K-1st

Choosing to be < TRUTHFUL > in whatever you say & do

BOTTOM LINE: When you're not truthful, you hurt others.

Read Proverbs 12:22

Hurt Heart

Get a piece of paper and a pair of scissors. Cut your paper into a heart shape. Once you cut out the heart, take a look at it. Is it smooth and nice? Now, crumple it up into a ball. Carefully uncrumple the heart and try to smooth it out with your hands.

It's impossible to get it back to perfect condition once it is ruined. Although this heart is only paper, the same thing happens to a human heart when someone is dishonest and hurtful. It gets messed up and hurt and doesn't go back exactly the way it was.

LOOK out for others hearts by being honest and kind.

Say What You Mean

Ask someone to play "Say What You Mean" with you. It's super simple!

All you have to do is come up with an action (like washing the dishes); tell other person what you're going to do and then act it out! Take turns acting out what you mean!

Honesty is a lot like this game, you need to do what you say and say what you mean. It might not always be as easy as the game above, but it's worth striving for.

KNOW that doing what you said you are going to do is always the wise choice.

Honestly Pray

Sometimes the only and best thing we can do is pray! Take some time today and ask God to help you with honesty. Pray something like this:

"Dear God, You have kept Your promises to us by sending Your Son, Jesus, to save us from our sins. I pray that You will help me to be able to keep my promises to others, to be honest, and trust in You. Help me this week make the wise choice when it comes to honesty. I love You, God. Amen"

ASK God to help you choose honesty by saying the prayer above.

Gotcha! Bible Verse Game

With the help of someone else look up this week's Bible verse, Proverbs 12:22. Say it together a few times and then play, "Gotcha!" One person will quote the verse incorrectly, omitting or changing a key word. Ask the other person to shout, "Gotcha!" when they catch the mistake. Then quote the verse accurately together.

THANK God for giving us His truth by what we read in the Bible.

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