

## READ MATTHEW 6:21-22

DAY 1

Ask a parent for a small piece of candy (like an M&M® or Skittle®) and some play dough (if you don't have any play dough, you can make a simple dough mixing flour and water).

Roll the play dough out until it's flat. Look at the candy. Pretend the candy is the truth. It's sweet, it's good, and it's easy to see what you're getting. Now start rolling the candy up in the play dough. Pretend the play dough is made of lies. The more you roll the candy (truth) around in the play dough (lies), the bigger the lies become. Eventually you won't be able to see the truth because it is so covered in lies. What was once good to eat is now inedible and unrecognizable. And so it will be with us if we lie—eventually we won't be able to see what is true.

THANK

God for giving you the ability to see and choose the truth.

## READ PROVERBS 4:23-27

DAY 2

Find as many family members or friends as you can and form a group. You'll need at least four people. Everyone grabs the right hand of someone across from (not next to) them. Then grab left hands with someone else. Now everyone in the group needs to try to get untangled without breaking or letting go of each other's hands. It may be possible, but it sure isn't easy, is it?

When you "speak with twisted words," or in other words, don't tell the truth, you can build a complex web of lies that makes it hard to remember what was really true in the beginning. The best thing you can do is to NOT build the web in the first place—honesty is much less complicated!

ASK

God to keep you from speaking twisted words and making things harder.

CAN YOU BE TRUSTED?

## READ PROVERBS 10:9

DAY 3

Being honest is important not just for building trust, but also because it keeps you safe. When you live an honest life, you are protected from a lot of bad things—most importantly, the consequences of being dishonest! Think about it this way: if your mom told you not to play ball in the house and you did anyway and you broke her favorite flower vase, what might happen if ...

**OPTION 1:**

She asks you if you did it and you say, "Yes."

**LIKELY RESULT:**

You'll get in trouble but not too badly because you were honest.

**OPTION 2:**

She asks you if you did it, and you say, "No." She then asks you who did it and you blame your brother. She asks you where he is and you make up another lie. She finds your brother and he denies he did it. Your little sister comes in and says she saw you do it.

**LIKELY RESULT:**

You get in far worse trouble, plus now your brother is mad at you too.

Circle the option you think is safest. Put a box around the option that is the shortest. Put a star next to the option you'd choose. Are all three the same?

## LOOK

for the honest path in life—it's the straightest and the safest!

## READ 1 PETER 3:16

DAY 4

Being honest may be the hard decision sometimes, but it always comes with great benefits. What are some of the things that you will gain if you're honest? Unscramble the words below to find out!

SUTTR

RFSDNEI

GRIEIPLSVE

ODOG PENORTUAIT

AELCN NCSNECOIEC

## KNOW

that being honest always pays off in the end!

Answers: trust, friends, privileges, good reputation, clean conscience

# CAN YOU BE TRUSTED?