



Truth, Integrity, and Lies

Proverbs has much to say about the consequences of both truth and lies. We are living in a culture that is infested with lies, half-truths, and is sorely lacking in integrity. We even tell ourselves lies about what we are feeling or thinking, unable to see the truth because we are accustomed to believing our own lies. Let's dive into Proverbs to learn what God says about truth and what living with integrity looks like.

What are your initial thoughts about studying truth and integrity? Does it feel uncomfortable? Are you concerned about what the Lord might bring to light in your character? Take a few moments to pray and/or write to the Lord your fears and discomfort and allow Him to penetrate your heart and mind.

Memorizing scripture is a wonderful way to remind yourself to have integrity. God will use these words to speak to your heart right when you need them. A simple way to memorize is to read a verse or passage every day. It seems to go inside your heart and mind almost automatically. Print out the provided printable and post it somewhere so that you can read it aloud each day.

Proverbs 3:3 Do not let kindness and truth leave you;
Bind them around your neck,
Write them on the tablet of your heart

In what area of your life are you tempted to be less than truthful? Notice that this verse ties together kindness with truth. It is not kind to be untruthful. It is not enough to be truthful without kindness. Use the space below to commit your area of struggle to the Lord and ask Him to help you be honest with yourself and those around you.

Do you tend to blame things on circumstances, other people, or even God? When do you make excuses for things that God might be calling you to grow in? Are there any areas in which you are practicing deception? Ask the Lord to show you the truth.

Psalms 51:6 Behold, You desire truth in the innermost being,
And in the hidden part You will make me know wisdom.

Be honest with God about the struggles in your heart, you can't hide them from Him anyway! He "desires truth in your innermost being." He will help you know wisdom as you grow in truth.

Proverbs 30:5 (KJV) Every word of God is pure: he is a shield unto them that put their trust in him.

Numbers 23:19a God is not a man that He should lie.

Have you committed to a foundation of honesty in your family? Are you willing to set an example in your family of asking for forgiveness and being honest about yourself?

Psalms 15: 1-2 O LORD, who may abide in Your tent?

Who may dwell on Your holy hill?

²He who walks with integrity, and works righteousness,
And speaks truth in his heart.

What does it look like to “walk with integrity?” Are you setting an example of speaking “truth in your heart” in front of your children?

Integrity means that you can be depended on to speak the truth. You are a person of your word. When you give your word, you will do what you say. Do you mean to have integrity but you're too busy to follow through on the verbal commitments you have made? Do you have integrity in the raising of your children? Do you avoid nagging? Are you faithful to your friendships? Spend a few moments meditating on what integrity looks like in your life.

Read through the following verses and note the consequences of people who walk with integrity versus the consequences of those who do not.

Proverbs 10:9 Whoever walks in integrity walks securely,
but whoever takes crooked paths will be found out.

Proverbs 22:1 A good name is more desirable than great riches;
to be esteemed is better than silver or gold.

Proverbs 11:3 The integrity of the upright will guide them,
But the crookedness of the treacherous will destroy them.

What do you notice about the consequences of those who practice integrity?

Read the Proverbs 12: 17-28 and note all the characteristics of people who speak truth versus those who lie.

Which type of character do you wish to be known as? Are there changes that you need to allow the Lord to make within your heart to walk as a person of integrity?

Proverbs 8: 1, 5, 6

Does not wisdom call,
And understanding lift up her voice?
“O naive ones, understand prudence;
And, O fools, understand wisdom.
“Listen, for I will speak noble things;
And the opening of my lips will reveal right things.

Commit your way to the Lord in regards to truth and integrity. He will honor your desires as you submit them to Him.