

A close-up photograph of a hand holding a white cloth, set against a dark blue background with a subtle geometric pattern. The hand is positioned in the center, with fingers slightly curled around the fabric. The lighting is soft, highlighting the texture of the cloth and the skin of the hand.

MOVE WITH INTEGRITY

***Discussion Guide &
5 Day Devotional***



DISCUSSION GUIDE:

Move With Integrity | Pastor Eric Youman | Sunday 1.05.25

Summary

The sermon emphasizes the importance of moving with integrity, especially as we approach 2025. Integrity is defined as living an honest life with strong moral principles consistent with the word of God. Pastor Eric reflects on how integrity is often tested from a young age and how it is crucial for believers to embody integrity in all aspects of life. The sermon highlights that integrity reflects God's character, protects our witness, and is rewarded by God. It challenges believers to let their actions align with their words and to seek God's guidance in living a life of integrity.

Intro Prayer

Heavenly Father, we come before You with open hearts and minds, ready to receive Your word. We ask that You guide us in understanding the importance of integrity in our lives. Help us to be open to the lessons You want us to learn today and to apply them in our daily walk with You. Amen.

Key Verses

- Matthew 5:37
- Ephesians 5:1
- Matthew 5:13-16
- Psalms 84:11

Questions

- What does integrity mean to you personally?
- Can you share a time when your integrity was tested?
- How does integrity reflect God's character in our lives?
- In what ways can a lack of integrity affect our witness to others?
- Why is it important for our 'yes' to be 'yes' and our 'no' to be 'no'? How can we ensure that our actions align with our words?
- What are some practical steps we can take to move with integrity in 2025?
- How can we rely on the Holy Spirit to help us maintain integrity?

Life Application

This week, identify one area in your life where you feel your integrity could be strengthened. Make a conscious effort to align your actions with your words in that area and seek God's guidance through prayer.

Key Takeaways

- Integrity reflects God's character and is essential for believers.
- Integrity protects our witness and can influence others' perception of Christ.
- God rewards those who walk in integrity with favor and blessings.
- Integrity requires consistency and honesty, even when no one is watching.
- Moving with integrity involves listening to the Holy Spirit and aligning our actions with God's word.

Ending Prayer

Lord, we thank You for the insights and challenges You've presented to us today. As we leave this discussion, help us to carry the lessons of integrity into our daily lives. May we reflect your character and a light to those around us. Guide us in our journey to move with integrity, and let Your Holy Spirit be our constant companion. In Jesus' name, we pray. Amen.



Move With Integrity: 5 Day Devotional

Day 1: The Foundation of Integrity

Devotional

In a world where truth seems increasingly relative, God calls us to build our lives on the foundation of integrity. Integrity isn't just about being honest when others are watching - it's about aligning our entire lives with God's truth. It's about the choices we make when no one else is around, the thoughts we entertain in private moments, and the consistency between our public declarations and private actions. Living with integrity means our 'yes' means yes, and our 'no' means no - no gray areas, no compromises, just straightforward truth that reflects the character of our God.

Bible Verse

"Let your 'Yes' be 'Yes,' and your 'No,' 'No.' For whatever is more than these is from the evil one." - Matthew 5:37

Reflection Question

In what areas of your life might there be a disconnect between what you present to others and who you really are when no one is watching?

Quote "Integrity is doing the right thing, even when no one is watching."

Prayer

Heavenly Father, help me build my life on the foundation of integrity. Give me the courage to be honest with myself and others, and the strength to align my private life with my public testimony. In Jesus' name, amen.



Day 2: The Voice That Guides

Devotional

God has given us an incredible gift - the Holy Spirit as our guide. Like a compass pointing true north, the Holy Spirit gently directs us toward righteous living. Yet sometimes we struggle to hear this divine guidance because other voices in our lives grow louder. Whether it's the influence of relationships, the pull of worldly desires, or the noise of our own ambitions, these competing voices can drown out the gentle whispers of the Spirit. Today, let's practice turning down the volume on these distractions and tuning our hearts to hear God's voice more clearly.

Bible Verse

"Therefore, be imitators of God as dear children." - Ephesians 5:1

Reflection Question

What 'voices' in your life might be drowning out the gentle guidance of the Holy Spirit?

Quote The Holy Ghost is a soft, gentle voice that doesn't yell at you, but you hear it.

Prayer

Lord, help me quiet the competing voices in my life so I can hear Your gentle whispers more clearly. Give me discernment to recognize Your voice and courage to follow Your leading. Amen.



Day 3: Salt and Light Living

Devotional

As followers of Christ, we're called to be different - to stand out like salt that adds flavor and light that pierces darkness. This difference isn't just about following rules; it's about living with such authentic integrity that others see Christ in us. When we choose to live with integrity, our lives become living testimonies of God's transforming power. Each honest decision, each faithful action, each moment of choosing God's way over our own becomes a bright light pointing others to Jesus.

Bible Verse

"You are the salt of the earth; but if the salt loses its flavor, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled underfoot by men." - Matthew 5:13

Reflection Question

How might your daily choices and actions be either enhancing or diminishing your effectiveness as salt and light in your sphere of influence?

Quote Your integrity protects your witness. As Christians, our lives are a testimony to the world about God's love and about the truth of what his Word says.

Prayer

Father, help me live in such a way that my life clearly reflects Your character. Make me effective salt and light in my world. In Jesus' name, amen.



Day 4: The Reward of Righteousness

Devotional

Walking in integrity isn't always easy, but it carries promises of divine reward that far exceed any temporary benefits of compromise. When we choose to live uprightly, even when it costs us something, God promises to honor that choice. He becomes our shield, our provider, and our source of favor. This doesn't mean life will be perfect, but it does mean that God will withhold no good thing from those who walk uprightly. His rewards aren't just material - they include peace of conscience, spiritual growth, and the joy of living in alignment with His will.

Bible Verse

"For the Lord God is a sun and shield; The Lord will give grace and glory; No good thing will He withhold From those who walk uprightly." - Psalms 84:11

Reflection Question

What temporary gains might you be pursuing that could be keeping you from experiencing God's greater rewards?

Quote You will never be able to reward yourself the way that God can reward you.

Prayer

Lord, help me trust in Your promises and choose integrity even when it's difficult. Thank You for being my shield and provider. In Jesus' name, amen.



Day 5: Pressure for Progress

Devotional

Growth in integrity doesn't happen by accident - it requires intentional pressure on our comfort zones. Just as a diamond forms under pressure, our character develops when we push ourselves to higher standards of honesty and righteousness. This might mean having difficult conversations, making uncomfortable choices, or facing hard truths about ourselves. But this pressure isn't meant to crush us; it's designed to transform us into clearer reflections of Christ's character. When we embrace this process, we position ourselves for God's best in our lives.

Bible Verse

"For the Lord God is a sun and shield; The Lord will give grace and glory; No good thing will He withhold From those who walk uprightly." - Psalms 84:11

Reflection Question

What areas of your life need more 'pressure' to develop greater integrity?

Quote You need to put pressure on your lifestyle. You need to put pressure on your faith walk. You need to put pressure on some of your relationships.

Prayer

Heavenly Father, give me courage to embrace the pressure that leads to growth. Help me become more like You, even when it's uncomfortable. In Jesus' name, amen.