

# PARENT FORWARD

*parenting + spiritual formation*

## WHEN KIDS LIE REFLECTION GUIDE | EPISODE 5

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### REFLECTION FOR YOUR SOUL

When your child lies, what emotions rise up in you? Why do you think that is?

Have you ever responded with shame or frustration? What would it look like to lead with curiosity instead?

Are there areas in your parenting where honesty might feel unsafe or high-stakes for your child?

In what ways are you modeling honesty and trust in your own life—especially when it's hard?



### GENTLE CONVERSATION PROMPTS

Try one or more of these age-appropriate questions next time your child is caught in a lie:

“Can you tell me what happened again?”

“What were you hoping would happen by saying that?”

“Does it feel better inside your body when you lie or when you tell the truth?”

“How can I help make it easier for you to tell me the truth?”



### TRUST AS VALUE

In your home, consider introducing language around trust and character formation:

“We tell the truth not just to follow rules, but to become people others can count on.”

“Trust is earned in droplets and lost in buckets.”

“Even when trust is broken, we can rebuild it—slowly, gently, over time.”



## SCRIPTURE & PRAYER

Suggested Scripture:

John 14:6 – “I am the way, the truth, and the life.”

Proverbs 12:22 – “The Lord detests lying lips, but he delights in people who are trustworthy.”

Psalms 51:6 – “Surely you desire truth in the inward parts; you teach me wisdom in the inmost place.”

Prayer Prompt:

God of truth, help me create a home where honesty is safe. When my children lie, give me wisdom and patience. When I fail, teach me to repair. Let our family become a place where truth can be told and trust can be restored. Amen.



## EXAMINING OUR POSTURE AS PARENTS

Sometimes, when our kids aren't honest with us, it's not just about their fear—it may also reflect something about the atmosphere we've created.

Use these reflection prompts to gently consider how your own reactions, tone, or expectations might shape the emotional climate of your home:

- When my child tells me the truth—especially when it's hard—how do I typically respond?
- Have I unintentionally communicated that honesty will lead to punishment, shame, or disappointment?
- Do I sometimes react with intensity or fear that makes it hard for my child to be real with me?
- How can I model being a safe place—where even hard truths are met with compassion and curiosity?

This isn't about blame—it's about becoming aware of how our presence shapes our children's courage to be honest.