

Building the Skill of Integrity

Objective:

This document aims to help you build the skill of INTEGRITY. To do that, we must learn how to walk the integrity pathway.

Process:

To walk the integrity pathway, you go backward to go forward. The integrity pathway is

My Bible - My beliefs - My behaviors

You first identify your good or bad behaviors involving integrity. Once you identify the behaviors, reflect on the belief that drove this behavior. If the belief is not rooted in the word of God, abandon it. If it is rooted in the word of God, continue to meditate on the verse or passage to strengthen it, or find additional bible verses or passages to help strengthen it.

We will work through the integrity pathway by **practicing** a few real-life scenarios, **reflecting** on how strong or weak your integrity was over the previous week, and **anticipating** how your integrity may be challenged this upcoming week.

A list of behaviors that show strong or weak integrity is listed below for a point of reference.

Payoff:

With improved integrity, you will become a more trustworthy person. You will be able to trust yourself more, and other people will be able to trust you more. The byproduct of improved trust is stronger relationships and more opportunities in life.

Building this skill will allow you to remove negative behaviors such as:

- Lying to God
- You self-sabotage your growth
- Lie to others and yourself
- Untrustworthy: People can't trust you, and you can't trust yourself
- You lack integrity
- Lie to others and yourself

Building this skill will allow you to implement or improve positive behaviors such as:

- Believing the truth about God
- Telling the truth to God
- Self-improvement Integrity: You use honesty to stop self-sabotaging behaviors
- Tell the truth to others and yourself
- Trustworthy: People can trust you, and you can trust yourself
- You have great integrity



Additional Resources:

- How to Build the Skill of Integrity: https://youtu.be/deRf8E_j6Fs
- Website: growingtruedisciples.com
- Remember to **pray** and ask God to help you with this skill.
- If you need help answering the questions, you can download my answers from the website to give you a point of reference. <https://www.growingtruedisciples.com/man-to-self-skills>

If you are unfamiliar with what the Bible says about integrity, here are a few Bible verses to give you a point of reference:

Proverbs 10:9

Whoever walks in integrity walks securely,
but he who makes his ways crooked will be found out.

Proverbs 11:3

The integrity of the upright guides them,
but the crookedness of the treacherous destroys them.

Proverbs 12:22

Lying lips are an abomination to the LORD,
but those who act faithfully are his delight.

Luke 16:10

“One who is faithful in a very little is also faithful in much, and one who is dishonest in a very little is also dishonest in much.

Colossians 3:5-10

⁵ Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. ⁶ Because of these, the wrath of God is coming.^[b] ⁷ You used to walk in these ways, in the life you once lived. ⁸ But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. ⁹ Do not lie to each other, since you have taken off your old self with its practices ¹⁰ and have put on the new self, which is being renewed in knowledge in the image of its Creator.



Examples of Strong and Weak Integrity

What are some behaviors that show we have strong integrity?

1. Whenever we keep our word
2. Whenever we are early to a meeting or appointment
3. When we make a promise and keep it
4. When we exceed expectations
5. When you genuinely listen to someone
6. You said yes when you should have said yes and no when you should have said no.
7. You completed your responsibilities.
8. You align to the things you said you would align to
 1. For example, as a Christian, you are committed to following Jesus. Did you follow him or avoid him this week?
 2. For example, as a spouse, you said you would love your spouse for better or worse. Did you love them appropriately this week?

What are some behaviors that show we lack integrity?

1. Anytime you say you are going to do something and don't do it, you show a lack of integrity. Your words contain your trustworthiness. If you don't do what you say you will do, that is a lack of integrity.
2. Lying about anything is a lack of integrity
3. Cheating
4. Stealing
5. Deceiving others or yourself
6. Late/poor time management
7. You don't complete your responsibilities
8. You say yes to things you shouldn't say yes to/ you don't know how to say no.
9. You don't align to the things you said you would align to
 1. For example, as a Christian, you are committed to following Jesus. Did you follow him or avoid him this week?
 2. For example, as a spouse, you said you would love your spouse for better or worse. Did you love them appropriately this week?



Practice

Review the following Scenarios. Identify the areas of strong integrity and weak integrity in each scenario. Once you identify the areas of integrity, brainstorm ways that the people in the scenario could have more integrity. Brainstorm what beliefs could be driving these behaviors. Are these beliefs grounded in the word of God? That is to say, is this belief a belief that is taught and approved of in the Bible? If the belief is not grounded in the word of God, what is a new, biblically grounded belief the person could replace the bad belief with?

Example Scenario:

Earlier this week, you said you would call your brother on Friday. It is now Saturday, and you still have not called your brother. When you finally talk to your brother the next week because he calls you, you inform him that you had a lot to do at work and you just didn't have the time to call him last week.

Identify the areas of strong integrity and weak integrity in this scenario.

Weak Integrity:

I did not call like I said I would; Even after I missed my deadline, I did not call and apologize; I made excuses for why I didn't call.

Strong Integrity:

I see no areas of strong integrity, although the commitment to call your brother is a good thing.

What beliefs could be driving these behaviors? Are these beliefs grounded in the word of God? That is to say, is this belief a belief that is taught and approved of in the Bible?

I may not believe that other people's time is important; I believe that excuses can excuse a lack of integrity; I may not believe I did anything wrong because I never even apologized. I may not value relationships as I should.

If the belief is not grounded in the word of God, what is a new, biblically grounded belief the person could replace the bad belief with?

