

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

WEEK  
**3**  
K-1ST

Read John 8:31-32

DAY

1

## Hurt Heart

Grab some paper and scissors. Cut out the shape of a heart. Crumble the heart shape in your hands. Then, carefully smooth it out.

When we lie to others, we hurt their heart and they lose trust in us. It's a lot like the heart you just made. It started off perfect and unhurt and then it got crumpled. Even if you are super careful undoing it, it will never go back to the way it was before.

**Ask God to help you speak truth to your friends.**

DAY

2

## The Boy Who Cried Wolf

Did you ever hear the story about the boy who cried wolf? Ask a parent or adult to tell you the story or help look it up online.

Has someone ever lied to you? Was it hard to believe them next time? Think of a time something like this happened to you or where you have seen it done around you. Talk about it with an adult.

Adults: Talk with your kid about how that made them feel when someone lied to them or how it could make someone feel if they haven't experienced it.

**Know that when you tell the truth people can trust you.**

DAY

3

## Walk on T-R-U-T-H

Grab five pieces of paper and a crayon. On each of the pieces of paper write one of the letters in the word truth. Then, lay the papers out in front of you like a sidewalk spelling out T-R-U-T-H. Now, look up this week's verse. After you have read it, say your verse aloud while walking on the letters. Now, go walk in truth, even without the papers!

**Thank God for giving us an example of how to walk in truth.**

DAY

4

## Whatever You Say and Do

Whatever you say and do be truthful. Sometimes it's easier to tell a lie because it might get you what you want. It might be easier to cheat in the game so that you can win. But even when it's hard, let whatever you say and do be truthful. Pray and ask God to help you do this.

*"Dear God, sometimes it is really hard to be truthful. Please give me the strength to do my best. I want to be someone others can trust. Help me tell the truth in whatever I say and do. Amen"*

**Look for opportunities to be truthful in whatever you say and do.**

*When you're not truthful, you lose trust.*

PARENT CUE

**Draw a picture of you and your friends.  
Remember, when you are truthful  
others trust you.**

