

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



DAY 1

Read Proverbs 4:25-26

Read the rules below. Play the game. Come back and finish reading.

Rules of the Game:

Grab some pillows and spread them out across the floor of your room. Stand in the doorway of your room and pretend the entire floor is covered in lava. Carefully jump from one pillow to the next to reach your bed. If your foot touches any part of the floor, go back to the doorway and start over.

Did you make it all the way across the floor the first time? Just like you had to think carefully about which pillow to jump to next to reach the safety of your bed, we need to be careful that we make the kind of decisions that lead us in the right direction. When we choose to be honest, when we choose to do what's right over what's easy, we don't have to worry because we'll always end up heading in the right direction!

Choose to be truthful in all you say and do so that you'll end up where you want to be. Because when you focus on what's true, you'll always be headed in the right direction!

DAY 2

Read Philippians 4:8

Have you ever thought about what you think about? That's perhaps the craziest question ever and likely one you've never *thought* to ask yourself before!

Our thoughts are important because what we *think* affects how we act. When you *think* the new kid is mean, you might ignore him. When you *think* you won't be invited to the party, you might decide not to be friends with the birthday boy anymore. When you *think* that your teacher doesn't like you, you'll probably be less likely to listen during instruction.

When it comes to living with integrity our thoughts are important. That's why, even when it comes to what we think about, we need to focus on what's true.

When you find yourself thinking about things this week, ask yourself a simple question: Is this true? Is what I'm worried about, or angry about really true? If not, then tell that thought to take a hike. Work on replacing those untrue thoughts with noble, pure and right thoughts.

Focus on what's true.

DAY 3

Read 1 Peter 3:10-11

Have you ever played the game “capture the flag?” It’s super fun! In this game, you have two teams. Each team has a flag and the goal is to capture the opposing team’s flag! Every single player is focused on that one goal: getting that flag.

Just like you have one goal in a game of “Capture the Flag,” if we want to “love life and see good days,” the key is to focus on what’s true. When we tell the truth and do the right thing even when no one else is looking, then others learn quickly that we can be trusted. The strongest friendships are built on trust!

Grab some friends and head outside to play capture the flag. Ask an adult to help you look up the rules if you aren’t familiar with the game!

Spend some time thanking God for the friends and family He’s given you. **Ask Him to help you focus on what is true** so your family and friends can trust you.



DAY 4

Read Proverbs 28:18

When you focus on what’s true, it keeps you safe. But when choose to lie or cheat to get ahead, it’s like walking on a crooked path! Pretty soon, the people around you will start to question whether they can trust you. And you might just find yourself in trouble because of your choice to be dishonest.

That’s why focusing on what’s true is so important. So, what are some true things we know about God?

- God always does what He says He will do.
- God will *help* us, even when we’re afraid the tell the truth.
- God will *guide* us, even when it feels like cheating will get us there faster.
- God will *forgive* us, even if we do mess up and find ourselves on that crooked path.

Write the words “Help,” “Guide,” and “Forgive” on separate sticky notes and stick them to the wall beside your bed. As you wake up each morning, **say a quick prayer and ask God to help and guide you to focus on what is true.** And if you mess up, ask Him to forgive you so you can walk without blame and stay safe.