

## **Living Integrity**

### **Ready:**

“For God has not given us a spirit of fear, but one of power, love, and sound judgment.” – 2 Timothy 1:7

### **Set**

During a game in his last season, National Basketball Association player Bobby Jones went to save and missed a ball as it was heading out of bounds. An official asked him if he had touched the ball. Jones said he did not, and the ref went with that call. The same situation happened two weeks later, but Jones did tip the ball that time. When the official asked if he touched it, to his coach’s disappointment, he admitted to it, and the ball was turned over.

Part of the biblical definition of integrity is “undivided.” Due to his walk with Christ, Jones was “undivided” from his faith, even with the spotlight on him and a game on the line. Integrity means being so committed to honoring the Lord that you don’t make decisions that dishonor Him, regardless of the circumstance. You could be in a stadium of people watching or alone in your bedroom, and you will not divide yourself from God.

2 Timothy tells us we can love when it’s hard and make good choices because of the strength of the Holy Spirit in us. Fear, which can cause us to stumble, does not have to reign in our hearts and minds. 1 John 4:18 says, “...perfect love casts out fear...”

Not only did Jesus die on the cross for us, but His life was an example of how to live with integrity. It may not be easy, but with His Spirit in us, we can honor Him with our integrity and point others to Jesus.

### **Go**

- If you were in Bobby Jones’ shoes, what would you do? Why?
- Have you ever had to make the right choice when it was hard? What happened?
- How can fear keep us from making the decisions we need to make?

### **Workout**

2 Timothy 1:7-9

1 John 4:16-19

### **Overtime**

“Father, Jesus was the ultimate example of living integrity. Thank you for His example, and

please help me to model that same integrity, no matter the situation. In Jesus' name, Amen.”



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