



The Way of Integrity

“You have also heard that our ancestors were told, ‘You must not break your vows; you must carry out the vows you make to the Lord.’ But I say, do not make any vows! Do not say, ‘By heaven!’ because heaven is God’s throne. And do not say, ‘By the earth!’ because the earth is his footstool. And do not say, ‘By Jerusalem!’ for Jerusalem is the city of the great King. Do not even say, ‘By my head!’ for you can’t turn one hair white or black. Just say a simple, ‘Yes, I will,’ or ‘No, I won’t.’ Anything beyond this is from the evil one.”

Matthew 5:33-37 (NLT)

Big Idea: My integrity is more about my _____ than about my _____.

Integrity is having:

- An _____ life.

By means of his one Spirit, we all said good-bye to our partial and piecemeal lives. We each used to independently call our own shots, but then we entered into a large and integrated life in which he has the final say in everything. (This is what we proclaimed in word and action when we were baptized.) Each of us is now a part of his resurrection body, refreshed and sustained at one fountain—his Spirit—where we all come to drink. The old labels we once used to identify ourselves—labels like Jew or Greek, slave or free—are no longer useful. We need something larger, more comprehensive.

1 Corinthians 12:12-13 (MSG)

- An _____ life.

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

Ephesians 4:22-24 (NIV)

- An _____ life.

*Search me, O God, and know my heart;
test me and know my anxious thoughts.
Point out anything in me that offends you,
and lead me along the path of everlasting life.*

Psalm 139:23-24 (NLT)

Discussion Questions

1. What has been your relationship with integrity? Is it something you think of as part of your formation or a goal you achieve? Share about someone in your life you feel has integrity and why that is.
2. Do you have more grace toward yourself or toward others? When you mess up, are there narratives or messages you can identify that you tell yourself?
3. How can you be more authentic in your life? What would one step toward deeper authenticity be?

Recommended Resources

- *The Integrated Life*, by Ken Eldred
- *TrueFaced*, by Bill Thrall, Bruce McNicol, John S. Lynch
- *You Are More Than You've Been Told*, by Hosanna Wong
- *Saturate: Being Disciples of Jesus in the Everyday Stuff of Life*, by Jeff Vanderstelt

(NLT) New Living Translation

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