



The Week of June 6, 2021
The Recipe for Integrity
Conversation Guide

This Week's Take-Aways

- **Identity:** (John 1:12) I have worth and value because I am made in God's image and am His child. As His child, I live my life to bring glory to God and to serve His purposes.
- **Self-Control:** (Ephesians 4:22-24) My thoughts, emotions and actions are brought under control through the power of the Spirit as I pursue a holy, God-honoring life.

Intro Questions

- Have you ever been "called out" by a child for bending the truth?
- How do you know someone is a person of integrity?
- Why is it important to be a person of integrity in front of our kids and other "young 'uns"?

The Recipe for Integrity

Ingredient #1 Compassion

Read Philippians 2:6-8 (NLT)

Though he was God, he did not think of equality with God as something to cling to. Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, he humbled himself in obedience to God and died a criminal's death on a cross.

- How does Jesus' ultimate act of love show his integrity?
- Why is compassion an important part of integrity?
- In today's society, we tend to want to be "nice" when we see something that is wrong. Why is being "nice" not always the best way to show love and integrity?

Read Hebrews 4:15 (NLT)

This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin.

- How does Jesus' understanding our struggles make it easier to trust Him?
- Why is listening to others an important part of the way of love and integrity?

Read Romans 12:15 (NLT)

Be happy with those who are happy, and weep with those who weep.

- What's the difference between sympathy and empathy? Why are both important?
- How can we work to remain sympathetic and empathic to those around us- especially those we disagree with?
- Are your social media accounts a place of empathy and sympathy or a place just for you to show off or put up a front?

Read Colossians 3:12-14 (NIV)

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.

- What are you clothing yourself with today? Are you wearing a t-shirt of cynicism or a cloak of compassion?
- Make a list of the characteristics we are supposed to have on from this passage. Where do we get them? Can we do it all on our own?
- What does the beginning of this passage tell us about our identity that dictates our clothing choices?

Ingredient #2 Truth

Read Philippians 4:8 (NIV)

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

- How are these focused thoughts an essential part of integrity?
- Can you control what you think about? How does that affect your emotions and then actions?

Read John 8:31-32 (NIV)

To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free."

- What action, according to this verse, do we have to do in order for "the truth to set us free"?
- How do we hold to Jesus' teaching?
- Which is more important, following my heart or listening to the One who loves me with all His heart?
- Is integrity being true to yourself or to the person God created you to be?

Read John 3:21 (NIV)

But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God.

- What's the correlation between coming into the light and integrity?
- What happens when you live differently in private than what you try to claim publicly?

Ingredient #3 Problem Solving

Read John 16:33 (NIV)

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

- How does Jesus' promise here help us keep our integrity intact when we face troubles?
- How does trusting in God help us be people of integrity everyday?
- How can we be proactive- and avoid being reactive and acting rashly- when we face difficulties?

- David said: “Prepare to handle a problem: You want to handle a problem promptly, but you don’t just want to charge in guns blazing. You have to choose to face those problems well. If you need to have a conversation with someone, review the fruit of the Spirit, pray it down. Seek wise counsel. Search the Bible. Build the right foundation and then handle the problem. Make an appointment to have the conversation. Know your biblical goals. You want to be at peace. You want to be reconciled. You can’t have those things without the conversation. So do it well, but do it. Don’t put it off.”

Ingredient #4 Identity

Read Psalms 139:13-16 (NIV)

For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.

- How does knowing that you were created by God effect how you live daily?
- According to the last verse, does God have a purpose for your creation?

Read 1 Peter 1:13-16 (NIV)

Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming. As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so be holy in all you do; for it is written: “Be holy, because I am holy.”

- How is integrity and holiness related? Is God the being with the greatest integrity?
- What steps to integrity does Peter give us in these verses?

Read Proverbs 11:3 (NIV)

The integrity of the upright guides them, but the unfaithful are destroyed by their duplicity.

Read Job 31:4 (NIV)

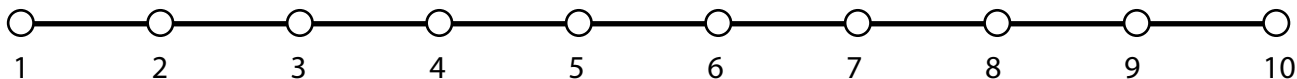
Does he not see my ways and count my every step?

- How does being “two-faced,” acting differently when with different groups of people, torpedo our integrity?
- Does how we act, when no one else is looking and no one else will know, tell us how much of a person of integrity we are?
- Knowing God sees all, knows all and is present everywhere affect our integrity?

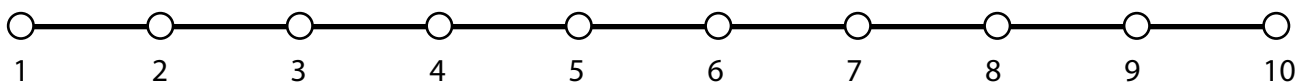
Next Steps

Score yourself on the questions below

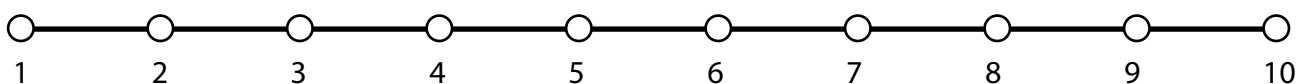
- Am I a person of compassion? Do I really seek to understand others? Am I invested in them? Do I have any real interest in knowing their problems and understanding their life?



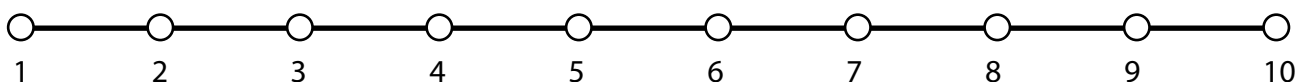
- Am I a person of truth?



- Am I a problem-solver? Do you solve problems promptly?



- Who are you? Are you crossing the line and placing yourself at the center of your own universe (score 1)? Or, are you keenly aware that you're not God (score 10)?



- What does my integrity in front of others tell me about my relationship with God?
- Am I in a healthy covenant relationship with God? Is that covenant with him active and alive? Am I working in partnership with the Holy Spirit as I seek to show integrity to others.

Resources:

Cloud, Henry. *Integrity: the Courage to Meet the Demands of Reality*. Harper, 2009.