

## **Integrity: Your Foundation in Christ**

### **Ready:**

“He brought him from tending ewes to be shepherd over his people Jacob—over Israel, his inheritance. He shepherded them with a pure heart and guided them with his skillful hands. -- Psalm 78:71-72

### **Set**

If there is any sport that is directly tied to the shoe industry, it's basketball. Watching Michael Jordan play, every little kid knew that if they could only get those shoes, they'd somehow play a little more like Mike. Love him or hate him, every athlete deep down wanted to be like Jordan because he was always the best player and competitor on the court. That's his legacy.

King David is known for being a man after God's own heart. Now that's something worth striving for in life. If I can't get David's limited-edition sandal, how can I be more like David? We have to look at his heart, a heart of integrity. In the Psalm it says that David led Israel with a “true heart and skillful hands.” Integrity is being honest, true and real. We must begin with what is inside our hearts before we can do anything with our hands.

Integrity is the first of FCA's values. It is foundational to who a person is because without it, the rest of the values are in jeopardy of collapsing. We need to be people who are the same in public as we are in private. Only Jesus accomplished this 100 percent of the time. But be encouraged by David's life—he wasn't perfect, but he was still considered a man after God's own heart.

Let's be a little more like David and lead with integrity of heart so we can be people after God's own heart.

### **Go**

- Have you ever played with or been coached by a man or woman of integrity?
- What did it feel like to play with or be coached by them?
- Would a player or teammate describe you as a person of integrity by the way you compete and/or coach? If not, what's the first step you can take toward integrity?

### **Workout**

[Proverbs 11:3](#); [1 Peter 3:16](#); [2 Corinthians 8:21](#)

### **Overtime**

“God, help us be people of integrity—athletes and coaches who are real, authentic, and can

be trusted. Not so that we can look good, but so we can have the ability to speak into others' lives and tell them about the hope we have in the name of Jesus. Amen.”



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