

## **Keys to Integrity**

### **Ready:**

"Make Your ways known to me, Lord;  
teach me Your paths.  
Guide me in Your truth and teach me,  
for You are the God of my salvation;  
I wait for You all day long." —Psalm 25:4-5

### **Set**

Maintaining integrity these days is one of the hardest jobs for us as Christians. You just look at the moral standing of our world and the stuff that you see on TV and all the things that young people are exposed to today. It was hard when I was in middle school and high school to stand firm on my principles. I can only imagine how much harder it is now. Christian values and Christian morals are getting increasingly further away from the norm in society. That's why you have to cling to God and cling to the things that you know to be true in terms of the Word. You've got to find something like FCA to get involved with and try to find people who are like-minded with you. I had a few people growing up who had goals like I had and were willing to sacrifice certain things and maybe sacrifice being part of the cool crowd. Try to find friends like that—people who will stand strong with you in times when you feel like you're standing out like a sore thumb because you don't really believe the same things that other people believe.

### **Go**

1. As an athlete, what are some things that challenge your integrity? What challenges your integrity as an everyday individual?
2. What are some of your personal keys to maintaining Christ-centered integrity?
3. Where are some areas in your life that can be improved upon?

### **Workout**

1 Thessalonians 5:11-13; Hebrews 3:12-13

### **Overtime**

Lord, show me Your character. Teach me how to follow the truths of Your Word and help me find people who will assist me in attaining a high level of biblical integrity. Amen.

### **Bible Reference:**

Hebrews 3



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