



HONESTY

Choosing to be
truthful in whatever
you say and do.

WEEK
THREE

READ EXODUS 20:16

DAY 1

Has anyone ever said something bad about you that wasn't true? It feels awful, doesn't it? To "bear false witness" basically means to make up a story about someone that's not true. It's really hard to trust a person that spreads lies.

This verse is part of the ten commandments. Of all the rules in the all the world that God could have given to his people, this one made the top ten. Honesty is a BIG deal to God. He knows how important it is in our relationships.

Think about it this way. Dishonesty leads to distrust. Truth leads to trust. Grab a piece of paper. On it, design a road sign that says TRUTH LEADS TO TRUST. Hang that sign in a place where you'll see it every day.

THANK God for his commandment to choose honesty.

READ PROVERBS 24:12

DAY 2

Have you ever heard of Pinocchio? Pinocchio had a problem with telling the truth. Every time he told a lie, his nose would grow. Talk about a tough way to live! Wouldn't it be terrible if your nose started to grow when you told a lie?

Let's say you borrow a friend's new scooter. While having fun riding it you crash and accidentally scratch the frame pretty badly. The scooter is BRAND new and the scratch is really noticeable. But instead of telling your friend what happened, you drop the scooter in their yard and sneak home. Suddenly, boom! Your nose grows an inch. You certainly can't get away with that lie with your nose sticking out so far from your face!

Okay, so maybe your nose isn't going to grow when you lie. But you still can't tell a lie without anyone knowing about it. No matter how hard you try, you can't really cover up a lie. Eventually, the truth will surface. And your friendship will be hurt because of one dishonest act.

Take a look at your nose in the mirror. Have you ever really looked at it closely before? Thank God for giving you the strength to tell the truth.

ASK God to help be honest in your words and actions this week.



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READ PROVERBS 26:28

DAY 3

Think about someone who helps take care of you, maybe a parent, teacher, or coach. Would you say you hate that person? Of course not! Hate is a strong word, isn't it?

But guess what? The beginning of this verse reminds us that a lying tongue hates those it hurts. In other words, when you choose to lie to the people in your life, you're acting like you hate them. It doesn't matter why you tell the lie, dishonesty always hurts. Dishonest words spoken carelessly have the potential to ruin your relationships. Because when you are not truthful, you lose trust.

Make a card for that person you thought about earlier. On the inside, list some reasons why you appreciate them. Give the card next time you're together.

LOOK for ways to love others this week by choosing honesty.

READ 1 PETER 3:10

DAY 4

Your tongue is an amazing thing. The average tongue has anywhere from 3,000 to 10,000 taste buds! But it's not just used for tasting. The tongue helps you form the words you speak everyday. Without it, it would be pretty difficult for anyone around you to understand a word you say.

And guess what? You have complete control of your tongue. You just need to think *before* you speak. If you want to protect your relationships with others, then you have to learn to control your words. So, the next time you're tempted to lie to avoid getting in trouble, or because you think a lie would be easier than telling the truth, remember that honesty leads to trust. When you control your tongue and choose to be honest, others quickly learn you can be trusted.

Hold your tongue and try to say this verse out loud. Find somebody and try saying the verse while holding your tongue. Could they understand you? Now, say the verse again without holding your tongue.

KNOW that God loves it when we tame our tongue and choose honest words.

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YOU LOSE TRUST.