

(INTEGRITY)

Do you do what you say you will do?

Wow! God cares a lot about your word! God is a God of his word, and we can completely trust him, so we must be very careful with what we say we will do so that we can be trusted.

1. We are physically and mentally weakened when we break our word. The brain reminds itself that you can not be trusted when you say you will do something and then you do not do it. Your will to follow through on other promises is weakened. This can happen in very small ways, and so God calls us to be sharply aware.

2. Likewise when we break our word to others, they are warned that we can not be trusted. This causes division and suspicion, and the bible teaches that it is better to say "no" to a command and then do it, then to say "yes" and not do it.

3. You're not perfect! You will break our word. Don't freak out! However, it is very important to restore your integrity as soon as possible.

RESTORING INTEGRITY

1. Confess you have broken your word and do not make excuses—do not explain it unless you have to. Explaining can slip into excuses.

2. Say —"I was wrong." Apologize even if it was silly like if you said you would do someone's laundry, or change the toilet paper roll. Do not allow guilt to get you down. Lingering guilt is useless and destructive. Get open if you are confused and carry guilt!

3. Create a new promise. This is important because it tells the spirit in you that you can overcome this weakness. There might be unity in the relationship, as in forgiveness granted, but the spirit in you needs a new challenge to overcome—so make one!

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simply let
your yes be yes,
and your no be no.
everything else
comes from
the evil one

MATTHEW 5:37

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CAPTURE
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TALES, LESSONS & TIPS FROM THE LIGHT SIDE



(INTEGRITY CONTINUED)

Do you do what you say you will do?

****It's ok to say—"I can't" or "I'm not sure."
"I will let you know." or "Let me think about it."**

****It's ok to set boundaries. Once you learn this rule of integrity you will learn what you truly can and cannot handle.****

God's promises are true. He is true to his word, and everything he speaks is true.

Shore up your soul and convictions with His word, and as you study, be a person of your word. Think carefully about what you say, how you respond and the commitments you make. Confess quickly and make new agreements that work for you. Keep working it out.

Therefore
my dear friends
as you have always obeyed
not only in my presence
but now much more
in my absence—
continue to work out
your salvation with
fear and trembling

PHILIPPIANS 2:12

"Work out your salvation with fear and trembling." Not fear and trembling of God, but fear of living without him guiding you, and of how a lack of integrity can destroy your convictions, strength and relationships.

A woman who entrusts herself to God is a woman who can be trusted.

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LOOK AT PETER'S JOURNEY >>

Matthew 16:17

He was the first to "get it" and instantly makes a promise

Matthew 26: 31-35, 69-74,
Luke 22: 54-62

Oops! Peter broke his word. He is then broken before God.

Acts 1:15, 2:14

Wait, look at Peter now! He becomes the new leader—something transpired! He must have confessed and made a new promise to Jesus.

Results:

He has renewed energy, wisdom, bravery, power, confidence! I don't see a guilt trip here! I see a restored powerful man of God.

**What causes us to break our word?
Give examples in your own life.**

- 1** Rash—we don't think carefully about what we commit to.
- 2** Lazy—we don't feel like following through
- 3** Insecure—we worry about what others will think
- 4** Selfish—we put our needs first
- 5** Fear of change, unknown
- 6** Willing but we are weak.



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