lot of time at? School and home most likely! Think about some of the things you do really well at those places. Like being kind, funny, or a good friend. Talk with your parent about it and see if they agree!

Adults, talk to your child about some of the positive character traits that they exhibit at school and then at home. Give examples of how they show those traits. Such as: "You are kind because you share toys with your friends." Also, find one example of when they were truthful. Tell them how much you appreciated their honesty.

Know that God gave you those amazing character traits!



DAY
2

Speaking Truth

Below are some situations that can be true or false. Read them aloud and if they are true statements shout, "True" and clap your hands. If they are false wag your pointer finger and say, "False."

- The sky is a bright purple color.
- Yes, cookies are the best thing to eat for breakfast.
- I am in elementary school.
- God made me to be just who I am.

Make up one or two of your own!

ASK God to help you speak the truth always.

DAY
3

Ask For Help

Today let's use our verse to help us pray. Look up Proverbs 12:17. Once you have read it a few times, pray the prayer below.

"Dear God, I pray that I will be able to speak the truth even when it's hard. I know that you don't like lies and you love truth. Please help me be able to be truthful all of the time. I want to live with integrity so others will trust me. Amen."

Look for opportunities to speak the truth.

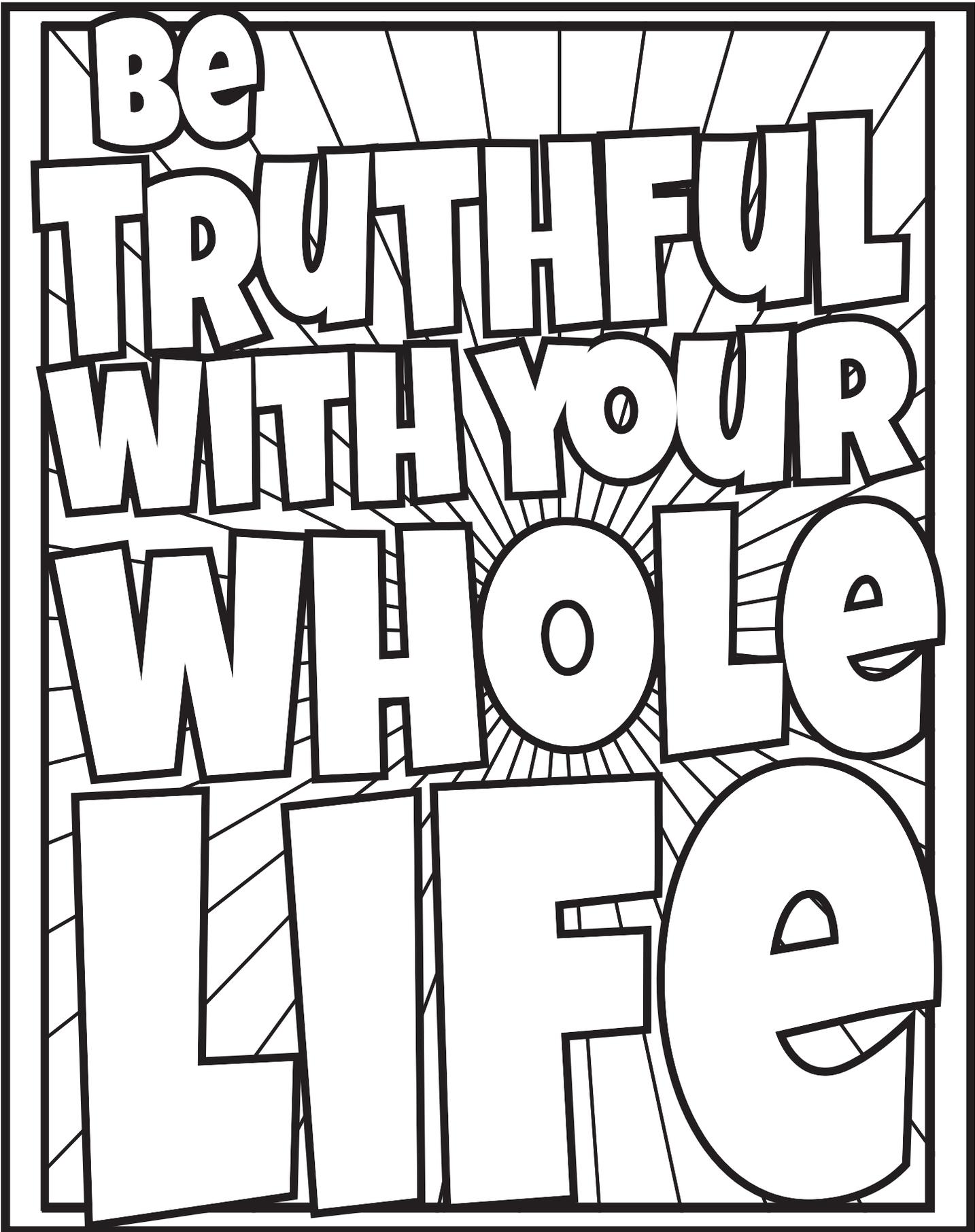
DAY
4

Truth Talk

When you choose to speak the truth, people know that you can be trusted and that you have integrity. Flip this page over and color the words on the back to create a poster that you can hang in your room to remind you of this week's bottom line: Be truthful with your whole life.

Thank God for teaching us the importance of telling the truth.

Be truthful with your whole life.



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Read Matthew 5:8

DAY
1

Build Something Strong

Grab some stackable materials. Start stacking one item right on top of the other and see how tall you can get the tower before it falls over. After it falls, start again. But this time create a stronger foundation by putting more blocks on the bottom and working your way up. Just like building a strong foundation for your tower, always speaking the truth sets a good foundation for your relationships with friends and family!

Know that when you build your life on truth you will have stronger relationships with God and those around you.

DAY
2

You Are Forgiven!

Did you know that you can talk to God about anything? Even when we have done something wrong we can ask God to forgive us! If you say something unkind to a friend or if you cheat in a game you can ask God to forgive you. He will always forgive you! Today, think about things that you can tell God. Write them down so you can remember them for tomorrow's activity.

Look for times in your life that you need to talk to God.

DAY
3

The Good, The Bad, The Ugly

