

READ GENESIS 37:28; 31-34

DAY 1

We don't know if Jacob's sons ever apologized to their father for lying to him, but it's clear that what they did deeply hurt their father. Jacob was so sad that his son was dead (or so he thought), that he tore his clothes and dressed all in black.

When we hurt those we love because we're not honest, they may not tear their clothes or change the way they dress, but there can be other signs they are feeling hurt, like not looking us in the eyes or avoiding us. Think about a time when you lied and hurt someone—how did they react and what did you do to make it right?

If you never apologized to that person, take some time now to either write a note, give them a call, or go talk to them in person. Tell them why you're sorry and what you will work on in the future so it doesn't happen again.

THANK

God for giving you people who care about you and ask Him to help you to be honest with them.

READ PROVERBS 16:28

DAY 2

Grab a pen and punctuate this sentence the way you think it should be.

Let's meet at 10 to eat Samantha is paying OK.

Did you make it:

"Let's meet at 10 to eat. Samantha is paying, OK?"

OR:

"Let's meet at 10 to eat Samantha. Is paying OK?"

It makes a big difference where you put those commas, doesn't it? It is hard to imagine your friends would actually think you intend to eat Samantha!

Before you say something, take a second to ask yourself if what you're about to say is: true? loving? And helpful? Whether you're texting, talking, or writing a note, be sure that you're being careful of not only what you say, but how you say it and to whom. What we say can hurt other people and our relationships with them.

ASK

God to give you the wisdom to only speak what is true, loving, and helpful.

CAN YOU BE TRUSTED?

READ PROVERBS 12:17-19

DAY 3

Have you ever been caught doing something you weren't supposed to, and before you knew it, a lie had slipped out? Or what about in the heat of the moment when you're angry at someone—have you ever said something mean that really wasn't true? When you say things that are dishonest and mean, it hurts those around you. The good news is that the reverse is true. When you say kind, truthful words, it brings healing to others!

Ask your mom for a Band-Aid® and a marker. Write "TRUTH" on the Band-Aid® and wear it all day to remind yourself of the healing power of truthful words. You can put it in an obvious place or somewhere hidden.

LOOK for opportunities to use kind and truthful words today that help other people.

READ EPHESIANS 4:25

DAY 4

Being honest with each other is important because we really are all connected to one another. When we are dishonest, we can hurt each other. There are real consequences. Read the scenarios below and write a possible result if you are dishonest. If you get stuck, you can turn the page upside down and read the suggested results.

The cashier at the ice cream shop gives you a \$10 bill instead of the \$1 in change you're supposed to get ...
IF YOU KEEP THE \$10, THIS MIGHT HAPPEN:

You spill your milk on your dad's computer when he's in the other room ...
IF YOU DON'T TELL HIM WHAT HAPPENED RIGHT AWAY, THIS MIGHT HAPPEN:

Your mom told you if you forgot to feed the dog again, you'd be on restriction from your favorite video game. You realize after you're in bed that you forgot that day ...
IF YOU DON'T GET UP AND TELL YOUR MOM WHAT HAPPENED, THIS MIGHT HAPPEN:

POSSIBLE OUTCOMES:
It will be impossible to fix and he will have to buy a new one.
She will get into the pantry to eat food she's not supposed to and get in trouble.
The cash drawer will be short and the person will get in trouble.

KNOW that truthfulness is important to protect not only you, but other people.