



HONESTY

Choosing to be truthful in whatever you say and do.

WEEK TWO

READ COLOSSIANS 3:9

DAY 1

Can you think of some things you used as a baby that you don't use any more? Like a bottle or a pacifier? Make a list in the box to the right of some baby things you don't need anymore.

Would you ever walk into school with a pacifier in your mouth? Maybe a candy pacifier, but you're way too old for a baby paci. Just like you're growing up physically, you can grow up in your faith the longer you follow Jesus. So, the next time you're tempted to lie to someone else, think about what Jesus would do and how you can best follow him. Put your old ways behind you and make the choice to be honest. Then you can be proud of how much you've grown up!

THANK God for helping you to grow in your faith and choose honesty.

READ MATTHEW 5:37

DAY 2

Let's say your mom asks you to put your backpack away afterschool. You tell her "sure" but then get distracted and leave it on the floor. Later on, when your sister asks if she can borrow your iPod, you say "yeah" but then keep playing it. What if you continue answering "yes" when you really mean "no" over and over again? Pretty soon, your family will have trouble trusting what you say. Your words become worthless if your actions don't match up.

But guess what? You can change this. You can choose to be honest so that others will trust you. You just have to make sure that you can actually follow through BEFORE you give an answer.

This week, take the "yes/ no" challenge. When someone asks you something, take a second to think about your answer before you give it. If you say "yes", follow through. If you can't do what's been asked of you, be honest and say "no" respectfully. Your mom might still make you put your backpack away, but at least you've been honest with her.

ASK God to help your "yes" to really be "yes!".



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READ EPHESIANS 4:25

DAY 3

Here's something cool to think about: The human heart pumps blood to every part of your body all day, everyday. The average heart beats about a hundred thousand times a day! Cool, right? But the heart is just one part of your body. As amazing as it is, it needs the rest of you to actually work!

So what does this little science lesson have to do with honesty? Just like the heart needs the rest of your body to do it's best work, you need the people around you, too. As great as you are, God didn't create you to be all alone.

You see, we're all connected. So the next time you have the opportunity to tell the truth, think about the relationship you have with the person in front you. Protect that relationship and yourself by choosing honesty!

Check your pulse by placing your index finger on your neck or your wrist. Can you feel it beating? Ask your mom or dad to set a timer for one minute and count the number of beats.

LOOK for ways to show honesty and protect yourself and others this week.

READ PROVERBS 16:28

DAY 4

Want a surefire way to cause problems in your relationships with others? Just tell a friend a lie. Lies cause tension, come between friends, and stir up fights. If you want to have strong friendships, you have to choose to be truthful.

That's what happened with Jacob and Esau. Jacob made the choice to be dishonest, stealing the birthright right out from under his brother. Jacob's act of dishonesty caused the brothers problems for years. Maybe Jacob didn't think about the consequences before he lied. Maybe his only focus was on getting what he wanted. If Jacob could somehow rewind his life and make a different choice, the choice to be honest, do you think he would do it?

Write down the names of three close friends or family members. Pray for each of these people and ask God to help you always choose honesty.

KNOW that choosing to be truthful protects your friendships.

WHEN YOU ARE NOT TRUTHFUL, YOU CAN
HURT THE PEOPLE YOU CARE ABOUT.