



Becoming a Teen of Integrity



Grow into a teen of integrity by embracing truth, strength, and God's guidance over 7 inspiring biblical days.



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Introduction

Becoming a Teen of Integrity is a vital journey that sets the foundation for your character and future. As a teen, you face many challenges and choices daily, but integrity will be your guiding light—helping you stand firm, make wise decisions, and be a positive influence for others.

Integrity means being honest, trustworthy, and true to God's principles even when no one is watching. It involves courage, humility, and a heart that desires to live rightly before God and people. The Bible is filled with examples of young people who modeled integrity and remained faithful to God despite peer pressure, temptations, and difficult circumstances.

Over the next 7 days, we will explore key scriptures and practical wisdom to help you build strong character rooted in God's truth. This journey is designed to encourage you, challenge you, and equip you with a solid biblical foundation. Remember, integrity isn't about perfection but about a daily commitment to choose God's way and reflect His love.

As you study, be open to what God wants to teach you. Let Him shape your heart. You are not alone—God promises to be by your side giving strength and wisdom. May this time inspire you to become the teen of integrity He created you to be!





Day 1: Standing Firm in Truth



Your Verse

Proverbs 4:25-27 - "Let your eyes look straight ahead; fix your gaze directly before you."

Supporting Scriptures

- *Psalm 25:4 - "Show me your ways, Lord, teach me your paths."*
- *2 Timothy 1:7 - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."*



Devotional: Fix Your Eyes on God's Path

Integrity begins with a clear direction. Proverbs 4:25–27 encourages us to focus on the path God sets before us and avoid distractions that lead us away from His truth. As a teen, you may feel pulled in many directions—by friends, media, or your own desires. Standing firm in truth means setting your eyes on what is right and refusing to waver.

Ask God to show you His ways and teach you how to walk in integrity. Remember, you don't have to be afraid or weak because God's Spirit gives you power, love, and self-discipline to overcome temptation and peer pressure. Today is a fresh start to commit your path to the Lord and choose to live honestly, no matter what.

Focus your gaze on God's truth and let it guide your steps daily.



Reflect and Apply

1. What distractions or pressures pull you away from living with integrity?

2. How can focusing on God's truth strengthen your daily choices?

3. In what areas do you need more of God's power, love, and self-discipline?



Journaling Prompts

1. Describe a situation where standing firm in truth was difficult but important.

2. Write about what it means for you to 'fix your gaze' on God's path.

3. List practical ways you can pursue integrity this week.



Day 1: 🍷 Standing Firm in Truth

Prayer for Today

Dear God, *thank You for Your truth that guides me each day.* Help me to keep my eyes fixed on You and to stand firm in integrity no matter what challenges come my way. Fill me with Your Spirit's power, love, and self-discipline so I can make wise choices and be a light to others. Guard my heart and mind, and teach me to walk in honesty and faithfulness.

In Jesus' name, Amen. 🙏 ✨ 💪 📖





Day 2: 💡 Speaking Truth with Courage



Day 2: 💡 Speaking Truth with Courage

Your Verse

Ephesians 4:25 - "Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body."

Supporting Scriptures

- *Proverbs 12:22 - "The Lord detests lying lips, but he delights in people who are trustworthy."*
- *Colossians 4:6 - "Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone."*



Devotional: Speak Truth with Grace and Courage

Integrity shines brightest when we speak the truth with love and courage.

Ephesians 4:25 calls us to reject lying and instead speak honestly because we belong together as the body of Christ. Sometimes speaking the truth can feel hard, especially with friends or in difficult situations. But God wants us to be trustworthy and genuine.

Proverbs reminds us that God delights in honesty. That means your truthful words are pleasing to Him and powerful in building trust with others.

Colossians adds that how you say things matters too—your words should be gracious and thoughtful, helping others understand and encouraging them.

Choose to speak truth boldly but kindly, reflecting God's heart and bringing peace to your relationships.



Reflect and Apply

1. Are there times you find it hard to tell the truth? Why?

2. How can you balance honesty with kindness in your words?

3. Who in your life needs to hear your truthful and encouraging words?



Journaling Prompts

1. Recall a moment when telling the truth helped you or someone else.

2. Write about how you can improve the way you communicate with others.

3. List ways to speak truth with grace in challenging situations.



Day 2: 💡 Speaking Truth with Courage

Prayer for Today

Lord, *help me to speak truth boldly and kindly.* Give me the courage to be honest even when it's hard and the wisdom to say things in love. May my words build others up and honor You. Teach me to be trustworthy so I can represent Your heart in all I say. Please guide my tongue and use me to bring peace and understanding in my relationships.