Yesterday, you wrote a list of things that you can talk to God about. Go grab that list. Talk to God about some of the things on that list. Choose one from each of these categories: Good (something good happening in your life), Bad (something that you need help with), Ugly (a time that you may have hurt someone's feelings by lying or being unkind.) Pray something like this filling in the blanks with what's on your list:

"Dear God, Thank you so much for (the good). Help me (the bad). And God, please forgive me for (the ugly). Thank you for loving me and forgiving me no matter what. I love you, amen."

Thank God for always forgiving you.

DAY
4

Heart Eyes!

Look up this week's verse, Matthew 5:8. Read it a few times and then grab some paper, scissors, something to write with, and glue or tape.

Create some heart glasses. Cut two heart shapes out of paper to use as the glasses part and three strips to create the nose bridge and the arms of the glasses. Glue or tape all pieces together. Say the verse with your new glasses on! Use these glasses to remind you that those who are pure in heart will see God!

Look for ways that you can see God.

Being truthful with God keeps you close to Him.

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Read John 8:31-32

DAY

1

Hurt Heart

Grab some paper and scissors. Cut out the shape of a heart. Crumble the heart shape in your hands. Then, carefully smooth it out.

When we lie to others, we hurt their heart and they lose trust in us. It's a lot like the heart you just made. It started off perfect and unhurt and then it got crumpled. Even if you are super careful undoing it, it will never go back to the way it was before.

Ask God to help you speak truth to your friends.

DAY

2

The Boy Who Cried Wolf

Did you ever hear the story about the boy who cried wolf? Ask a parent or adult to tell you the story or help look it up online.

Has someone ever lied to you? Was it hard to believe them next time? Think of a time something like this happened to you or where you have seen it done around you. Talk about it with an adult.

Adults: Talk with your kid about how that made them feel when someone lied to them or how it could make someone feel if they haven't experienced it.

Know that when you tell the truth people can trust you.

DAY

3

Walk on T-R-U-T-H

Grab five pieces of paper and a crayon. On each of the pieces of paper write one of the letters in the word truth. Then, lay the papers out in front of you like a sidewalk spelling out T-R-U-T-H. Now, look up this week's verse. After you have read it, say your verse aloud while walking on the letters. Now, go walk in truth, even without the papers!

Thank God for giving us an example of how to walk in truth.

DAY

4

Whatever You Say and Do

Whatever you say and do be truthful. Sometimes it's easier to tell a lie because it might get you what you want. It might be easier to cheat in the game so that you can win. But even when it's hard, let whatever you say and do be truthful. Pray and ask God to help you do this.

