

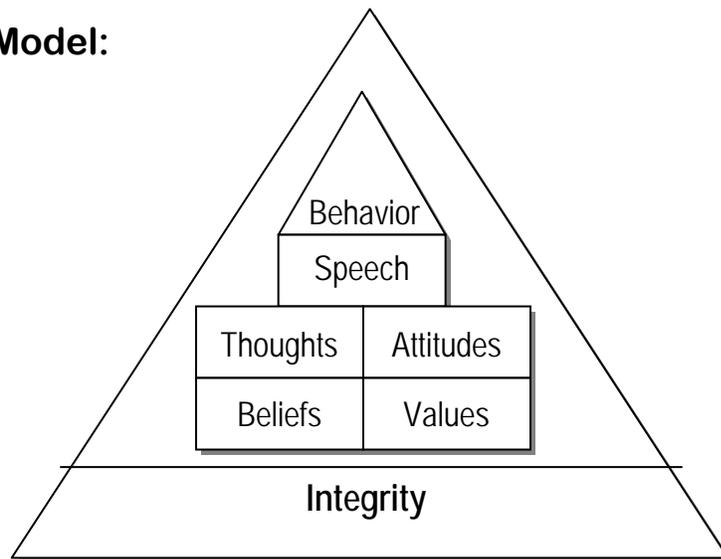
“He who walks in integrity walks securely, but he who perverts his ways will be found out.”

Proverbs 10:9 (NASB)

Question:

Why do our attempts to change so often fail?

Model:



Principle:

Integrity is the prerequisite for lasting change.

What is Integrity?

- Complete moral innocence
- State or quality of being complete, undivided moral soundness, upright, honesty
- “Walking Honestly” – Your life and your words are telling the same story
- Comes from the same root word as “integrate” – to bring unity and wholeness to division
- Synonyms = “sincere, authentic, real, consistent”

Why is Integrity Essential for Lasting Change? - 3 Reasons

1. _____ are impossible without integrity.

- With God John 4:23-24, Psalm 15
- With Yourself Psalm 32:2-5
- With Others Ephesians 4:15

2. _____ is impossible without integrity.

“And let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful.”

Colossians 3:15 (NASB)

3. _____ is impossible without integrity.

“Like a trampled spring and a polluted well is a righteous man who gives way before the wicked.”

Proverbs 25:26 (NASB)

Application / Discussion Questions:

1. What did you learn about “lasting change” that was helpful to you? Explain.
2. Why do most of our attempts to change fall short? What’s missing in the process?
3. Give the three reasons why integrity is essential for lasting change? With which of these reasons do you most identify? Why?
4. What aspect of your life do you think needs to be more “integrated?” What steps will you take to follow David’s example in Psalm 139:23-24? Be specific.