

ACCEPT

NO LIES

LIVING A LIFE OF  
TRUTH AND INTEGRITY.

# INTEGRITY DEFINITION

Truthful, Authentic, Undivided,  
Consistent, Ethical, Honorable,  
Trustworthy, Incorruptible, Sincere

Integrity is not so much what  
you do it is who you are and  
what you do flows out of who  
you are.

# SINCERE DEFINITION

To be free from pretense or deceit; to be full of truth.

How much wax are you using  
in your daily life?

# PROVERBS 12:19 NIV

<sup>19</sup> Truthful lips endure forever,  
but a lying tongue lasts only a moment.

WHY IS TRUTH AND INTEGRITY  
ALWAYS YOUR FRIEND?



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- ◆ God loves and is truth.
- ◆ Truth leads to freedom, lies lead to bondage.
- ◆ Truth is the only way to evaluate and improve

# PROVERBS 10:9 NIV

<sup>9</sup> People with integrity walk safely,  
but those who follow crooked paths will be exposed.

FOUR STRATEGIES TO INCREASE  
INTEGRITY IN YOUR LIFE.

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Expose the secret things.

FOUR STRATEGIES TO INCREASE  
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Expose the secret things.

If you want to know the areas of your life where you struggle with integrity all you have to do is look at what you are trying to hide.

FOUR STRATEGIES TO INCREASE  
INTEGRITY IN YOUR LIFE.

Expose the secret things.

PROVERBS 28:13 NLT

<sup>13</sup> People who conceal their sins will not prosper,  
but if they confess and turn from them, they will receive mercy.



FOUR STRATEGIES TO INCREASE  
INTEGRITY IN YOUR LIFE.

Respect the little things.

FOUR STRATEGIES TO INCREASE  
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Respect the little things.

LUKE 16:10 NLT

<sup>10</sup> “If you are faithful in little things, you will be faithful in large ones. But if you are dishonest in little things, you won’t be honest with greater responsibilities.”

People of truth respect the  
little things because the little  
things lead to big things.

FOUR STRATEGIES TO INCREASE  
INTEGRITY IN YOUR LIFE.

Deal with the repetitive things.

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Deal with the repetitive things.

PROVERBS 26:11 NLT

<sup>11</sup> As a dog returns to its vomit,  
so a fool repeats his foolishness.

FOUR STRATEGIES TO INCREASE  
INTEGRITY IN YOUR LIFE.

Heal the broken things.

FOUR STRATEGIES TO INCREASE  
INTEGRITY IN YOUR LIFE.

Heal the broken things.

If we all traced our integrity issues back to their original source, we would probably all arrive at a place of brokenness.

FOUR STRATEGIES TO INCREASE  
INTEGRITY IN YOUR LIFE.

Heal the broken things.

PSALM 147:3 NLT

<sup>3</sup> He heals the brokenhearted  
and bandages their wounds.



THREE FOUNDATIONAL TRUTHS  
FROM GOD ABOUT YOU

# THREE FOUNDATIONAL TRUTHS FROM GOD ABOUT YOU

- ◆ I am a child of God.

# THREE FOUNDATIONAL TRUTHS FROM GOD ABOUT YOU

- ◆ I am a child of God.
- ◆ God loves me.

# THREE FOUNDATIONAL TRUTHS FROM GOD ABOUT YOU

- ◆ I am a child of God.
- ◆ God loves me.
- ◆ God is pleased with me.