

THE TAKEAWAY

Integrity means what you do matches what you believe.

OPENING QUESTION

Who is the most honest person you know?

WHAT THE BIBLE HAS TO SAY ABOUT IT

Imagine you're in the middle of a really hard test when all of a sudden, the person in front of you—who happens to be the smartest kid in class—shifts so that you have a clear view of their paper and all the right answers. What do you do?

Whether in class, when your parents ask you where you've been, during a basketball game, when you're all alone, or in many other situations, you have plenty of opportunities to choose whether you will live with integrity. Integrity is when your actions match what you believe. It's doing what's right even when nobody is looking. Just because you *can* get away with something doesn't mean you *should*.

Paul and Silas were two men who traveled around sharing the Gospel of Jesus. In a city called Philippi, they were beaten and thrown in jail because some people weren't happy they healed a young girl. It wasn't fair or right that they were put in prison. That night, Paul and Silas had the opportunity of a lifetime. Because of an earthquake, they could walk right out of their jail cells. After all, they were unjustly accused. But they chose to live with integrity. Read the following passage to see how.

Read Acts 16:16–34.

DISCUSS:

- How did Paul and Silas' actions show integrity?
- What impact did their integrity have on the jailer?
- What motivates you to do what's right?

APPLY IT

In what situations is it hardest for you to do the right thing? Pick one situation and make a plan of action for what you could do the next time that would show integrity.

What are you going to do?

When are you going to do it?

Is there someone who can keep you accountable?

MEMORY VERSE

"I will walk with integrity of heart within my house."
Psalm 101:2b (ESV)

ON YOUR OWN...

Prayer doesn't always come easily. Sometimes we need help to know when to pray, how to pray, and what to pray about. This week use Arrow Prayers to seek God's strength in situations where you need to grow in integrity.

ARROW PRAYERS

Arrow Prayers are short prayers you can "send up" to God when you need to remember he's there. In Nehemiah 6:9, enemies try to convince Nehemiah that he's too weak to do God's work, so he prays, "God, strengthen my hands." This is a great arrow prayer: short, simple, and connected to an immediate need.

List three daily situations (e.g., struggles, interactions, or things you're thankful for). Write a short prayer for each. Try saying them each day this week, and see if you remember God's presence more than you did before.

SITUATIONS	ARROW PRAYERS