Embracing Honesty: A Child's Guide to Truth



Explore God's Word on being honest, even when it's hard, and grow in integrity, courage, and faith through daily Scripture and reflection.





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Introduction

Honesty is a cornerstone of strong character, especially for children learning about the world and their relationship with God. Though telling the truth can sometimes feel scary or difficult, God calls us to live in truth because He is truthful and trustworthy. This 7-day Bible study plan is designed to help children understand why being honest matters, especially when it's challenging, and to encourage them through Scripture and reflection to choose honesty every day.

Children often face moments when telling the truth might lead to consequences or discomfort. These moments are important growth opportunities. By embracing honesty even when it's hard, children mirror God's nature, strengthen their faith, and experience His grace and strength firsthand. Each day's devotion includes a primary Scripture, supporting verses, and thoughtful questions to help children, and those guiding them, dig deeper into the beauty of living truthfully.

This journey will help children recognize honesty as a form of courage and a way to build trust with others and with God. They will learn that God's love is constant, even when mistakes happen, and that choosing truth invites His peace and blessings.

As children meditate on God's Word about honesty, they can build lasting habits that honor God and positively impact their relationships and communities. Let's begin this exciting adventure into God's truth, discovering







the joy and freedom that comes from being honest, no matter how hard it might seem.









Day 1: 📤 The Value of Truth









Day 1: A The Value of Truth

Your Verse

Proverbs 12:22 – "The Lord detests lying lips, but he delights in people who are trustworthy."

Supporting Scriptures

- Ephesians 4:25 "Therefore each of you must put off falsehood and speak truthfully to your neighbor."
- Psalm 34:13 "Keep your tongue from evil and your lips from telling lies."







Day 1: A The Value of Truth

Devotional: Why God Loves Honesty

Honesty pleases God. Proverbs 12:22 tells us clearly that God does not like lies but is happy when we are trustworthy. When you tell the truth, you show that you want to live the way God wants you to. It may be tempting to hide things or lie when you're afraid or want to avoid trouble, but God wants you to be brave and tell what really happened.

Being honest builds trust. People around you, like your family and friends, feel safe and loved when they know they can trust you. Honesty helps build good friendships and a close relationship with God. Remember, God's own Word is full of truth, so when you choose to tell the truth, you are becoming more like Him.

Today, think about the ways you can be honest, even when no one is watching. God smiles when we choose honesty because it honors Him and makes us stronger inside.







Day 1: 💁 The Value of Truth

Reflect and Apply

Why do you think God delights in people who tell the truth?
When is it hard for you to be honest? Why?
How does being honest affect your relationships with others and God?







Day 1: 💁 The Value of Truth

Journaling Prompts

1.	Write about a time you told the truth even though it was hard.
2.	List three reasons why honesty is important to you.
3.	Think of someone you trust. How does honesty play a part in that trust?







Day 1: A The Value of Truth

Prayer for Today

Dear God, thank You for loving truth and teaching me to be honest. Please help me to be brave when telling the truth, even when it feels difficult. Help me remember that You are always with me, and You delight when I choose honesty. Teach me to build trust with others and honor You every day. *Amen.*



















Your Verse

Joshua 1:9 - "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Supporting Scriptures

- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."
- Psalm 56:3 "When I am afraid, I put my trust in you."







Devotional: God Gives Us Courage to Be Honest

Being honest often takes courage. Sometimes telling the truth might make us nervous or scared, especially if we think we might get in trouble. But God tells us to be strong and courageous, not afraid, because He is always with us. Joshua 1:9 reminds us that God's presence gives us the bravery we need to face hard moments.

God's Spirit helps us. The Holy Spirit fills us with power, love, and self-control so we can choose honesty even when it's tough. Remember, when you feel afraid to speak the truth, you can pray and ask God for courage. He hears your prayers and will help you.

Think about a situation where you felt afraid to tell the truth. Pray and ask God for His strength to help you be courageous. Trust in His promise to stand with you every step of the way.







Reflect and Apply

1.	When have you felt scared to tell the truth?
2.	How does knowing God is always with you help you find courage?
3.	How can you ask God to help you be brave in honesty?







