

## **Stop Lying**

### **Ready:**

“The one who lives with integrity lives securely, but whoever perverts his ways will be found out.” --Proverbs 10:9

### **Set**

A life coach of mine recently shared an observation that he believed had the power to alter my future. And he said it in such a way that jolted me. He said this, “You can’t get where you want to go until you stop lying about where you’re at.”

My coach saw gaps between my desire and my discipline. He saw gaps between my words and actions; in other words, I had an integrity problem. Integrity’s root word comes from integer and means wholeness. I’ve heard it said that integrity is “who you are and what you do when no one else is looking.” It’s demonstrated when what you do matches what you say.

The Bible is full of passages that speak to the idea of living with integrity. When we walk in integrity we walk securely. In other words, we never worry that someone will catch us living in a way that is inconsistent with what we say we believe. On the other hand, when we lack integrity, we need to look over our shoulder to make sure no one finds out that we are doing the wrong thing.

People with integrity stand out from others. They live differently. And they live in such a way that God is glorified. God is searching for people like that. So, let’s stop lying and pursue God together; I am certain we will find the life and freedom found only through integrity.

### **Go**

1. In what areas are you creating a “fake self” that makes you look better than you really are?
2. What is one thing you will change to make who you really are match who God wants you to be?

### **Workout**

[2 Chronicles 16:9](#)

[Matthew 22:16](#)

### **Overtime**

“God, help me to stop pretending I am better than I am and stop lying to myself. Help me to

live with integrity so that my actions are consistent with what I believe, and I glorify you in the process. In Jesus' name, Amen.

**Bible Reference:**

2 Chronicles 16:9

Matthew 22:16



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