

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, then 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.



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 are going to 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. Well today is 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.

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.

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.

For more examples, feel free to download the How to Build the Skill of Integrity sample answer sheet from the growing true disciples website under the skill of Integrity.



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, and you just take your spot on the choir stand.

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

Strong = I guess they can count on you to make it to practice
Weak = Late & Didn't apologize

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 have a good belief about valuing other people's time. I must believe that it's okay for me to disregard other people's time. No.

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?

Romans 12 = Honor ~~but~~ others above your self. I could start to value other people's time above mine.

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

N.A.

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 there 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 = You deliver the product early to ensure it gets there on time
Weak = I don't see any weak 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?



You truly believe that it is a good thing to be that worthy and honorable. You deliver the package ~~out~~ in such a way that it always gets there on time.

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?

N.A.

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

Look at it through the lens of Luke 16:10. If you ~~can~~ continue to remain this trust worthy and will bless you with more opportunities to serve people.

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 game is on Thursday at 5:00 pm. On Thursday at 4:45 pm, a customer calls with a serious concern. You have to decide whether you will help your customer or attend your daughter's soccer game. You assume that 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 = You made a promise; your customers can count on you
Weak = Possibly the missed soccer games if you promised to be there; poor boundaries between work and family.
to Barely keeping your promise.

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?

1) Spending time with your family matters 2) Put the customer before your self 3) Your word is ~~it~~ that important 4) You don't like to say no to people 5) Same as belief 3 | 1 = Yes ; 2 = Most of the time ; 3 = No ; 4 = No

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?

2-4 = Psalms 15:4 Keep your promises even when it hurts; Genesis 27 Isaac didn't take his blessing back. We should be slow to give our word and even slower to take it back



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

Gal. 6:9 = If we invest in our children we will see it pay off. Continue to prioritize investing in our children

Scenario #4

You have a FULL weekend coming up with a lot of things to do around the house and in your community. As you are preparing for Saturday, your Mom calls, and she 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 that you have 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 = Willing to help others (son); willing to sacrifice for others
Weak = TOO willing to help others (son); Guilt people into helping you (mom)

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?

Strong = 1.) It's a good thing to help others
Weak = 2.) You don't like to say no (son) 3.) That it's okay to manipulate people into helping you (mom)

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?

2.) Luke 6:26, it's not good ~~to~~ to try and make everyone happy. It's okay to tell people no when you have to
3.) Genesis 27, EVERYONE loses when we manipulate to get our way. It's NEVER worth it.

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

Acts 20:35 It is more blessed to give than receive. When we serve others we give!

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 we should live. As you review your week and review your obedience to him, you notice a few things.



1. You lied to someone when they asked you how you were doing. You told them you were ok, 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 = 1) You ignored porn, 2) You gave your honest opinion
Weak = 3) You lied

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?

1.) That purity (sexual) matters 2.) Truth matters 3.) Your opinion matters 4.) It's better if people don't know how I really feel.

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?

4.) Eph. 4:25; Truth is better than falsehood. ^{saying} I don't feel like talking about it would have been better than lying.

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

1.) Eph. 5:3, continue to strive for not even a HINT of sexual immorality 2.) Eph. 4:25, be truthful because every lie affects people 3.) Gen. 1:27, as image bearers we matter and our opinions matter.



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 integrity and weak integrity in any or all of these areas.

Strong = I prayed about the launch date for my website
and worked really hard to launch it on that date.
Weak = I missed a promise of two to my children.
I should have communicated better.

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?

Strong = Keeping your word really matters
Weak = That it's okay to neglect seemingly smaller
responsibilities

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?

Weak = say what you mean to say; Matthew 23:31-46
how I treat the least of these is how you treat God.
How I treat my children is how I treat God. I
need to treat them well.

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

Eph. 4:25, when I uphold the truth I always
affect the body positively.



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?

I have A LOT of things that need to be accomplished this week. I will be tempted to not commit to anything, this way it won't look bad if I don't complete any thing

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

Commit to doing ³⁻⁵ ~~amount~~ of things this week. Tell them to Kadajah for account ability.

What bible verses or bible passages do you need to review to remind you about the importance of integrity in the areas mentioned above?

Proverbs 16:3 = Commit your ^{work} ways to the LORD and your plans will be established.
I need to commit everything to God FIRST and then allow my commitment to him to drive my behaviors. LORD help me commit all I do to you.