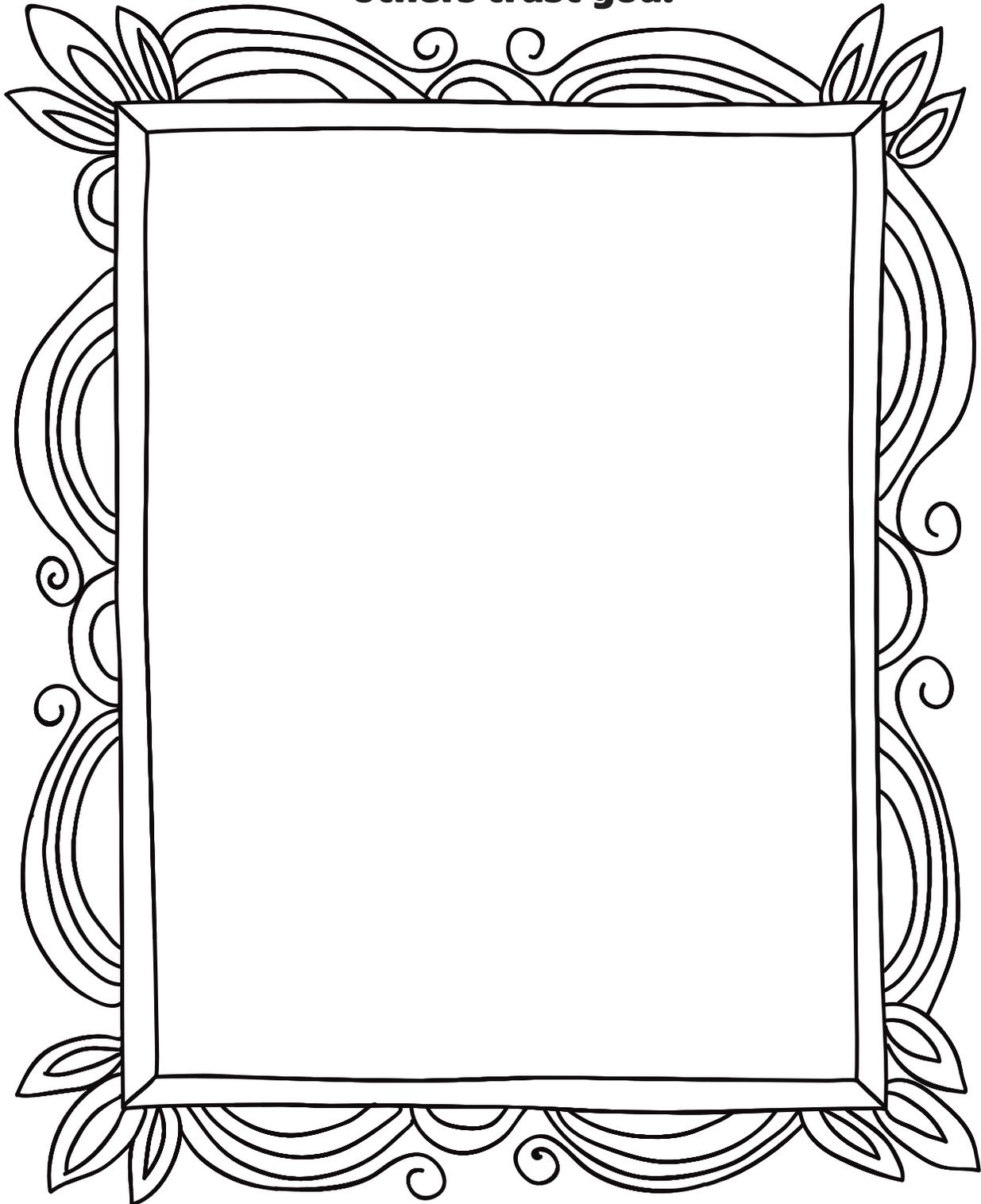
"Dear God, sometimes it is really hard to be truthful. Please give me the strength to do my best. I want to be someone others can trust. Help me tell the truth in whatever I say and do. Amen"

Look for opportunities to be truthful in whatever you say and do.

When you're not truthful, you lose trust.

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**Draw a picture of you and your friends.
Remember, when you are truthful
others trust you.**



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WEEK
4
K-1ST

Read: Philippians 4:8



DAY
1

Those Kind of Things

Let's review this week's Bible story. Go to Philippians 4:8 and read it with someone in your house. This verse talks about all of the good things we should think and talk about. Use the verse to unscramble the words that are used to encourage us to have integrity.

rute, bonel, ghtri, urpe, excelentl, ovelyl, srecpet,

Look for ways to think on these things.

Answers: true, noble, right, pure, excellent, lovely, respect

DAY
3

Show Me The Truth

Ask God to help you see and act in truth this week. All month we learned about integrity and that we need to be truthful in whatever we say and do. God can help you with that if you ask!

"Dear God, Thank You for helping me learn about integrity this month and for being an example of integrity. God, I pray that I can always speak the truth and act in truth even when it's hard. I pray that I can live with integrity. Amen.

