

PRAYERS

Some suggestions . . .

- Dear Lord, please help me to have integrity in Your eyes.
- Dear Lord, please help my thoughts, words and actions to all be in agreement.
- Dear Lord, please help me to have integrity in all my relationships with others.

THOUGHTS & ATTITUDES

Affirm thoughts like these . . .

- I will not deceive others.
- Integrity is a quality that I highly value.
- Honesty is the best policy.
- _____ is a person of integrity.

WORDS

Suggested things to say or write to others . . .

- “What is the right way to do this?”
- “Please help me sort out my motives.”
- “I admire your integrity.”
- “Thanks for being honest with me.”
- “What would Jesus want us to do now?”

Other suggestions . . .

- Tell the truth.
- Don’t spread gossip or rumors.
- Say clearly what you mean.

ACTIONS

Suggestions . . .

- Do what you said you would do.
- Study people who have integrity, learn from them.
- Focus on the truth, acknowledge the facts.
- Do the right thing, maintain high standards.
- Practice integrity in small as well as large things.
- Get into an accountability relationship.

DISCUSSION

For personal reflection or group consideration . . .

1. What do the Scriptures say about integrity?
2. What’s a good example of integrity?
3. What are signs that greater integrity is needed?
4. What could I do to practice greater integrity?
5. What will I commit to doing?