

# Integrity in My Words

Quarter 8 • Lesson 7

Focus on Character Development

- 1. Connecting:** Do an activity and think about things that are true and false.
- 2. Teaching:** Listen to a story about using words of integrity (1 Kings 22; Psalm 15:2).
- 3. Responding:** Stand up and talk about using words of integrity.

## SUPPLIES

- Bible
- 2 pieces of long grass, yarn, or paper (about ½ meter each)

*Optional Supplies:*

- Student Pages
- Memory Verse Poster
- Crayons

Before class, tie together the ends of the grass, yarn, or paper to make 2 crowns. You will use these in the Teaching section of the lesson.

## Teacher Devotion

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*Anyone who lives without blame and does what is right.  
They speak the truth from their heart.  
Psalm 15:2*

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Telling the truth is not always easy. Other people may persuade us to exaggerate or lie about certain things. We may even face consequences when we choose to be honest. When we think about the worldly cost of telling the truth, it can be a little scary. However, God's eternal joy and knowing that we have done what is right according to Him are our rewards.

Think of a time when it was hard for you to tell the truth. What happened? By telling the truth even when it is difficult, you honour God. However, this does not mean you should tell the truth in a way that is hurtful to someone else. Kind words show integrity, especially when they are not returned. May God bless the words you use this week.

**Family Connection:** Encourage families to play a game with their children that uses words of integrity. Have each family member think of 1 statement that is true about himself. Then ask each family member to say 1 kind thing about someone else. Ask the family members to take turns saying their statements while the other family members call out whether the statement is true or kind.

## LESSON TIME

### 1. Connecting: Do an activity and think about things that are true and false.

Greet the children as they come to class. Ask each child to tell you something that is true about him. For example, "I like mathematics" or "I have 2 brothers."

**Today we will continue to talk about integrity. Does anyone remember our definition of integrity? Let's say it together.**

**Integrity means trying to do what is right always and everywhere.**

**Today we are going to talk about having integrity in our words. Integrity in our words means saying what is right at all times. This means telling the truth and speaking kind words. Let's do an activity to think about what is true and what is not true.**

**I will read you a few statements. If I say something that is true, stand up and touch your head. If I say something that is false—or not true—squat down and touch your toes. Ready?**

**True or False?**

1. Sheep can fly. (False)
2. Blue is a colour. (True)
3. You wear shoes on your hands. (False)
4. You see with your eyes. (True)
5. Rocks are alive. (False)
6. God created the world. (True)
7. Up is the opposite of down. (True)
8. Ice is hot. (False)
9. The sun is hot. (True)
10. Tired people need sleep. (True)

**Teacher Tip:** For the following questions, have your own answers prepared in case your students cannot think of examples. Your stories may help them think of things that have happened to them.

Allow 2–3 students to answer the following questions:

- Think of a time when someone told you something that was not true. Did you believe that person?
- Think of a time when you said something that was not true. What happened?

**Truth includes real facts and information about a thing, person, or event. When someone tells the truth, that person talks about the events that actually happened to him or to someone else.**

**As we learned last week, God's Word tells us what is true. We can show integrity in our words by telling the truth and saying words that help people.**

## 2. Teaching: Listen to a story about using words of integrity (1 Kings 22; Psalm 15:1–3).

Today, you will hear a story about a brave man who chose to have integrity by speaking the truth. Not only did he speak the truth, he did this when everyone else was saying something he knew was not true. He was the only one of many people who was willing to tell the truth. This man's name was Micaiah. Micaiah was a prophet—someone who delivers God's truth to others.

Ask 2 children to come forward to act out the discussion between King Ahab of Israel and King Jehoshaphat of Judah. Tell the children which king they will be. Give each of the "kings" a crown. Invite the rest of the children to act as the prophets.

**King Ahab of Israel wanted to go to war. He wanted to take back some land called Ramoth Gilead that God had said belonged to Israel, so he asked Jehoshaphat—the king of Judah—to help him fight the battle.**

Have the child pretending to be Ahab ask "Jehoshaphat" to help him. Read this verse directly from your Bible.

