

IDENTITY & SELF-ACCEPTANCE | WEEK 14

SECOND CHANCES & GROWTH THROUGH STORY

LEADERS GOAL

Encourage students to value honesty even when it feels uncomfortable

SUPPLIES

- Bible marked and open to Ephesians 4:25, Proverbs 12:19
- Chairs arranged in a circle
- Create a welcoming space

SCRIPTURES

II Corinthians 12:9
Romans 8:28
Matthew 28:20

ACTIVITIES

Bible Character Match Up
Give Yourself Grace Over Perfection

PRAY

BOTTOM LINE

Honesty and grace help us build better connections with one another.

AS STUDENTS ARRIVE

We've been talking about giving ourselves and others second chances and grace. How did you stay patient and give yourself grace this week?

STORY CONNECTION

In *Freaky Friday*, Ellie (as Katherine) and Fletcher argue about Fletcher's dream of going to Hollywood as a magician. Fletcher feels hurt and confused because Katherine had once supported his dream, but now Ellie is saying it isn't realistic. What begins as a disagreement quickly turns into a conversation about honesty—especially when it feels like parents aren't being fully truthful.

Choose readers for Katherine and Fletcher and read Script pages 58–60.

This moment shows how important honesty is in relationships. When messages change or aren't clearly explained, it can feel like trust is broken—even if that wasn't the intention.

Parents aren't perfect. They're people trying their best, and sometimes they avoid hard truths because they're afraid of disappointing or hurting their kids. This scene reminds us that honesty, even when it's uncomfortable, helps build trust and understanding—and that grace is needed on both sides.



OUR STORIES

- What's important to you about honesty and trust?
- How does it feel to be lied to?
- How can we build more trust in our relationship with parents/adults?

TRUTH & TREASURE

What Does the Bible Say About Honesty?

The Bible teaches us that honesty matters—to God and to the people around us.

“Each of you must put off falsehood and speak truthfully to your neighbour.”

Ephesians 4:25 (NIV)

This verse reminds us that honesty helps build trust and healthy relationships. When we choose truth, we choose connection over confusion.

“Truthful lips endure forever, but a lying tongue only lasts a moment.”

Proverbs 12:19 (NIV)

Lies might feel easier in the moment, but they don't last. Truth has staying power—it leads to trust, respect, and peace over time.

Story Time: Nathan Confronts David

(2 Samuel 12:1-14)

King David did something very wrong. He took Bathsheba's husband, Uriah, and had him killed. Instead of admitting his sin, David tried to hide it. God sent the prophet Nathan to help David see the truth. Nathan didn't accuse David right away—instead, he told him a story about a rich man who stole something precious from someone else. David became angry at the injustice. Then Nathan said the powerful words: “You are the man.” In that moment, David realized the story was about him. David could have denied it. He could have blamed someone else or made excuses. Instead, he chose honesty. He admitted the truth to God and took responsibility for what he had done.

Honesty means facing the truth.

Being honest isn't always easy, but it's the first step toward growth. Admitting we're wrong takes courage. David was a king, yet he humbled himself. True strength isn't hiding mistakes—it's owning them. God helps us recognize when we're wrong. Sometimes God uses people in our lives—like Nathan—to help us see clearly.

Honesty leads to restoration.

David's confession didn't erase the consequences, but it did restore his relationship with God. Healing begins when truth is spoken.

Honesty takes courage, but God honours hearts that tell the truth. Being honest doesn't just help fix mistakes—it helps shape who we are becoming. When we choose truth, we choose growth, healing, and a closer walk with God.



DISCOVERY TIME

ACTIVITY | “TWO TRUTHS AND A TWIST”

Objective: Practice discernment and understand how honesty builds trust.

How it works:

- Each student shares two truths and one twisted truth (something partly true but slightly exaggerated or false).
- The group tries to guess which statement isn't fully true.
- Debrief:
- How easy was it to detect the “almost-truth”?
- How does stretching the truth affect how others perceive your honesty?
- Why does honesty matter even in small details?

ACTIVITY | “LIE DETECTOR” ROLE PLAY

Objective: Explore honesty under pressure.

How it works:

- Students form groups of 3-4.
- One student is the “investigator” who asks lighthearted or ethical scenario questions (e.g., “Did you ever take credit for something you didn't do?” “If you broke something and no one knew, would you tell?”).
- The others respond — predetermine that one tells the truth, one lies, one gives a half-truth.
- The investigator must guess who's honest.

Debrief:

- Why is it sometimes tempting to hide the truth?
- What's the difference between honesty and oversharing?

PRAYER

God, thank You for loving us and for showing us what is true.

Give us courage to be honest, even when it's hard.

Help us admit our mistakes, learn from them, and grow.

Thank You for forgiving us and helping us become more like you everyday. Amen.

Weekly Challenge

Each of us can struggle with telling the truth or making the right choice. Remember, parents aren't perfect – just people trying the best they know how.

What's one thing you can do this week to give grace, show respect, or be honest to your parents? Remember, we talked about empathy and understanding and how both keep the lines of communication open. Try that this week.

