



TODAY'S TOPIC:
Honesty: The Empty Pot
 You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a "thinking job question" to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

Is it easier to tell the truth or to tell a lie?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> Book or online video, "The Empty Pot" by Demi 	<ul style="list-style-type: none"> Be familiar with the story. 	Know what honesty is and the importance of being truthful.

SAY: Honesty is telling the truth. The opposite of telling the truth is telling a lie.

GAME: Have fun with this to set the tone. Feel free to make up your own examples. After each statement, have the kids say loudly "TRUE" or "LIE".

- (Point at foot) This is my foot. (Kids say, "True.")
- The sky is green. (Kids say, "Not true.")
- Ants are bigger than elephants.
- I am wearing a red sweater.
- We see with our eyes.
- We hear with our nose.
- You have two hands.
- Milk comes from chickens.
- I have two heads.

SAY: Honesty is telling the truth no matter what, you say what you mean and mean

what you say. Being honest is being sincere, open, trustworthy, in integrity, and truthful. Your actions match your words. When people are honest, they can be relied on not to lie, cheat, or steal.

ASK: Why is telling the truth better than telling a lie? (So that everyone knows what really happened; so the wrong person won't get blamed; so we can learn to do better, etc.)

ASK: Do you have any personal examples of times people told the truth or lied? Does anyone have an example of when telling a lie could cause a big problem? Ex: Saying a building is on fire when it is not. Blaming someone else for something you did so the other person gets in trouble even though they didn't do anything. Can use the example of "The Boy Who Cried Wolf".

ASK: Is it easy or hard to tell the truth? Why? (Might get in trouble. Might seem unkind.)

FOR OLDER KIDS: Do we always tell ourselves the truth? Why not?

FOR OLDER KIDS: The "Law of Attraction" says that what we put out comes back to us multiplied. If you put out honesty, what do you attract? If you put out lies, what do you attract?

FOR OLDER KIDS: See "examples of honesty" list at the end of the lesson to generate conversation.

READ: "The Empty Pot". Before you start, clarify *where* (takes place in China) and the *main characters* – a child named Ping, and the Emperor (who is like a king, and the leader of China). In the story, the emperor is looking for his "successor", who is the next person to be emperor. Possible questions for during or after the story: Why doesn't Ping just go out and buy a fully-grown, beautiful bouquet of flowers? Why do you think the emperor seems unhappy with all the beautiful plants? What had the emperor done? Why? Do you think his "tricky" challenge seemed dishonest?

SAY: Did you know one of the symbols of honesty is a hand over a heart. That is because YOU can choose to tell the truth, and YOU have the power inside you to help you tell the truth.

AFFIRMATION –I tell the truth. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .

Extra lesson information:

EXAMPLES of HONESTY

- Do your own homework
- Tell a friend the truth
- Explain the real reason you didn't turn in your homework
- Keep your eyes on your own paper
- Clean up your room after making a promise
- Give the cashier the extra money she gave you by mistake
- Write a report in your own words instead of copying
- Admit you made the mistake
- Keep a friend's secret
- Turn in a wallet full of money that you found

BE HONEST WITH YOURSELF =

- Accept responsibility for your own actions; don't blame others.
- Be honest about your feelings.
- Face issues as they arise.
- If you are considering lying, try to think of the consequences.
- When confronted with a situation, think of others.

TIPS FOR BEING MORE TRUTHFUL =

- Make a commitment to tell the truth and honor it.
- Tell someone about your commitment and progress.

- **Think before you give a dishonest answer, explanation, or reason.**
- **Be careful of when and how you use exaggeration, sarcasm, or irony.**
- **Be careful not to twist the truth or leave out part of it.**
- **Don't indulge in little white lies; don't get caught in cover-ups.**
- **Watch out for silent lies. When you know about a lie and keep quiet, the lie lives on.**
- **When you catch yourself lying, throw your mouth into reverse and tell the truth.**
- **Talk to yourself quietly and ask what is the best thing to do.**
- **Treat yourself to something special when you tell the truth even when it's hard.**