Journaling Prompts

1.	Write about a time God helped you be courageous.
2.	Describe what courage means to you when being honest.
3.	Make a list of ways you can ask God for strength when you need it.







Prayer for Today

Lord, thank You for promising to be with me always. Help me to be strong and courageous when I need to tell the truth. When I am afraid, remind me to trust You and lean on Your Spirit for power and self-control. Help me to walk in honesty every day and show Your love to others through my words. *Amen.*









Day 3: 🌣 Building Trust Through Truth









Day 3: 🎔 Building Trust Through Truth

Your Verse

Luke 16:10 – "Whoever can be trusted with very little can also be trusted with much."

Supporting Scriptures

- Psalm 15:2 "The one whose walk is blameless, who does what is righteous, who speaks the truth from their heart."
- Colossians 3:9 "Do not lie to each other, since you have taken off your old self with its practices."







Day 3: 🎔 Building Trust Through Truth

Devotional: Trust Grows When We're Honest

Honesty helps build trust with people around you. Luke 16:10 reminds us that being truthful in small things shows others we can be trusted in bigger ways too. Trust is important because it helps us have close, loving relationships. When people know they can believe what you say, they feel safe with you.

Walking in truth means living honestly in all parts of your life. Psalm 15:2 encourages us to speak truth from our hearts, which means honesty is not just about words but about who we are inside. God wants us to be honest with others and with ourselves.

Think about how honesty has helped someone trust you. Remember, when you are truthful, you are showing God's love and becoming someone others can depend on. Practice being honest today, even in the little things.







Day 3: 🍑 Building Trust Through Truth

Reflect and Apply

1.	Why is honesty important for building trust?
2.	Can you think of a time when being honest helped someone trust you more?
3.	How do your actions show whether you live honestly inside?







Day 3: 🍑 Building Trust Through Truth

Journaling Prompts

1.	Write about a friendship that is strong because of honesty.
2.	List ways you can practice honesty in your everyday life.
3.	Reflect on how you feel when someone is honest with you.







Day 3: 🎔 Building Trust Through Truth

Prayer for Today

Father, thank You for showing me how important honesty is in building trust. Please help me to be truthful in my words and actions so others can trust me more. Help me to live honestly and walk in Your ways every day. Teach me to be kind and truthful, reflecting Your love to those around me. *Amen.* \heartsuit



















Your Verse

Psalm 32:5 - "Then I acknowledged my sin to you and did not cover up my iniquity. I said, 'I will confess my transgressions to the Lord.' And you forgave the guilt of my sin."

Supporting Scriptures

- 1 John 1:9 "If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness."
- Proverbs 28:13 "Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy."







Devotional: Confession Brings Healing and Freedom

Honesty also means telling God the truth about our mistakes. Sometimes it's tempting to hide when we do wrong, but Psalm 32:5 reminds us that when we confess, we receive God's forgiveness and peace. Being honest about our sins protects our hearts from shame and helps us grow closer to God.

God promises forgiveness when we confess. 1 John 1:9 encourages us that God is faithful and just to forgive and cleanse us. It is never easy to say, 'I was wrong,' but honesty before God brings healing and freedom.

Think about how it feels when you keep something secret versus when you are honest and ask God for forgiveness. Let today be a day to be honest with God, knowing His mercy is bigger than any mistake.







Reflect and Apply

1.	Why is it sometimes hard to confess when we've done wrong?
2.	How does God respond when we are honest and confess?
3.	In what way does honesty protect your heart?







Journaling Prompts

1.	Write about a time you asked God for forgiveness.
2.	Describe how you felt after being honest about a mistake.
3.	List ways you can remember God's forgiveness when you make mistakes







Prayer for Today

Lord, thank You for forgiving my mistakes when I am honest with You. Help me to bravely confess when I do wrong and trust in Your mercy. Cleanse my heart and fill me with peace today. Teach me to live honestly before You so I can grow closer to You every day. *Amen.* \bigwedge \heartsuit \hookrightarrow \square







Day 5: P Lights Shine Bright When We're Honest









Day 5: Q Lights Shine Bright When We're Honest

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

- John 8:32 "Then you will know the truth, and the truth will set you free."
- Philippians 2:15 "...so that you may become blameless and pure, children of God without fault in a warped and crooked generation."







