# Integrity Matters: Living True as a Teen



Explore what it means to live with integrity as a teen, embracing honesty and moral strength both publicly and privately.





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#### Introduction

**Integrity:** a word that's often talked about but sometimes hard to understand, especially in our teen years. As teens, you're navigating a world full of influences, expectations, and challenges that test who you really are. *Integrity means being the same person no matter who's watching—choosing to live honestly and with strong moral principles even when you're alone.* It's about walking your talk and standing firm in your values.

In a culture where fitting in can feel more important than standing out, integrity becomes a compass that guides your decisions. It helps you resist peer pressure, avoid the shortcuts that compromise your character, and build trust with others. The Bible encourages us to be people of integrity because it honors God and reflects His nature in us.

Over the next three days, we'll dive into Scripture to see what the Bible says about living with integrity, why it matters, and how to cultivate it in everyday life. You will be challenged to assess your own heart and choices and inspired to live honestly and boldly as a teen who honors God both in public and private.

Let's start an exciting journey toward becoming teens who don't just talk about values but live them, becoming examples of truth and faithfulness in all circumstances. Get ready to discover how integrity truly matters!

















#### Your Verse

Proverbs 10:9 - "Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out."

#### **Supporting Scriptures**

- Psalm 25:21 "May integrity and uprightness protect me, because my hope, Lord, is in you."
- Job 27:5 "I will never admit you are right; till I die, I will not give up my integrity."







#### Devotional: Integrity Begins With Honest Living

**Integrity** starts with understanding what it truly means. It's more than just not lying; it's about living consistently according to godly values, whether people are watching or not. Proverbs 10:9 tells us that when we walk with integrity, we can live securely—without fear of being exposed because our lives match our words and beliefs.

Psalm 25:21 reminds us that integrity protects us. It acts almost like a shield, giving us confidence and peace as we navigate the ups and downs of teen life. Job's commitment shows us an example of refusing to compromise integrity no matter the pressure.

For a teen, this means choosing honesty, fairness, and faithfulness in friendships, school, and family—even when shortcuts or lies might seem easier or more popular. Integrity builds trust and honor and helps you grow into the person God created you to be.







# Reflect and Apply

1.	What does integrity mean to you personally?
	Can you think of a time when you faced pressure to act differently than you knew was right?
	How does knowing that God values your integrity encourage you in difficult situations?







# **Journaling Prompts**

1.	Write about a recent situation where you showed integrity.
2.	Reflect on moments when it's hard for you to be honest and why.
3.	List qualities that show you have integrity and areas to improve.







## Prayer for Today

**Dear Lord,** thank You for the gift of integrity, helping me to live honestly and honorably. Please strengthen my heart to choose truth, even when it's difficult or when no one is watching. Teach me to walk securely in Your ways and protect me with Your love. Help me be a teen who reflects Your goodness daily. *Amen.*  $\bigwedge$   $\Leftrightarrow$   $\square$   $\bigcirc$ 

















#### Your Verse

Luke 16:10 – "Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much."

#### **Supporting Scriptures**

- Matthew 6:6 "But when you pray, go into your room, close the door and pray to your Father, who is unseen."
- 1 Samuel 16:7 "The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart."







#### Devotional: Being Honest When No One's Watching

Integrity is often tested in private moments when no one else is around to see what we choose to do. Luke 16:10 reminds us that how we act in small, unseen situations reflects our true character. If we are dishonest in little things, it shows a heart that struggles with integrity.

Jesus encourages us in Matthew 6:6 to develop a private relationship with God—praying quietly with sincerity, not for show. This model shows how integrity involves being genuine, even in moments no one else witnesses.

1 Samuel 16:7 reminds us God sees deeper than appearances; He examines our hearts. Teens often find private integrity challenging—maybe when no one else is around, or when tempted to take the easy way out. Remember, God values those private choices just as much as public actions.

Choosing integrity in your private life strengthens your character and prepares you for bigger responsibilities. It builds your spiritual life and aligns you with God's perfect ways.







# Reflect and Apply

1.	How do you act differently when you're alone versus with others?
	What private habits or choices could you grow in to reflect more integrity?
3.	Why is it important that God sees your heart even when no one else does?







## **Journaling Prompts**

1.	Describe a private moment when you faced a choice to be honest or dishonest.
2.	Write about how your prayer life can grow to strengthen your integrity.
3.	List ways you can practice integrity in your daily private life.







## Prayer for Today

Heavenly Father, help me to live with integrity in all moments, especially when I'm alone. Teach me to make choices that honor You, even when no one else sees them. May my heart be pure and sincere, knowing You always watch over me. Thank You for Your unfailing love and guidance. Amen. 🙏 💝 😂 🎇















#### Your Verse

Daniel 6:4 – "At this, the administrators and the satraps tried to find grounds for charges against Daniel in his conduct of government affairs, but they were unable to do so. They could find no corruption in him, because he was trustworthy and neither corrupt nor negligent."

#### **Supporting Scriptures**

- Romans 12:2 "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."
- 2 Timothy 2:22 "Flee the evil desires of youth and pursue righteousness, faith, love and peace."







## Devotional: Standing Firm in Your Integrity

Living with integrity often means standing firm even when others pressure you to do wrong. Daniel is a powerful example of a young man who remained consistent in his faith and integrity despite the risks and opposition he faced. Daniel 6:4 shows how his integrity made him trustworthy and blameless.

Romans 12:2 challenges you not to conform to the world's patterns, but to be transformed by God's truth, which changes how you think and act. Being a teen with integrity means sometimes saying no to things that seem popular or easy but go against God's ways.

2 Timothy 2:22 encourages fleeing youthful temptations and pursuing what is good, loving, and peaceful. By standing strong with integrity, you honor God and influence others positively. This day calls you to commit to being that steadfast person whose character can't be shaken.







# Reflect and Apply

1.	What pressures do you face that challenge your integrity?
	How can Daniel's example inspire you to remain trustworthy and blameless?
	What steps can you take to renew your mind and resist conforming to negative influences?







# **Journaling Prompts**

	Write about a time when you stood up for what you believed despite difficulty.
2.	List areas in your life where you want to be stronger in integrity.
	Create an action plan for how you will respond to peer pressure in the future.







## Prayer for Today

**Lord God,** give me strength to stand firm in integrity, just like Daniel. Help me to say no to unhealthy pressures and yes to what honors You. Transform my mind and heart so I can be an example of truth and faith in my generation. Guide me to pursue righteousness and peace every day. *Amen.*  $\bigwedge$   $\bigcirc$   $\bigcirc$   $\bigcirc$ 







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