

**Podcast Episode Notes**  
**Season 3 Episode 4 Integrity: More Please**

It's often said that integrity is measured by what you do when no one else is watching. But as followers of Jesus, it's more than that—it's about our hearts. Acting with integrity is not only something we should do; it comes from within. It's a measure of our character, and something the world needs and wants.

Integrity in the Old Testament Hebrew – “condition of being without blemish, completeness, perfection, sincerity, soundness, uprightness, wholeness.”

The word "integrity" does not occur in the New Testament, but its equivalents may be seen in "sincerity," "truth," a "pure heart," a "single eye," etc. "Simplicity of intention": it is equivalent to being honest, sincere, genuine, and is fundamental to true character. Moral soundness.

The word *integrity* occurs 27 times in the ESV version of the Scriptures – 26 OT / 1 NT with the largest amount being found in Proverbs where we see it 8 times:

- Proverbs 2:7 – he stores up sound wisdom for the upright; he is a shield to those who walk in **integrity**...
- Proverbs 2:21 – For the upright will inhabit the land, and those with **integrity** will remain in it...
- Proverbs 10:9 – Whoever walks in **integrity** walks securely, but he who makes his ways crooked will be found out.
- Proverbs 11:3 – The **integrity** of the upright guides them, but the crookedness of the treacherous destroys them.
- Proverbs 19:1 – Better is a poor person who walks in his **integrity** than one who is crooked in speech and is a fool.
- Proverbs 20:7 – The righteous who walks in his **integrity**— blessed are his children after him!
- Proverbs 28:6 – Better is a poor man who walks in his **integrity** than a rich man who is crooked in his ways.
- Proverbs 28:18 - Whoever walks in **integrity** will be delivered, but he who is crooked in his ways will suddenly fall.

Three men in Scripture that God called “men of integrity”:

- The first of these (the first mention of integrity in the Bible) is the heathen king Abimelech, in the story of Abraham (Genesis 20)
- David, Psalm 78:72 – David shepherded them with integrity of heart. 1 Sam. 13:14 / Acts 13:22 – “a man after God’s own heart”
- Job – the Bible refers to Job’s integrity four times. God acknowledged Job’s integrity to Satan in Job 2:3, and Job’s wife recognized it as well when she asked him, in verse 9, “Dost thou still retain thine integrity? curse God, and die” (Job 2:9). Job refused, and later, in Job 27:5, he said, “Till I die I will not remove mine integrity from me.”

Think of Jesus - **“Integrated”**: Son of God & Son of Man (His favorite name)

- A life integrated – all parts simply expressed without dissonance (conflict)

Some have said that integrity is measured by what a person does when no one else is looking. According to Scripture, the true gauge of a person's integrity is their heart.

Psalm 19:14 “Let the words of my mouth and the meditation of my heart be acceptable in your sight, O God”

Psalm 139:23-24 “Search me O God and know my heart, try me and know my thoughts. See if there be any grievous way in me and lead me in the way everlasting.”

Integrity also includes a willingness to admit mistakes and working as unto the Lord (doing our best).

#### Application Points

- Am I living my life and have a heart intention of integrity or hiding things?
- Am I a person of integrity in my relationships?
- Am I person of integrity in my work/vocation? Is there anything you need to make it right?

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