These beliefs are not rooted in the word of God:

Romans 12:10 says to honor others above yourself. I need to honor my brother's time. I don't know of any Bible verses about excuses, so I will do a google search on "what does the bible say about excuses" and see if I can find any passages or verses that talk about excuses.

If the belief is grounded in the word of God, how could we strengthen the belief?

I did not see any beliefs grounded in the word of God.



Scenario #1

Choir Practice starts every Tuesday at 6:00 pm. The time you usually get there is around 6:13 pm. When you arrive, you don't apologize for being late; you simply take your spot on the choir stand.

Identify the areas of strong integrity and weak integrity in this scenario.

Strong Integrity:

Weak Integrity:

What beliefs could be driving these behaviors? Are these beliefs grounded in the word of God? That is to say, is this belief a belief that is taught and approved of in the Bible?

If a belief is not grounded in the word of God, what is a new, biblically grounded belief the person could replace the bad belief with?

If a belief is grounded in the word of God, how could we strengthen the belief?

Scenario #2

You have a customer who requires that the product he purchased from you be at his office every Tuesday by 9:00 am. To ensure that the product is on time, you deliver the product to his secretary every Monday by 4:00 pm.

Identify the areas of strong integrity and weak integrity in this scenario.

Strong Integrity:



Weak Integrity:

What beliefs could be driving these behaviors? Are these beliefs grounded in the word of God? That is to say, is this belief a belief that is taught and approved of in the Bible?

If a belief is not grounded in the word of God, what is a new, biblically grounded belief the person could replace the bad belief with?

If a belief is grounded in the word of God, how could we strengthen the belief?

Scenario #3

As a father, you have missed your daughter's last six soccer games. You promised her you would make this next one. Her next match is on Thursday at 5:00 pm. On Thursday at 4:45 pm, a customer calls with a serious concern. You must decide whether you will help your customer or attend your daughter's soccer game. You assume the issue won't take too long and decide to work with your customer. The problem ends up taking over an hour to resolve. When you get to the soccer field, it is 5:30 pm, with just a few minutes left in the game.

Identify the areas of strong integrity and weak integrity in this scenario.

Strong Integrity:

Weak Integrity:

What beliefs could be driving these behaviors? Are these beliefs grounded in the word of God? That is to say, is this belief a belief that is taught and approved of in the Bible?



If a belief is not grounded in the word of God, what is a new, biblically grounded belief the person could replace the bad belief with?

If a belief is grounded in the word of God, how could we strengthen the belief?

Scenario #4

You have a FULL weekend coming up with many things to do around the house and in your community. As you are preparing for Saturday, your Mom calls and asks you to come and cut her yard. The lawn guy has been out sick for a month, and her yard looks awful. You tell her you have that a full weekend, but then she puts the guilt in her voice and explains how “she will just have to brave the heat herself.” Before she gets off the phone, she reminds you that she got heat exhaustion the last time she cut her grass... You sigh and agree to cut her grass. You don’t know how you will find the time to cut it, but you’ll make it work somehow.

Identify the areas of strong integrity and weak integrity in this scenario.

Strong Integrity:

Weak Integrity:

What beliefs could be driving these behaviors? Are these beliefs grounded in the word of God? That is to say, is this belief a belief that is taught and approved of in the Bible?

If a belief is not grounded in the word of God, what is a new, biblically grounded belief the person could replace the bad belief with?



If a belief is grounded in the word of God, how could we strengthen the belief?

Scenario #5

As a disciple of Jesus, you have made Jesus your personal Lord and Savior. You have agreed to follow His teachings and guidance on how people should live. You notice a few things as you review your week and obedience to Him.

1. You lied to someone when they asked you how you were doing. You told them you were okay, but you were actually having a tough time.
2. You had an opportunity to watch pornography, and you ignored it
3. When your boss asked you about the issue with the company's performance over the last month, you gave her your honest opinion.

Identify the areas of strong integrity and weak integrity in this scenario.

Strong Integrity:

Weak Integrity:

What beliefs could be driving these behaviors? Are these beliefs grounded in the word of God? That is to say, is this belief a belief that is taught and approved of in the Bible?

If a belief is not grounded in the word of God, what is a new, biblically grounded belief the person could replace the bad belief with?



If a belief is grounded in the word of God, how could we strengthen the belief?



Reflection

Reflect on your previous week and identify areas where your integrity was strong and where it was weak.

In the areas of:

- Time management
- Keeping your word
- Aligning to the things you said you would align to
- Saying no when you need to say no
- Fulfilling your responsibilities

Identify the moments of strong and weak integrity in any or all of these areas.

What beliefs could be driving these behaviors? Are these beliefs grounded in the word of God? That is to say, is this belief a belief that is taught and approved of in the Bible?

If the belief is not grounded in the word of God, what is a new, biblically grounded belief the person could replace the bad belief with?

If the belief is grounded in the word of God, how could we strengthen the belief?



Anticipation

Anticipate areas in your next week where your integrity may be challenged and brainstorm ways you can overcome the challenge.

In the areas of:

- Time management
- Keeping your word
- Aligning to the things you said you would align to
- Saying no when you need to say no
- Fulfilling your responsibilities

What obstacles will you face this week that will try to weaken your integrity?

What can you do now to ensure that your integrity stays strong?

What Bible verses or passages do you need to review to remind you about the importance of integrity in the abovementioned areas?

