WHEN NOBODY'S WATCHING

NAME _____ DATE _____

THE QUESTION

Who are you when no one is checking - and what does that reveal about the person you are becoming?

THE TRUTH

Integrity means living truthfully before God, in private and in public. Jesus calls us not just to stop lying, but to become people who love the truth.

YOUR MEMORY VERSE / LUKE 16:10

"If you are faithful in little things, you will be faithful in large ones. But if you are dishonest in little things, you won't be honest with greater responsibilities."

4 DAYS. NO HIDING.

DAY 01	**YOU ARE FULLY KNOWN**	Psalm 139:1–24
DAY 02	**KILL THE OLD PATTERN**	Colossians 3:1–11
DAY 03	**STOP HIDING**	Psalm 32:1–11
DAY 04	**WORDS REVEAL THE HEART**	James 3:1–12

YOU ARE
FULLY KNOWN

READ Psalm 139:1–24

READ IT

David describes a God who knows every word, thought, and action. Rather than run from that knowledge, he ends by inviting God to search his heart and lead him.

THINK ABOUT IT

Wednesday asked who you are when nobody watches. Psalm 139 goes deeper: God already knows the real you. Being known by Him is an invitation to honesty, not another reason to pretend.

YOUR TURN

What does David say God knows about him? Why can being fully known feel uncomfortable? What does David ask God to do in verses 23–24?

GO DEEPER

What part of your life would you rather God not examine? Are you willing to ask Him to change it?

MAKE A MOVE

Read verses 23–24 again. Spend two minutes praying them. Write one area where you have been pretending, hiding, exaggerating, or avoiding the truth.

PRAY IT God, You know me completely. Give me courage to stop pretending and let You search my heart.

KILL THE OLD PATTERN

READ Colossians 3:1–11

READ IT

Paul begins with our new life in Christ, then commands believers to put sinful practices to death. He includes lying among the habits of the old self that must be put away.

THINK ABOUT IT

Following Jesus is more than avoiding consequences. He is making us new. We cannot hold tightly to dishonest habits and also treat them as harmless.

YOUR TURN

What has changed for someone who belongs to Christ (verses 1–4)? What does Paul command in verses 5–9? Why does lying fit into the old way of life?

GO DEEPER

What dishonest habit have you started treating as normal? How is becoming truthful different from becoming better at not getting caught?

MAKE A MOVE

Name one repeating pattern - not just one mistake. Write the old pattern and one specific truthful response you will practice in its place today.

PRAY IT Jesus, help me put off the old life and live as someone who belongs to You.

STOP
HIDING

READ **Psalm 32:1–11**

READ IT

David describes the weight of keeping sin concealed and the relief of acknowledging it before God. The Psalm moves from silence to confession, forgiveness, and trust.

THINK ABOUT IT

The instinct after lying is often to protect the first lie. Integrity does not mean never failing; it means refusing to keep hiding and turning toward God in repentance.

YOUR TURN

How does David describe the cost of silence in verses 3–4? What changes in verse 5? How is confession different from being sorry you were caught?

GO DEEPER

Is there a situation you are working harder to cover than to correct? What consequence are you afraid of facing?

MAKE A MOVE

Confess honestly to God. If you deceived someone, plan a safe, appropriate step toward taking responsibility - perhaps correcting the story, apologizing, or speaking with a trusted adult.

PRAY IT Father, help me trust Your mercy enough to admit the truth and turn from sin.

WORDS REVEAL THE HEART

READ James 3:1–12

READ IT

James uses a bit, a rudder, and a spark to show that small words can have enormous effects. He challenges the contradiction of praising God while tearing down people made in His likeness.

THINK ABOUT IT

The call to integrity reaches beyond avoiding lies. Even something factually true can be spoken to embarrass, divide, or hurt someone. Our words reveal what is growing inside us.

YOUR TURN

What do James's pictures teach about the power of speech? Why is praising God and tearing others down a contradiction? How can gossip hide behind "I'm just being honest"?

GO DEEPER

If your group chats, comments, jokes, and private conversations were visible, what would they reveal about who you are becoming?

MAKE A MOVE

Before talking about someone, ask: Is this mine to tell? Why am I saying it? What will it do to them? Choose one concrete way to encourage, defend, or build someone up today.

PRAY IT Jesus, change my heart so my words speak truth and give life instead of causing harm.

DON’T JUST READ IT. LIVE IT.

MEMORY VERSE / LUKE 16:10

“If you are faithful in little things, you will be faithful in large ones. But if you are dishonest in little things, you won’t be honest with greater responsibilities.”

THE QUESTION STILL STANDS

Are you becoming someone who tells the truth only when it is easy - or someone whose private and public life both reflect Jesus?

LOOK BACK AT THE FOUR DAYS

FULLY KNOWN Where do I need to stop pretending?

NEW LIFE Which old pattern must I put away?

CONFESSION What truth do I need to bring into the light?

MY WORDS Who can I build up instead of tear down?

MY NEXT SEVEN DAYS

One dishonest habit I will actively replace:

One truthful, courageous action I will take:

MY ACCOUNTABILITY PERSON: