



Honesty and Trust: A 7-Day Journey for Children



Explore biblical wisdom on honesty and trust with daily reflections, empowering children to choose truth even when tempted to lie.



Table of contents

<u>Introduction</u>	3
<u>Day 1: 🖐️ God Wants Truth in the Heart</u>	4
<u>Day 2: 🔍 Truth Frees Us from Worry.</u>	10
<u>Day 3: ❤️ God's Love Forgives Mistakes</u>	16
<u>Day 4: 💛 Building Trust with Others</u>	22
<u>Day 5: 🛡️ Protecting Your Heart with Truth</u>	28
<u>Day 6: ✨ Jesus Is the Way of Truth</u>	34
<u>Day 7: 🌈 Living Truthfully Brings Joy.</u>	40



Introduction

Welcome to this 7-day Bible study plan on honesty and trust for children. As kids grow and explore the world, they sometimes face challenges that tempt them to bend the truth or tell lies. It is natural to want to avoid trouble, especially when we fear consequences or disapproval. However, the Bible teaches us that choosing honesty is always the right path, even when it's difficult.

Through these seven days, we will dive into Scriptures filled with God's wisdom and love, showing us why truth matters and how to trust God to help us be truthful. Along the way, you will find daily reflections, questions to think about, journaling prompts to express your own experiences, and prayers inviting God's help to live honestly.

We all fall short sometimes, but God's grace is abundant and ready to guide us back to His truth. This plan will encourage children to build character, strengthen trust with family and friends, and understand that God's joy comes from living sincerely.

Let's embark on this journey together and discover the power of truthfulness in our daily lives!





Day 1: 🕊️ God Wants Truth in the Heart



Day 1: 🕊️ God Wants Truth in the Heart

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."*
- *Psalms 34:13 – "Keep your tongue from evil and your lips from telling lies."*



Day 1: 🕊️ God Wants Truth in the Heart

Devotional: Honesty Pleases God Above All

Honesty pleases God. Proverbs 12:22 tells us that God strongly dislikes lying, but He is happy when we are trustworthy. Sometimes it may seem easier to tell a small lie to avoid getting in trouble or hurting someone's feelings. But when we do, we hurt our friendship with God and the people around us.

God wants the truth to come from our hearts, not just our words. When we choose to be truthful, even when it's hard, we build strong character and trustworthiness that lasts a lifetime. Remember, telling the truth is one way we show respect to others and to God.

Think about times when telling the truth helped someone or made a difficult situation better. Seek God's help when it feels tempting to lie because He promises to help you be strong.



Day 1: 🕊️ God Wants Truth in the Heart

Reflect and Apply

1. Why do you think God is pleased when we tell the truth?

2. Can you remember a time when being truthful helped you or someone else?

3. What makes it hard to be honest sometimes, and how can God help?



Day 1: 🕊️ God Wants Truth in the Heart

Journaling Prompts

1. Write about a moment you felt tempted to lie and what you did.

2. List three reasons why telling the truth is important to you.

3. Draw or describe a picture of what honesty looks like in your life.



Day 1: 🕊️ God Wants Truth in the Heart

Prayer for Today

Dear God, thank You for loving truth and wanting me to be honest. Sometimes I feel scared to tell the truth, but please help me to be brave and trustworthy. Teach me to speak with honesty from my heart, even when it's not easy. Thank You for always loving me and helping me grow in Your ways.

Amen. 🙏❤️🕊️





Day 2: 🔍 Truth Frees Us from Worry



Day 2: 🔍 Truth Frees Us from Worry

Your Verse

John 8:32 – "Then you will know the truth, and the truth will set you free."

Supporting Scriptures

- *Psalm 56:3 – "When I am afraid, I put my trust in you."*
- *Isaiah 41:10 – "Do not fear, for I am with you... I will strengthen you and help you."*



Day 2: 🔍 Truth Frees Us from Worry

Devotional: Truth Brings Freedom and Peace

Sometimes kids lie because they're afraid. Maybe they worry about getting in trouble or disappointing someone. But Jesus tells us in John 8:32 that knowing the truth brings freedom. When we are honest, we no longer carry the heavy burden of hiding things or pretending.

Fear can trap us in lies, but trusting God helps us be brave. Psalm 56:3 reminds us that in moments of fear, we can put our trust in God. He promises to help and strengthen us when we are scared.

Choosing truth means choosing freedom. When you tell the truth, you can feel the peace that comes from living openly without secrets that worry your mind or heart.



Day 2: 🔍 Truth Frees Us from Worry

Reflect and Apply

1. What fears sometimes make it hard for you to tell the truth?

2. How can trusting God help you be honest when you're afraid?

3. What does it feel like to live 'free' without hiding things?



Day 2:  Truth Frees Us from Worry

Journaling Prompts

1. Write about a time you felt free after telling the truth.

2. List fears that sometimes tempt you to lie and how God can help.

3. Draw a picture that shows how you feel when you are honest.



Day 2: 🔍 Truth Frees Us from Worry

Prayer for Today

Lord Jesus, thank You for promising that the truth sets us free. Help me to trust You when I feel afraid, so I can be brave and honest. Please take away all my worries and fill me with Your peace. Teach me to remember Your promises every day. *Amen.* ✨🕊️💪





Day 3: ❤️ God's Love Forgives Mistakes



Day 3: ❤️ God's Love Forgives Mistakes

Your Verse

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."