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*So the king of Israel brought about 400 prophets together.  
He asked them, "Should I go to war against Ramoth Gilead?  
Or should I stay here?"  
"Go," they answered. "The Lord will hand it over to you."  
1 Kings 22:6*

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Have the children without crowns repeat: "Go, Israel will win."

**All of the prophets said the same thing: Israel would win the battle! However, King Jehoshaphat thought they might not be telling the truth. Listen to what he said.**

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*But Jehoshaphat asked, "Is there no longer a prophet of the LORD here?  
If there is, ask him what we should do."  
1 Kings 22:7*

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Ask the child pretending to be Jehoshaphat to repeat what the king said. Then, ask him to act as though he does not believe the prophets.

**Jehoshaphat thought the prophets were not real prophets and they were not really delivering messages from God. Ahab told Jehoshaphat they could ask Micaiah.**

Tell the child pretending to be Jehoshaphat to say, "We could ask Micaiah."

**Ahab did not like Micaiah because he did not predict good things about him, but he and Jehoshaphat sent for Micaiah anyway. Listen to what happened next.**

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*A messenger went to get Micaiah. He said to him,  
"Look. The other prophets agree.  
All of them are saying the king will have success. So agree with them.  
Say the same thing they do."  
1 Kings 22:13*

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- **What would be the easiest thing for Micaiah to do?**

It would be easiest for Micaiah to agree with the other prophets.

- **What should Micaiah do?**

Micaiah should tell the truth.

**It would have been easy for Micaiah to just go along with what the other prophets said, but Micaiah had integrity. Pretend that I am Micaiah as you listen to what he said.**

Pretend to be Micaiah and say:

**I will tell the king what God wants me to say.**

Go to the children pretending to be kings and say:

**God showed me a vision of your armies being defeated in battle. The other prophets are telling you lies. If you go into battle against the king of Aram, great harm will come to King Ahab.**

Then tell the children pretending to be the kings to act like they do not believe what you are telling them.

**The kings did not listen to Micaiah. Ahab ordered that Micaiah be thrown in prison until Ahab returned safely from battle.**

Ask the child pretending to be Ahab to take off his crown.

**Ahab decided to disguise himself in battle so no one would know he was the king. But during the battle, a stray arrow hit King Ahab, and he died that very night! Micaiah had told the truth. Everything happened just as he had said it would.**

Ask the children to sit in their normal seats. Allow 1–2 students to answer the following question:

- **How did Micaiah show integrity in his words?**

He chose to say exactly what God told him to say even though he was the only person saying this. He told the truth.

**Micaiah made a bold choice to tell the truth. Even though he was thrown into prison for doing what was right, Micaiah told the truth. This pleased God. The Bible says that God wants us to speak the truth and do what is right.**

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*LORD, who can live in your sacred tent?  
 Who can stay on your holy mountain?  
 Anyone who lives without blame and does what is right.  
 They speak the truth from their heart.  
 They don't tell lies about other people.  
 They don't do wrong to their neighbors.  
 They don't say anything bad about them.*

Psalm 15:1–3

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**Teacher Tip:** Children often lie to protect themselves and others. Sometimes even adults lie to prevent dishonouring themselves or others. Consider what this might look like for your students. Help the children understand that telling the truth is one way of showing integrity.

**When we tell the truth, we have integrity in our words. When we say gentle and caring things about others, we have integrity in our words. Let's talk about 3 ways we can have integrity in our words.**

**1. Pray and ask God to guide you.**

Point upward.

**God wants us to use our words to speak the truth to help us do the right thing. When you stop and pray for God to guide your words, He will help you to use words that show integrity.**

**2. Tell the truth.**

Ask the children to stomp 1 time for each word in this phrase.

**The Bible says that God is pleased when we tell the truth. It also tells us He is not pleased when we tell lies. In our Bible story today, Micaiah told the kings the truth about what would happen if they went to war. He did this even though no one else was telling the truth. Micaiah wanted to honour God and do what was right.**

**3. Speak kind words.**

Smile as you say, "Speak kind words."

