

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

## DAY 1

### Read Proverbs 21:3

As followers of Jesus, we should look for ways to do what is right and fair as much as possible. And the best news is that we don't have to do this in our own strength. God will help us treat others with fairness and do what is right wherever you go!

#### Right and Fair

Read the scenarios below and think of one way you could "do what is right and fair" as you follow Jesus:

- ➔ The kid next door always borrows your basketball without asking. Today, you notice the ball is gone. You didn't see him take it. What do you do?
- ➔ You grab the last ice cream bar from the freezer. Your little brother begs you to share it. What do you do?
- ➔ You didn't finish your homework before heading outside to ride your bike. Later, your dad asks if your homework is done. What do you do?

## DAY 2

### Read 2 Corinthians 8:21

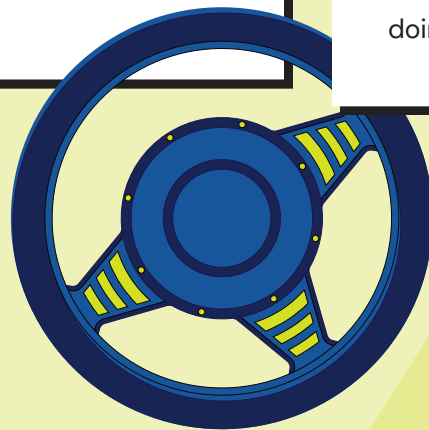
"If at first you don't succeed, try, try, try again."

Have you ever watched athletes in the Olympics stand on the podium with a medal around their necks? That moment is the result of years and YEARS of trying and trying again. That athlete knows all of the hard work it took to reach that special moment.

Choosing to do the right thing over and over again is a bit like training for the Olympics. You won't always get it right or perfect. But when you try, when you practice doing the right thing, even small right things, it can lead to big results. And the best part? You don't have to try alone! God will help you to keep doing the right thing wherever you are.

#### Gold Medal Integrity

Grab some paper and markers to create your own gold medal. You can make it as simple or fancy as you choose. On the back, write out the words of today's verse as a reminder to keep doing the right thing!





DAY 3

### Read 1 John 3:18

Today's verse reminds us not simply to say we love but to show love. One big way you can show someone how much you love them is by choosing to be truthful in all you say and do. Just like love is about more than words, integrity is more than just using honest words. It's about our honest actions too. While the words we say are super important, we need to back up those words by being honest in how we live and treat others.



#### Write Myself a Letter

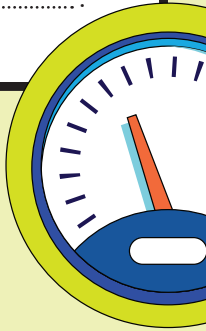
Write a note to yourself by filling in the blanks below. Ask God to help you show love by choosing to be honest in all we say AND do this week.

Dear .....  
(your name)

Don't just talk about love, show

..... love by  
(friend/family member)

.....



Do what's right  
wherever you are.

DAY 4

### Read Colossians 3:9

Habits. Some are good and some are just plain bad! But bad habits are something that you can change. And the best way to break an old habit is to replace it with a new, good one.

When you become a follower of Jesus, you are a new creation. The old way of doing things, the old way of living can be left behind. So instead of falling into old habits that are dishonest, we can follow Jesus' example and make the wise choice. With God's help, we can choose to be truthful so that others can trust us.

Think about your habits. Write down a few of them below.

.....  
.....  
.....

Write down a new habit you want to form.

.....

Make a plan to practice that new habit this coming week! Check off a box each time you practice the new habit.