Supporting Scriptures

- *Psalms 103:12 – "As far as the east is from the west, so far has he removed our transgressions from us."*
- *Isaiah 1:18 – "Though your sins are like scarlet, they shall be as white as snow."*



Day 3: ❤️ God's Love Forgives Mistakes

Devotional: God's Forgiveness Gives Us New Beginnings

Even when we mess up and tell lies, God still loves us. 1 John 1:9 reminds us that if we confess—admit our wrongdoings—God promises to forgive and cleanse us. No lie or mistake is too big for God's forgiveness.

God's forgiveness is powerful and complete. Psalm 103:12 says He removes our sins far away from us, and Isaiah 1:18 says He makes us pure again, just like snow. This means that no matter what wrong things we may have done, God offers a fresh start when we are honest and ask for His forgiveness.

Knowing this can help us be braver to tell the truth even after making mistakes, trusting God's love is bigger than any lie.



Day 3: ❤️ God's Love Forgives Mistakes

Reflect and Apply

1. Why is it important to confess our mistakes honestly to God?

2. How does knowing God forgives help you when you're tempted to lie?

3. What might it feel like to be 'made pure' again by God's love?



Day 3: ❤️ God's Love Forgives Mistakes

Journaling Prompts

1. Write a letter to God asking for forgiveness and thanking Him.

2. Think of a time you needed forgiveness and describe what happened.

3. Draw or describe what God's forgiveness looks like to you.



Day 3: ❤️ God's Love Forgives Mistakes

Prayer for Today

Dear Heavenly Father, thank You for loving me even when I do wrong and for forgiving all my mistakes. Please help me to always be honest with You and others. When I fail, remind me that Your love cleanses and makes me new. Teach me to live with a clean heart and truthful words. *Amen.* 💖 🙏 🌈





Day 4: 🧡 Building Trust with Others



Day 4: 🧡 Building Trust with Others

Your Verse

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

Supporting Scriptures

- *Proverbs 19:1 – "Better the poor whose walk is blameless than a fool whose lips are perverse."*
- *Colossians 3:9 – "Do not lie to each other, since you have taken off your old self."*



Day 4: 🧡 Building Trust with Others

Devotional: Truth Builds Strong Trusting Relationships

Honesty helps us build strong friendships and trust. Luke 16:10 tells us that if we can be trusted in small things, God and people will trust us more and more. When we tell the truth, even about little things, we show others that we are honest and dependable.

Trust is like a bridge built with truth and kindness. Proverbs 19:1 teaches that living a blameless life—that means doing right and speaking truth—is better than having riches with dishonesty. Colossians 3:9 reminds us not to lie to each other because our old ways have been replaced by new life in Christ.

Every truthful word builds trust and strengthens relationships. Kids who practice honesty are loved and respected by family and friends.



Day 4: 🧡 Building Trust with Others

Reflect and Apply

1. How does telling the truth help you make friends?

2. What small things could you be honest about today to build trust?

3. Why does God care about us being truthful to others?



Day 4: 🧡 Building Trust with Others

Journaling Prompts

1. Write about a time when honesty helped you make or keep a friend.

2. List three ways you can show trustworthiness at home or school.

3. Draw a picture of what trust looks like between friends.



Day 4: 🧡 Building Trust with Others

Prayer for Today

God, please help me be honest and trustworthy in all I do. Teach me to speak truth kindly so my friends, family, and teachers can rely on me. Help me build strong relationships that honor You. Thank You for always trusting me and loving me. *Amen.* 😊💬🙏





Day 5: Protecting Your Heart with Truth



Day 5:  Protecting Your Heart with Truth

Your Verse

Psalms 51:6 – "Yet you desired faithfulness even in the womb; you taught me wisdom in that secret place."

Supporting Scriptures

- *Proverbs 4:23 – "Above all else, guard your heart, for everything you do flows from it."*
- *Ephesians 6:14 – "Stand firm then...with the belt of truth buckled around your waist."*



Day 5:  Protecting Your Heart with Truth

Devotional: Guard Your Heart By Choosing Truth

God wants you to protect your heart with faithfulness and truth. Psalm 51:6 shows that even from the beginning, God teaches us wisdom and faithfulness, which includes honesty. Your heart is where your feelings and choices come from, and guarding it means keeping it pure and truthful.

Proverbs 4:23 reminds us to guard our hearts above all because from our hearts flow all the words we say and things we do. Ephesians 6 describes truth as a belt that helps us stand firm like a brave soldier. Wearing the truth protects us from bad choices and helps us stay close to God.

When you protect your heart with truth and faithfulness, you can grow strong spiritually and make good choices, even when tempted to lie.