Thank You for Your patience and grace. Amen. 🙌🙊❤️🙏





Day 3: 🕒 Choosing Right Paths Daily



Your Verse

Psalm 119:9 – "How can a young person stay on the path of purity? By living according to your word."

Supporting Scriptures

- *Joshua 1:8 – "Keep this Book of the Law always on your lips; meditate on it day and night."*
- *Galatians 5:16 – "Walk by the Spirit, and you will not gratify the desires of the flesh."*



Devotional: Let God's Word Guide Each Choice

Walking in integrity requires daily choices aligned with God's word. Psalm 119:9 highlights that staying pure and full of integrity starts with living according to Scripture. As a teen, you face many temptations, but God's word is your compass.

Joshua 1:8 encourages continual meditation on God's law. Regularly reading and reflecting on the Bible helps you recognize right from wrong and cultivates a heart that loves God's ways. Galatians reminds us to rely on the Holy Spirit's power to resist unhealthy desires and walk wisely.

Make it a habit to seek God's guidance each day and trust the Spirit to help you choose right paths, no matter how tough the temptation.



Reflect and Apply

1. How often do you read or think about God's word during your day?

2. What daily habits can help you stay focused on living with integrity?

3. When has relying on the Holy Spirit helped you make a good choice?



Journaling Prompts

1. Write about a time when God's word helped you avoid a bad decision.

2. Make a plan for how you can meditate on Scripture regularly.

3. List areas where you want the Holy Spirit's help in your life.



Day 3: 🕒 Choosing Right Paths Daily

Prayer for Today

Father, *thank You for Your word that lights my way.* Help me to commit to reading and meditating on Scripture every day. Fill me with Your Spirit so I can resist temptation and choose purity and integrity in all I do. Guide my steps and give me strength to follow the right path. May my life honor You as I seek to walk faithfully with You daily.

In Jesus' name, Amen. 📖 ✋ 🏔️ 🙏





Day 4: ✂ Building Character Through Trials



Day 4: ✂ Building Character Through Trials

Your Verse

James 1:2-4 - "Consider it pure joy... whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance."

Supporting Scriptures

- *Romans 5:3-4 - "Suffering produces perseverance; perseverance, character; and character, hope."*
- *1 Peter 1:6-7 - "These trials have come so that the proven genuineness of your faith... may result in praise, glory and honor when Jesus Christ is revealed."*



Day 4: ✕ Building Character Through Trials

Devotional: Trials Grow Perseverance and Character

Integrity is often refined and tested during difficult times. James reminds teens that trials are opportunities for growth—developing perseverance, which shapes godly character. Though hardships feel tough, they help build resilience and deepen your faith.

Paul echoes this in Romans, showing how suffering produces hope, while Peter encourages trusting God's plan through challenges. When you face pressure, rejection, or struggles, know that God is using these moments to mold you into a teen of integrity.

Lean on God, embrace perseverance, and see trials as stepping stones toward a stronger, hopeful character.



Reflect and Apply

1. How have past difficulties helped shape your character?

2. What can you learn from seeing trials as part of God's plan?

3. How does hope fuel your journey through tough times?



Journaling Prompts

1. Describe a current or past trial and what it taught you.

2. Write a prayer asking God for perseverance during challenges.

3. List ways you can remind yourself to find joy in trials.



Day 4: ✂ Building Character Through Trials

Prayer for Today

Lord, *thank You for using struggles to shape me.* Help me to find joy and perseverance in hard times, trusting that You are building my character and hope. Give me strength when I feel weak and remind me that my faith is being proven genuine. May I emerge stronger and more like Jesus through every trial.

In Your loving name I pray, Amen. 💪 🌱 🙏 ✨





Day 5: 🤝 Choosing Friends Who Encourage Integrity



Day 5: 🧡 Choosing Friends Who Encourage Integrity

Your Verse

1 Corinthians 15:33 – "Do not be misled: Bad company corrupts good character."

Supporting Scriptures

- *Proverbs 13:20 – "Walk with the wise and become wise, for a companion of fools suffers harm."*
- *Ecclesiastes 4:9 – "Two are better than one... for if either of them falls, the one will lift up his companion."*



Day 5: 🧡 Choosing Friends Who Encourage Integrity

Devotional: Surround Yourself with Wise Friends

Your friends impact your character more than you may realize. Paul warns in 1 Corinthians that bad company can damage good character. It's important to choose friends who encourage you to stay strong in integrity and faith.

