



# Raising Up SPIRITUAL CHAMPIONS

## HONEST: Be a Truth Sleuth

Also in this newsletter:

- Connect Your Kids to God • Family Fun • Easy Bonus Activity

**TIP:**  
Display this newsletter at home, and use the activities as desired throughout the week.



### Questions to Go at bedtime, mealtime or car time

- What can happen when people don't tell the truth?
- Where have you seen truth in action?
- Do you see yourself as being a truthful person? Why or why not?
- When do you need God's help to tell the truth?

### Verse to Chew on

"Speak the truth to each other" (Zechariah 8:16, *NIV*).

- Find this verse in the Bible and read it together with your child.
- Talk about what would be the opposite of speaking truth (lying, deliberately being inaccurate, etc.).
- Let each person give an example of when to "speak the truth."

### Character Builder: Honest

Parents want their kids to tell the truth. But child experts say it's normal for kids to occasionally tell untruths. How can you build habits of honesty in your kids?

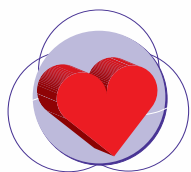
- **Tell the truth yourself.** When you are tempted to lie, talk with your kids about your decision to be honest: "I thought about saying I was sick today because I didn't want to go to work. I decided to be honest. I know God's ways are best."
- **Make your home** a safe place to be honest by not overreacting when your kids share something. Ask questions like, "How did you feel when that happened?" When kids feel safe they are more likely to tell the truth, even when there are consequences. Share examples from your life to show that honesty always pays better than dishonesty.
- **Be a truth sleuth,** looking for truth. Affirm your kids when they tell the truth. Ask them to be on the lookout for others being truthful. Talk about situations on TV where people are not truthful. How would the situations have been different with truth?

### Total Honesty?

Of course you teach your kids that there are times when they should withhold information for reasons of safety, like not letting a phone caller know they're home alone or not giving personal information without your permission.

### Preschool Focus

Instead of setting your young child up to lie when you see him do something ("Did you hit your sister?"), help him to be truthful. Say something like, "I saw you hit your sister. We don't do that in our family" and then continue with your family consequences for the misbehavior.



## Connect Your Kids to God

Why do I need to talk to God when He already knows what I think and do?

Talking to God helps you to be honest with yourself and to not to keep certain things “hidden.” It reminds you that God is always with you. It allows Him to counsel and instruct you and to give you strength in all kinds of situations (see Psalm 16:7–8). In a nutshell, God wants to have a relationship with you. The best relationships are based on honesty.

## You Can Do It!

- Pray out loud with your kids every day. Your simple prayers will be the pattern they will follow.
- Keep your prayers short and simple.
- Thank God. Ask for His help and forgiveness. Tell Him you love Him.
- Ask your kids, “Do you want to pray first or second?”
- Let your kids hear you praying for them. It makes them feel secure and loved.

## Family Fun

Kids love to play together with their parents. Consider making one night a week Family Fun Night. It doesn't have to be expensive or complicated. The purpose is just to be together. These ideas can get you started:

- Play a board game.
- Watch a video and eat popcorn.
- Share photos and memories from a vacation.
- Take a walk or ride your bikes together.
- Let each person write down favorite activities or brainstorm a list together. Within the next few months, plan on doing at least one activity from each person's list or decide as a family which activities you'll do.

Visit [www.raisingupspiritualchampions.com](http://www.raisingupspiritualchampions.com) for more Family Fun.

## Did You Know?

“What we build into a child's life prior to the age of 13 represents the moral and spiritual foundation that defines them as individuals and directs their choices for the remainder of their life.”

—George Barna, leading researcher of cultural trends related to values, beliefs, attitudes and behaviors; in “Parents Describe How They Raise Their Children,” [www.Barna.org](http://www.Barna.org).

## Easy Bonus Activity

- Cut out a large, paper conversation balloon.
- Each family member writes or draws a time when he or she can tell the truth, for example, whether homework is done or what happened when something got broken.

## Preschool Focus

Help your young child begin to understand the concept of honesty. Use a stuffed animal, doll, or puppet to ask your child questions like these:

- Is your hair purple? What color is it?
  - I'm 6 years old. How old are you?
- Each time your child answers with the truth, say, “That's right! You told the truth.”