Hearts of Grace MINISTRIES

Discovering Who You Are in Christ

WORKSHEET 1 OF 3 · INTEGRITY

What Is Integrity?

Integrity means being whole - the same person in private as you are in public, with nothing hidden and nothing divided. It is not about being perfect. It is about being honest before God, and letting who you are on the inside match the life others see.

"The integrity of the upright guides them, but the crookedness of the treacherous destroys them."

Proverbs 11:3, ESV

"May integrity and uprightness preserve me, for I wait for you."

Psalm 25:21, ESV

Integrity looks like this

Tick any that are true of you today - and notice, gently, the ones you would like to grow in.

- ☐ **Telling the whole truth**
  Even when a smaller version would be easier.
- ☐ **Keeping your word**
  Doing what you said you would do.
- ☐ **The same in private**
  Living at home as you do where people can see.
- ☐ **Honest about mistakes**
  Owning them quickly instead of hiding them.
- ☐ **Faithful with money**
  Honest in what you owe, earn, and give.
- ☐ **Kind when it costs**
  Refusing gossip, shortcuts, and blame.
- ☐ **Quick to make it right**
  Apologizing and repairing what you can.
- ☐ **Steady under pressure**
  Holding to what is right when it is hard.

In your own words

When I hear the word "integrity," I think of...

A person of integrity I admire, and what I see in them:

One area where my private life and my public life do not quite match yet:

A gentle reminder: integrity is not a mask you put on for others. It is a heart made whole by God - and He grows it in you one honest choice at a time.

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Why Integrity Matters

Integrity matters because God sees the whole of your life, and because a divided heart is a heavy one to carry. A life of integrity brings freedom: no hiding, no fear of being found out, and a clear witness to the people watching how you live.

"How then can I do this great wickedness and sin against God?"

Genesis 39:9, ESV - Joseph, refusing to sin in secret

"They could find no ground for complaint or any fault, because he was faithful, and no error or fault was found in him."

Daniel 6:4, ESV - said of Daniel

What integrity protects and gives

- ☐ **It guides you**
  An honest heart hears God clearly (Proverbs 11:3).
- ☐ **It gives you peace**
  Nothing hidden means nothing to fear being exposed.
- ☐ **It builds trust**
  People learn your word can be relied on.
- ☐ **It bears witness**
  Your life points others to Jesus before you speak.
- ☐ **It protects others**
  Honesty keeps small compromises from harming people.
- ☐ **It honors God**
  He is honored when no part of life is held back from Him.

A gentle heart-check

Circle a number for each line - 1 means "rarely true of me," 5 means "usually true of me." No grades here; this is simply a place to notice.

I tell the truth even when it costs me something.	1	2	3	4	5
I keep my promises, even small ones.	1	2	3	4	5
I admit my mistakes without excuses.	1	2	3	4	5
I am the same person when no one is watching.	1	2	3	4	5

Joseph held to integrity when no one would have known - and God was with him. Daniel held to it when everyone was watching - and God was honored. Both roads lead to freedom.

Think it through

A time integrity cost me something - and what God did with it:

A time a small compromise grew heavier than I expected:

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Living as a Person of Integrity

Integrity is not built in one big moment. It is built in small, daily choices - and when you fall short, it is repaired the same way: honestly, quickly, and by grace. Start small, and start today.

"I will ponder the way that is blameless. Oh when will you come to me? I will walk with integrity of heart within my house."

Psalm 101:2, ESV

Daily practices to choose

- ☐ **Pause before you promise**
  Say yes only to what you will truly do.
- ☐ **Tell the truth kindly**
  All of it, without exaggerating or hiding.
- ☐ **Confess quickly**
  Bring mistakes to God - and to people - the same day.
- ☐ **Guard the unseen hours**
  Let your private habits honor God too.
- ☐ **Finish what you start**
  Faithfulness in small things grows a steady heart.
- ☐ **Ask a trusted friend**
  Invite someone to ask you the honest questions.

When the moment is hard

1. If I am tempted to hide the truth, I will...

2. If I realize I have broken my word, my first step to make it right will be...

3. One person I can be fully honest with is...

My commitment

"And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him." **- Colossians 3:17, ESV**

This week, one small choice of integrity I will make is:

"Lord, make my heart whole. Help me live the same in private as in public, tell the truth in love, and make things right quickly when I fail. I do not have to be perfect - only honest, and Yours. There is freedom in Christ. Amen."

Come as you are. Grow in His grace.