



DAY 1:

### Family Worship

- Get your Bibles out and read Proverbs 12:17 as a family.
- Life App: Integrity  
**Integrity means choosing to be truthful in whatever you say and do**
- This week we are learning to be truthful with your whole life.
- Now watch BC Kids at Home Worship Service [here](#).

DAY 2:

### Read Proverbs 19:1

Say the sentences below aloud, paying attention to the direction at the beginning.

(with enthusiasm) "Nice shirt."

(with sarcasm) "Nice shirt."

Do you see how the same sentence can have two very different meanings? "Nice shirt" could either be a big compliment or a major put down. Have you ever had a friend claim you said something unkind when you really didn't mean it that way?

When we say what we mean and mean what we say, others learn quickly that they can trust us. Choose to speak words that build up in a kind tone so that they can't be twisted around or misunderstood.

Think about a time when you said something that made someone else angry or upset. Were you careful with your tone or were you sarcastic? Did you do anything with your body language to make the other person feel unloved?

**Ask God to help you choose kind words** and to be careful with how you deliver them so you can show integrity.

DAY 3:

### Speaking Truth

Below are some situations that can be true or false. Read them aloud and if they are true statements shout, "True" and clap your hands. If they are false wag your pointer finger and say, "False."

- The sky is a bright purple color.
- Yes, cookies are the best thing to eat for breakfast.
- I am in elementary school.
- God made me to be just who I am.
- Make up one or two of your own!

**ASK** God to help you speak the truth always.

DAY 4:

### Who Are You?

What two places do you spend a lot of time at? School and home most likely! Think about some of the things you do really well at those places, like being kind, funny, or a good friend. Talk with your parents about it and see if they agree!

*Adults, talk to your child about some of the positive character traits that they exhibit at school and then at home. Give examples of how they show those traits. Such as: "You are kind because you share toys with your friends." Also, find one example of when they were truthful. Tell them how much you appreciated their honesty.*

**Know that God gave you those amazing character traits!**

DAY 5:

### Ask For Help

Today let's use our verse to help us pray. Look up Proverbs 12:17. Once you have read it a few times, pray the prayer below. "Dear God, I pray that I will be able to speak the truth even when it's hard. I know that you don't like lies and you love truth. Please help me be able to be truthful all of the time. I want to live with integrity so others will trust me. Amen." **Look for opportunities to speak the truth.**