

FOR CHARACTER • FOR RELATIONSHIPS • FOR LIFE

## INTEGRITY

MORAL STRENGTH & WHOLENESS



**I**ntegrity is steadfast adherence to a moral or ethical code. It is the condition of being sound, complete, integrated. With integrity, one's thoughts, words and actions all agree with each other.

Using the definition above, do I show integrity to others? How?




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Using the definition above, do I show integrity to myself? How?

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How would I rate myself on practicing integrity with others?

Poor \_\_\_ Fair \_\_\_ Good \_\_\_ Excellent \_\_\_ Date \_\_\_

*Symptoms and consequences . . .*

### HOW TO TELL WHEN INTEGRITY IS LACKING

When integrity is lacking, people lie and mislead. They say one thing, and do something else. It's a state of "disintegrity" where relationships fall apart. It's a poor way to live and work and it leads to failure.

Self-centeredness drives us to lie and cheat, and some foolishly think that being cleverly deceitful shows that they're smarter than the people around them.

At times we fail at integrity because we run with the wrong crowd or focus too much on people who don't have it.

**People may doubt what you say, but they will always believe what you do.**

- Anonymous

**Who do I find it hard to show integrity to?**

List 1-3 names, codes, or initials




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**Why?** \_\_\_\_\_

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**Who do I find it easy to show integrity to?**

List 1-3 names, codes, or initials




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**Why?** \_\_\_\_\_

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Date \_\_\_\_\_

Seed 6

### LIFESKILLS

12Seeds™

RESPECT  
ENCOURAGEMENT  
LISTENING  
APPRECIATION  
TRUST  
INTEGRITY  
ORDER  
NURTURE  
SYNERGY  
HOPE  
IDEALS  
PARDON

FOR GROWTH

Integrity helps fill the human need for:

**Authenticity**



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

- Proverbs 11:3

**Write below what the verse above means to you.**




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There's a good harvest . . .

**WHEN INTEGRITY GROWS**

When integrity grows, relationships grow more healthy and sound. People don't seek to deceive others, and are less likely to be deceived themselves. Integrity brings refreshing simplicity. Life can be complicated enough without having to deal with people who are two-faced.



**SOME OF THE BLESSINGS WHEN INTEGRITY GROWS:**

- Less injury is done to others.
- Time and effort aren't wasted on hiding motives, covering tracks or making excuses.
- Life gets simpler and stress decreases.
- We can be more devoted to positive things.
- Trusting relationships grow.

**The man of integrity walks securely. . .**  
- Proverbs 10:9a

**Which blessings are the most important to me?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Considering the examples on the right → → → → → → → → →

**AM I PRACTICING INTEGRITY WITH . . .**

- **Family members?** Yes No *If yes, how?*

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*How could I improve?*

\_\_\_\_\_

\_\_\_\_\_

- **Friends and acquaintances?** Yes No *If yes, how?*

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*How could I improve?*

\_\_\_\_\_

\_\_\_\_\_

- **Authority Figures?** Yes No *If yes, how?*

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*How could I improve?*

\_\_\_\_\_

\_\_\_\_\_

***What will I commit to do in order to better practice this seed?***

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Date \_\_\_\_\_ Signed \_\_\_\_\_

**HABITS TO HELP INTEGRITY GROW:**

**PRAYER**

Dear Lord, please help me have integrity in Your eyes.

**THOUGHTS & ATTITUDES**

I will not deceive others or myself. Integrity is a quality that I highly value. Honesty is the best policy.

**WORDS**

“What is the right way to do this?”  
“Thanks for being honest with me.”  
Speak the truth in love.

**ACTIONS**

Do what you said you would do. Focus on the truth, acknowledge the facts.

**FELLOWSHIP**

Be truthful with others. Don't spread gossip. Get into an accountability relationship.