Ask God to help you live with integrity.

DAY
2

Focus Time

Putting our focus on something means that you think on those things with purpose. When we think about how we can do good things, we will do good. Take some time and focus on the good things that you can say and do to let people know you care. Pick one of those things and do it this week!

Know that when you focus on the good others see your goodness.

DAY
4

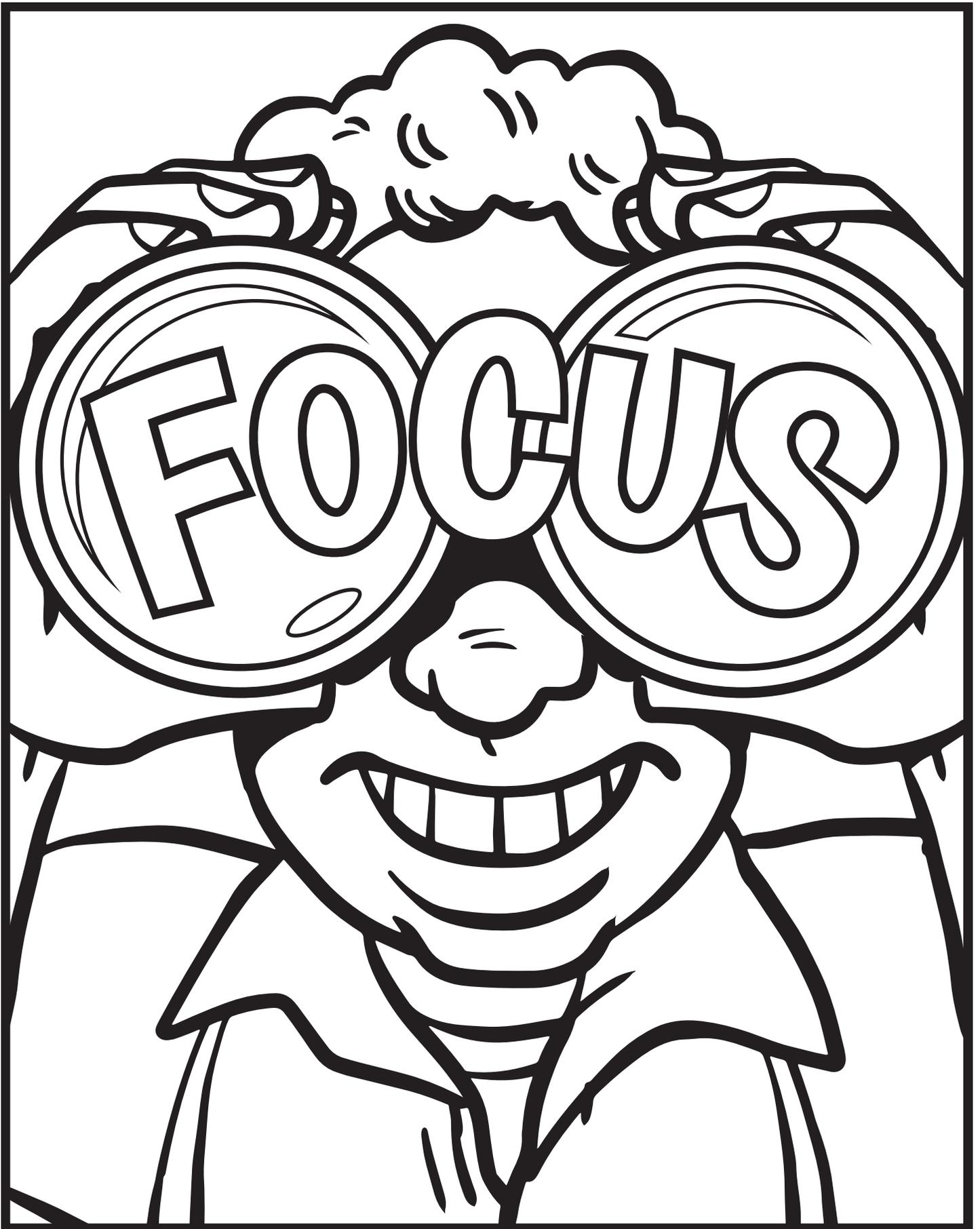
Just Ask

Think of a time that you may have not shown integrity. It could have been to a family member or friend. It is never too late to ask for forgiveness from them and from God! Write a note, draw a picture, or say a prayer and ask for forgiveness from whomever you need to. Let them know what you learned about having integrity and how you are learning to be better.

Thank God for giving us the opportunity to have a relationship with him.

Focus on what's true.

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