**Listen again to this Bible verse about people who please God.**

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*They don't tell lies about other people.  
 They don't do wrong to their neighbors.  
 They don't say anything bad about them.*

Psalm 15:3

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The Bible says that God is pleased when we do not say bad things about others. It also reminds us to still tell the truth when we speak. For example, if someone were saying mean things to me, I might say, "Your words hurt me. It makes me sad to see you so angry." By responding with kind words, I am not trying to hurt the person. I am also not lying about how much I am hurt by the person's words and actions.

Have children repeat the words and motions for the 3 ways to show integrity in their words. Then use these motions in the Responding section as you remind the children about what they have learned.

Ask the children to sit down for the next activity.

### 3. Responding: Stand up and talk about using words of integrity.

Let's think about what happens when we use words of integrity and what happens when we do not. Think of a time when you did not use integrity in your words. This could be something you said to keep yourself from getting into trouble, or it could be something you said to hurt someone. This could also be something you said to make your friends like you. When you think of something you said that did not show integrity, stand up and lift 1 foot off the ground.

Stand with 1 foot off the ground to demonstrate this to the children. Then give them about 1 minute, or until everyone is standing, to stand up with 1 foot off the ground.

- **When you stand with 1 foot off the ground, is it easy or difficult to stand?**  
It is difficult.
- **What might happen if you keep standing on 1 foot without putting it down?**  
I will get tired. I might fall.

When you do not use integrity in your words, you may hurt other people. Other people may not trust you, and you are not honouring God. Just as it is difficult to keep your foot up, lying and saying unkind words make it difficult to do other good things. Lying and using unkind words do not show integrity.

Think about the situation that made you stand on 1 foot. Think about what you could have said instead to show integrity. Could you have been honest? Could you have avoided saying something that was not kind? When you think of something you could have done instead of lying or being unkind, sit down.

Wait for all of the children to sit down. If they are not all seated after 1 minute, remind the children that speaking with integrity honours God and involves telling the truth and using kind words.

Now, think of a time when you said something that was true or kind to someone. This could be something you told someone to help them, a time you told someone you did something wrong, or something else. When you think of something true or kind you have said, stand up on both feet.

Wait until all of the children are standing or wait for about 45 seconds.



If what you said was true, hold out 1 hand in front of you. If what you said was kind, hold out 1 hand beside you. If you prayed to ask God for wisdom, hold out 1 hand behind you.

Pause to allow the children to respond. Then ask them to let their arms hang by their sides.

- Raise your hand if you think it is easier to stand on 1 foot.
- Raise your hand if you think it is easier to stand on 2 feet.

**It is definitely easier to stand on 2 feet! The next time you must choose between words of integrity and lying or using unkind words, remember this activity. It can remind you that it is better to stand on 2 feet and honour God.**

*Optional:* If you are using Student Pages, give the children crayons and allow 3–5 minutes for them to draw picture stories about using words of integrity.

**When you speak with integrity, you tell the truth and use kind words. God loves you and will help you to tell the truth, even when it is hard. Our memory verse today reminds us to always do what is right.** If you are using the Memory Verse Poster, show it to the students.

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*Think carefully about the paths that your feet walk on. Always choose the right ways.*  
Proverbs 4:26

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Say this verse using the following motions. If you created your own motions for Lesson 5, use your motions instead.

**Think carefully**—Place your index finger on your head.

**About the paths that your feet walk on**—Walk in place.

**Always choose the right ways**—Point finger straight ahead.

Have the children say the verse with you. Repeat the words 3 times, doing the motions each time.

End class by saying this blessing, based on Psalm 15:2–3 and Proverbs 4:26, over the children.

**Blessing: May you speak the truth with your heart. May you speak kind words about others. May you trust God to guide your words.**

Lead the children in singing this quarter's song, if possible.

"My Lighthouse" by Rend Collective: <https://www.youtube.com/watch?v=HA8VtUPgqTc>