Day 5:  Protecting Your Heart with Truth

Reflect and Apply

1. What does it mean to guard your heart with truth?

2. How can truth help you stand strong like a soldier?

3. Why do feelings and choices come from the heart?



Day 5:  Protecting Your Heart with Truth

Journaling Prompts

1. Write about ways you can protect your heart from lies or wrong choices.

2. Draw what ‘the belt of truth’ looks like to you and how it helps.

3. Think of someone you admire for honesty and write what you can learn from them.



Day 5: 🛡️ Protecting Your Heart with Truth

Prayer for Today

Father God, help me to guard my heart by choosing truth and faithfulness every day. Let Your wisdom guide me and make me strong like a soldier wearing the belt of truth. Protect me from lies and help me to live for You with a pure heart. Thank You for being with me always. *Amen.* 🛡️ ❤️ 🙏





Day 6: ✨ Jesus Is the Way of Truth



Day 6: ✨ Jesus Is the Way of Truth

Your Verse

John 14:6 – "Jesus answered, 'I am the way and the truth and the life.'"

Supporting Scriptures

- *Psalm 119:105 – "Your word is a lamp to my feet and a light for my path."*
- *John 1:14 – "The Word became flesh and made his dwelling among us."*



Day 6: ✨ Jesus Is the Way of Truth

Devotional: Following Jesus Leads Us in Truth

Jesus is not only our Savior but the very embodiment of truth. In John 14:6, He says, "I am the way and the truth and the life." When we follow Jesus, we are walking in truth Himself.

The Bible is God's word and helps us know the way of truth. Psalm 119:105 describes God's word as a light guiding our steps in the darkness of confusion or temptation. Jesus, as God's Word made flesh, shows us how to live honestly and lovingly.

By trusting Jesus and learning from Him, children can find strength to be truthful and loving, reflecting His light to everyone around them.



Day 6: ✨ Jesus Is the Way of Truth

Reflect and Apply

1. What does it mean that Jesus is the truth?

2. How does God's Word help you make honest choices?

3. How can following Jesus help you when you feel like lying?



Day 6: ✨ Jesus Is the Way of Truth

Journaling Prompts

1. Write about how Jesus shows you the truth in your life.

2. List some Bible stories or verses that teach honesty.

3. Draw a picture of Jesus guiding you on the right path.



Day 6: ✨ Jesus Is the Way of Truth

Prayer for Today

Jesus, thank You for being the way, the truth, and the life. Help me to follow You and live honestly like You showed me. Shine Your light on my path so I can make good choices and be a reflection of Your love. I want to trust You always. *Amen.* ✨🙏📖





Day 7: 🌈 Living Truthfully Brings Joy



Day 7: 🌈 Living Truthfully Brings Joy

Your Verse

Psalms 19:8 – "The precepts of the Lord are right, giving joy to the heart."

Supporting Scriptures

- *Proverbs 3:3 – "Let love and faithfulness never leave you; bind them around your neck."*
- *Nehemiah 8:10 – "The joy of the Lord is your strength."*



Day 7:  Living Truthfully Brings Joy

Devotional: Honesty Brings God's Joy Within

When we live honestly and follow God's ways, it fills our hearts with joy. Psalm 19:8 teaches that God's rules—His precepts—are right and bring happiness to us. Telling the truth is part of living by God's precepts.

Proverbs 3:3 encourages us to hold onto love and faithfulness, qualities that include honesty. When we do, we not only please God, but we also experience joy ourselves. Nehemiah 8:10 tells us that the joy of the Lord is our strength. This joy grows when we choose truth and trust God's guidance daily.

Living truthfully is not just about rules; it's about knowing God's love and letting joy shine from your heart to everyone around.



Day 7:  Living Truthfully Brings Joy

Reflect and Apply

1. How does telling the truth bring joy to your heart?

2. Why are love and faithfulness connected to honesty?

3. How can God's joy give you strength every day?



Day 7:  Living Truthfully Brings Joy

Journaling Prompts

1. Write about a time honesty made you feel happy or peaceful.

2. Make a list of ways you can show love and faithfulness through truth.

3. Draw something that represents joy coming from God's love.



Day 7: 🌈 Living Truthfully Brings Joy

Prayer for Today

Dear God, thank You for the joy You give me when I live honestly and follow Your ways. Help me to always choose truth and hold onto love and faithfulness. Fill my heart with Your joy and give me strength to live for You each day. I want my life to shine with Your light and love. *Amen.* ☀️ ❤️ 🙏





Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):



 **100k+ Bible Study Plans** on every topic of life

 Access studies anytime on your phone, tablet, or computer

 Studies for individuals, families, small groups, and churches

 Secure online journaling — or keep using print for privacy

 A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a [free HolyJot account](#). No spam. No gimmicks. Just God's Word.

Visit Now:

 [www.HolyJot.com](https://www.holyjot.com)

 Scan this QR code to start your next Bible Study today:



 We'd love to hear your story.
Email us at info@holyjot.com.

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



You are welcome to share this PDF with others.
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.