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

BOTTOM LINE: When you lie to help yourself, you hurt yourself instead.

Read Ephesians 4:29

Bible Talk

With the help of an adult look up **Ephesians 4:29.** Read through it together and then answer these questions:

What does evil or unwholesome talk sound like?
What kind of words build people up?
How can you help others by what you say?

ASK God to help you speak words to build others up and not words to tear them down.

Honest Obstacles

Find an open space in your house and use household items to make an obstacle course. Once you are finished grab a friend and play through the course. One of you gives the directions while the other person closes their eyes and follows directions through the course. The director needs to be honest in the commands they're giving. The follower has to trusts to get through the obstacle course safely. Then switch roles.

KNOW that, although sometimes finding your way can be hard, God's Word will give you all the help you need.

Honest Foundation

Collect ten items from your home like cups, blocks, or whatever can be stacked. Stack the items with four on the bottom, then three on top of them, and so on. Building this tower represents building a friendship. You need a strong foundation. Now, pull out a piece from the bottom row. What happened? The whole thing fell apart! When you are dishonest it's like pulling a piece of the foundation from the tower or relationship. A break in the foundation makes it hard to rebuild a tower or a relationship!

LOOK for ways to use kind, honest words and actions to build others up.

Honestly Good

When you think of someone who is honest, what do you think of? On a separate piece of paper, make a list of some qualities an honest person has.

For example: Keeps promises and encourages others to be truthful.

Hang your list up as a reminder of things you can do to show honesty.

THANK God for putting others in our life that are honest and teach us how to be honest.