Proverbs advises walking with wise people who bring wisdom into your life rather than harm. And Ecclesiastes highlights the value of friendships where you support and lift each other up.

Evaluate your friendships and seek relationships that strengthen your commitment to live honestly and honor God. Be that kind of friend to others too.



Reflect and Apply

1. How do your current friends influence your choices and values?

2. What qualities do you want in friends who help grow your integrity?

3. How can you be a positive, encouraging friend to others?



Journaling Prompts

1. Write about a friend who helps you live with integrity and why.

2. Make a list of qualities you want in your closest friends.

3. Plan ways to encourage integrity in your friendships this week.



Day 5: 🧡 Choosing Friends Who Encourage Integrity

Prayer for Today

God, *thank You for friends who encourage me in faith and integrity.* Help me to choose friends wisely and be a friend who uplifts others. Guide me away from harmful influences and toward relationships that build me up in Your love. May my friendships honor You and strengthen my walk with You every day.

In Jesus' name I pray, Amen. 😊 👫 🙏 💬





Day 6: ✨ Reflecting Christ's Light Daily



Your Verse

Matthew 5:16 - "Let your light shine before others... that they may see your good deeds and glorify your Father in heaven."

Supporting Scriptures

- *Philippians 2:15 - "So that you may become blameless and pure, 'children of God without fault in a warped and crooked generation.'"*
- *John 8:12 - "I am the light of the world. Whoever follows me will never walk in darkness."*



Day 6: ✨ Reflecting Christ's Light Daily

Devotional: Shine as a Child of God

Integrity is also about reflecting God's character to the world around you. Jesus calls His followers the light of the world and encourages us to let that light shine through our actions. When you live with honesty, kindness, and courage, others see God's love in you.

Paul urges us to be blameless and pure, standing out as children of God in a broken and confusing world. Following Jesus means walking in His light and allowing Him to guide your choices daily.

Aim to be a bright example of integrity, encouraging others to glorify God through your good deeds and godly character.



Reflect and Apply

1. How does your life reflect God's light to those around you?

2. Are there areas where your actions could better represent Jesus?

3. What good deeds can you do this week to glorify God?



Journaling Prompts

1. Write about a time when your actions pointed others to God.

2. Describe how you can shine Christ's light in your school or community.

3. Identify habits to develop so your character reflects Jesus well.



Day 6: ✨ Reflecting Christ's Light Daily

Prayer for Today

Lord Jesus, *thank You for being the light in my life.* Help me to reflect Your love and truth in everything I do. Let my actions shine so brightly that others see You and glorify God. Strengthen me to live blamelessly and pure in a world that needs Your light. Guide my steps and fill me with Your Spirit daily.

In Your name I pray, Amen. ✨ ✨ 🙏 ❤️





Day 7: Growing Faith Into the Future



Your Verse

2 Timothy 2:22 - "Flee the evil desires of youth and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart."

Supporting Scriptures

- *Hebrews 12:1-2 - "Let us run with perseverance the race marked out for us, fixing our eyes on Jesus."*
- *Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding."*



Devotional: Run the Race Following Jesus Daily

Integrity is a lifelong journey of faith, love, and peace. Paul encourages young believers to flee youthful desires that pull away from God and to actively pursue righteousness and godly qualities. Surround yourself with others who seek the Lord with pure hearts as you grow.

Hebrews compares this journey to running a race with perseverance, always looking to Jesus as your source of strength and example. Proverbs reminds you to trust God fully and not rely on your own understanding, especially as choices become harder with age.

Commit today to growing your faith, embracing integrity, and trusting God's plan for your future with confidence and hope.



Reflect and Apply

1. What does it mean for you to 'pursue righteousness' as a teen?

2. How can you guard your heart against harmful desires?

3. Who can encourage you in faith and integrity as you grow?



Journaling Prompts

1. Write a letter to your future self about your commitment to integrity.

2. List godly qualities you want to grow and how to pursue them.

3. Reflect on how trusting God affects your decisions and future.



Day 7: 🌱 Growing Faith Into the Future

Prayer for Today

Heavenly Father, *thank You for the journey of faith You have set before me.* Help me to flee what is harmful and to pursue righteousness, love, and peace. Surround me with friends who seek You with pure hearts. Teach me to run with perseverance, fixing my eyes on Jesus every day. Strengthen my trust in You as I grow into the person You created me to be.

In Jesus' powerful name, Amen. 🙏🏃🌿❤️





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