



Living True: Honesty That Reflects Christ



Explore true honesty to build trust, avoid deception, and embody Christ's character in everyday teen life.



Table of contents

<u>Introduction</u>	3
<u>Day 1: 🕊️ The Heart of Honesty</u>	4
<u>Day 2: 💡 True Honesty in Action</u>	10
<u>Day 3: ✨ Honesty Reflecting Christ's Character</u>	16



Introduction

Welcome to this three-day Bible study focused on *true honesty*—a cornerstone for building trust and living authentically as a follower of Jesus. As teens, navigating life can be challenging, especially when it comes to being truthful. The world often tempts us to cheat, lie, or hide the truth to avoid consequences or fit in. Yet, God's Word teaches us that honesty is not just about avoiding wrong; it is about reflecting the very character of Christ in everything we do.

Why is honesty so important? When we choose to be honest, we stand on a firm foundation of integrity. This builds trust with friends, family, and community, and it honors God by showing that our actions line up with His truth. Honesty frees us from the burden of secrets and deceit, allowing us to live with peace and confidence.

During these three days, we will dive deep into Scripture to understand what true honesty looks like, how it impacts our relationships, and how we can cultivate it daily. Through honest self-reflection, prayer, and God's guidance, you will discover how living truthfully is more than just a moral rule—it's a powerful way to shine Christ's light in a confusing world.

Get ready to challenge yourself, grow spiritually, and embrace a lifestyle that reflects the heart of Jesus. Let's begin this journey toward true honesty with open hearts and minds.





Day 1: 🖋️ The Heart of Honesty



Day 1: 🕊️ The Heart of Honesty

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, for we are all members of one body."*
- *Psalms 34:13 - "Keep your tongue from evil and your lips from telling lies."*



Day 1:  The Heart of Honesty

Devotional: Why God Cherishes Honesty Above All

Honesty starts in the heart. Proverbs 12:22 tells us that God detests lying but delights in those who are trustworthy. This powerful verse reveals that God's pleasure is tied directly to our honest hearts. It reminds us that being truthful isn't just about our words—it's about cultivating integrity in every part of our lives.

As teens, you may face pressures to hide the truth or bend it to avoid embarrassment or punishment. But when we build our lives on honesty, we honor God by being people He can trust. It strengthens relationships, creates peace in our minds, and allows God's light to shine through us.

The apostle Paul reminds us in Ephesians 4:25 to put away falsehood and speak the truth because we are all connected. When you are honest with yourself and others, you contribute to the unity and trust within your community.

Consider your own heart today. Are there areas where you struggle to tell the truth? Pray for God to help you align your heart with His, so your honesty can be a testimony of His love and faithfulness in your life.



Reflect and Apply

1. In what ways do I find it difficult to be completely honest?

2. How does honesty affect my relationships with friends and family?

3. What might God be teaching me about trust through the need for honesty?



Journaling Prompts

1. Write about a time you chose honesty and what the outcome was.

2. List three ways you can practice true honesty in your daily life.

3. Describe how you feel when someone is honest with you, and why trust matters.



Day 1: 🕊️ The Heart of Honesty

Prayer for Today

Lord, thank You for teaching me the importance of honesty. *Help me to be truthful in all my words and actions, even when it's difficult.* Give me the courage to confess and to live with integrity so that I can reflect Your love and build trust with those around me. Guide my heart to value honesty as You do, and strengthen me when I feel tempted to hide the truth. May my life be a clear testimony of Your faithfulness. In Jesus' name, Amen.





Day 2: 💡 True Honesty in Action



Day 2: 💡 True Honesty in Action

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

- *Colossians 3:9 – "Do not lie to each other, since you have taken off your old self with its practices."*
- *2 Corinthians 8:21 – "For we are taking pains to do what is right, not only in the eyes of the Lord but also in the eyes of man."*



Devotional: Walking Honestly in Big and Small Things

Honesty shows up in every detail of our lives, especially in the small choices. Jesus gives us a clear principle in Luke 16:10: if we are trustworthy in little things, we will be trusted with more. This means honesty is not just about avoiding big lies but being truthful in everyday moments — in school, with friends, and in how we handle responsibilities.

The Bible tells us in Colossians 3:9 to shed our old ways, including lying, and live a new life that honors God. This transformation is ongoing and requires daily commitment to walk honestly.

2 Corinthians 8:21 teaches us it's important to live rightly not only before God but also before people. Our honesty affects our reputation and our witness to the world. When others see us consistently honest, they are more likely to trust us and notice God's work in our lives.

Reflect on the small moments today. Are there any areas—like homework, sports, or conversations—where honesty can be strengthened? Remember, each honest choice builds your character and reflects Christ.



Reflect and Apply

1. Where in my daily routine am I most tempted to be dishonest?

2. How can practicing honesty today influence bigger decisions in the future?

3. Who in my life can I encourage with my example of honesty?



Day 2: 💡 True Honesty in Action

Journaling Prompts

1. Write about a situation where honesty in a small matter made a difference.

2. Identify one area where you can improve your honesty this week.

3. Describe what it feels like to live transparently and without hiding the truth.



Day 2: 💡 True Honesty in Action

Prayer for Today

Dear God, thank You for teaching me the value of honesty in every part of life. *Help me to be faithful in small things, knowing that my integrity pleases You.* Give me strength to choose truth over shortcuts or lies, even when it's uncomfortable. May my honesty bring glory to You and build trust with those around me. Help me be a light in my community by living with openness and authenticity. In Jesus' name, Amen.





Day 3: ✨ Honesty Reflecting Christ's Character



Your Verse

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

Supporting Scriptures

- *Philippians 4:8 - "...whatever is true, whatever is noble, whatever is right...think about such things."*
- *Matthew 5:37 - "All you need to say is simply 'Yes' or 'No'; anything beyond this comes from the evil one."*



Devotional: Freedom and Trust Through Christlike Honesty

Honesty isn't just about behavior, it's about freedom. Jesus said in John 8:32 that knowing the truth sets us free. When we live honestly, we reject deception and embrace the freedom to be who God created us to be. This freedom comes with peace because we no longer carry the weight of secrets or lies.

Philippians 4:8 encourages us to focus on what is true, right, and pure. By filling our minds with truth, we mirror Christ's character and grow stronger in integrity.

Jesus also teaches in Matthew 5:37 to be people whose words are simple and trustworthy—just yes or no. This type of honesty builds confidence in our relationships and reflects the clarity and purity of Christ.

Consider your personal journey. How does choosing honesty liberate you? How can you more closely reflect Christ today in your words and actions? Let His truth guide your heart as you move forward, knowing that truthful living is a path to genuine freedom and deep trust.



Reflect and Apply

1. What areas of my life feel freer when I live honestly?

2. How does focusing on truth help me become more like Christ?

3. In what ways can I simplify my words and actions to reflect pure honesty?



Journaling Prompts

1. Reflect on how truth has set you free in the past.

2. Write a commitment to live with clear and simple honesty moving forward.

3. Describe what it means to you to reflect Christ's character through honesty.



Day 3: ✨ Honesty Reflecting Christ's Character

Prayer for Today

Father, thank You for the freedom that comes from knowing Your truth. *Help me to walk in honesty that reflects Your character every day.* May my words be simple and truthful, and may my actions show Your light to others. Thank You for freeing me from the burden of lies and for making me trustworthy in Your eyes. Guide me to live a life that honors You and builds lasting trust. In Jesus' name, 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.