



WEEK TWO

1 SAMUEL 21–22

David and Ahimelek

**SAY
THIS**

**When you're not truthful,
you hurt others.**

**DO
THIS**



MEAL TIME

Q&A for Kids: Who is one fictional (made-up) person that you wish was real and why?

Q&A for Parents: What is the best thing you have ever gained by being honest?

REMEMBER THIS

**"Anyone who lives without blame walks safely.
But anyone who takes a crooked path will get caught."**

Proverbs 10:9, NIV

**LIFE
APP**

HONESTY – Choosing to be truthful in whatever you say and do

INNOCENT LITTLE LIARS

By Karen Wilson

Your cute innocent little children have deceived you. They are not who they appear to be! If you haven't already caught them in a lie, chances are you will. And more than once—as toddlers, young children, and as teenagers.

At first you might suppress laughter as you watch them unknowingly betray themselves.

They'll tell you they didn't eat the chocolate cake that is smeared all over their face.

They'll try to persuade you they brushed their teeth, but not let you smell their breath.

They'll say they found that trinket in the parking lot, even though you saw them eyeing it in the store.

Eventually petty lies turn into big whoppers, and one day you might be heart-broken to find out your teenager is living a double life.

But lying is a common childhood offense, much more so than you might guess. One study found that some four-year-olds lied once every two hours, and some six-year-olds lied once every 90 minutes. The study also found that 96% of all kids lie. (I bet the other 4% were lying about it.) It's not all bad though; lying is actually a sign of cognitive development.

But once they learn to lie, does it even make logical sense to tell the truth when it might cost them something they really want or get them punished? Kids will inevitably want to lie their way to safety, just as we are tempted to do. They'll lie to get what they want, and they'll keep lying to avoid punishment . . . and to stay in our good graces.

Mostly kids lie to protect a relationship. If only they could understand that a broken trust is even more devastating to the relationship they want to protect. Lies hurt.

Here's the bottom line: Your child will lie to you. Don't let his sweet innocent face fool you. He's still trying to figure things out. But dishonesty shouldn't be ignored. It's our job as parents to show our kids how to value honesty and grow in integrity—even when they make mistakes. To show them healthy relationships are built on trust.

So how does that play out in our homes? Do we make it safe for our kids to tell the truth? Do we focus more on the crime or the lie? Do we keep our own word?

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