Day 5: Q Lights Shine Bright When We're Honest

Devotional: Honesty Lets God's Light Shine Through You

Honesty lets your light shine bright. When you choose to tell the truth, you reflect God's goodness and help others see His love through you. Jesus said to let your light shine so that others glorify God. Your honesty becomes a powerful witness!

The truth frees us. John 8:32 promises that knowing and living in truth brings freedom. When you are honest, you don't have to carry the burden of secrets or lies, and your heart feels lighter and happier.

Think about how your honesty can brighten someone's day or inspire them. Today, be a light by choosing truth and goodness in all you say and do.







Day 5: \bigcirc Lights Shine Bright When We're Honest

Reflect and Apply

1.	How does being honest help you shine your light for God?
2.	Why does truth bring freedom?
3.	In what ways can your honesty influence others positively?







Day 5: \bigcirc Lights Shine Bright When We're Honest

Journaling Prompts

1.	Write about a time your honesty helped someone.
2.	Describe what it means for your light to shine.
3.	Think of ways you can show honesty to help others see God's love.







Day 5: Q Lights Shine Bright When We're Honest

Prayer for Today

God, thank You that being honest lets Your light shine through me. Help me to live truthfully and inspire others to follow You. Teach me to walk in freedom and goodness every day. May my words and actions bring glory to Your name. *Amen.* * \times \tim

















Your Verse

1 Corinthians 13:6 - "Love does not delight in evil but rejoices with the truth."

Supporting Scriptures

- Proverbs 3:3 "Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart."
- Zechariah 8:16 "These are the things you are to do: Speak the truth to each other... and show love and mercy to one another."







Devotional: Truth Is an Act of Love

Honesty is an expression of love. 1 Corinthians 13:6 says that true love is happy with the truth. When you are honest with the people you care about, you show them respect, kindness, and love.

Love and faithfulness go hand in hand with honesty. Proverbs 3:3 encourages us to hold on to love and faithfulness always. Being truthful helps relationships grow stronger and deeper because everyone knows they can count on you.

Think about how honesty shows love in your family or friendships. Choosing truth helps others feel valued and cared for. Today, practice honest words that build up the people you love.







Reflect and Apply

1.	How does honesty show love to others?
2.	Why is truth important in relationships?
3.	How can you practice honesty in a loving way?







Journaling Prompts

1.	Write about a time honest words helped a friendship.
2.	List ways love and honesty work together.
3.	Think about how you can be more honest with people you care about.







Prayer for Today

Dear God, thank You that love rejoices in truth. Help me to be honest because I care for others and want to show them Your love. Teach me to speak truthfully with kindness and build strong, loving relationships. Let Your love guide my words and actions today. *Amen.* \heartsuit \bigtriangleup \square \diamondsuit

















Your Verse

Psalm 86:11 - "Teach me your way, Lord, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name."

Supporting Scriptures

- John 14:6 "Jesus answered, 'I am the way and the truth and the life."
- Galatians 5:22–23 "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness..."







Devotional: Commit to Truth and Follow Jesus

Living honestly is a daily choice. Psalm 86:11 is a prayer asking God to teach us His ways and help us have hearts devoted fully to Him. Choosing honesty is part of following God's path for our lives.

Jesus is the truth. John 14:6 reminds us that Jesus is the way, the truth, and the life. When we choose to live truthfully, we walk closely with Jesus and reflect His character to the world.

The Holy Spirit helps us bear fruit like faithfulness, kindness, and goodness. These qualities grow as we live honestly and honor God each day. Ask God to guide you and help you walk in truth today and always.







Reflect and Apply

1.	What does it mean to have an undivided heart for God?
2.	How does Jesus show us what truth looks like?
3.	How can the Holy Spirit help you live honestly every day?







Journaling Prompts

1.	Write a prayer asking God to help you walk in truth.
2.	Describe what living honestly looks like in your daily life.
3.	List ways you can follow Jesus' example of truth this week.







Prayer for Today

Lord Jesus, thank You for being the way, the truth, and the life. Help me to live honestly every day and follow You closely. Teach me to have an undivided heart that trusts Your faithfulness. Fill me with Your Spirit so I can show Your love and truth to those around me. Amen. \bigwedge







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