

LIFE SKILL OF THE WEEK: INTEGRITY

Written by Joe Keim and taught in a group setting

1. Opening Thought

- Integrity means **doing what is right, even when no one is watching.**
- It is being the same person in private as you are in public.

Explain: *“Your integrity is who you are when you think no one will ever know.”*

Integrity builds trust and shapes your future.

2. Scripture (KJV)

Proverbs 11:3 – *“The integrity of the upright shall guide them: but the perverseness of transgressors shall destroy them.”*

Explain: Integrity leads us in the right direction. Lack of integrity always leads to trouble.

Psalms 15:1–2 – *“Lord, who shall abide in thy tabernacle? ... He that walketh uprightly, and worketh righteousness, and speaketh the truth in his heart.”*

Explain: God values honesty, truth, and upright living.

Luke 16:10 – *“He that is faithful in that which is least is faithful also in much...”*

Explain: Integrity is proven in small things long before big ones.

3. Discussion Questions

1. Why is integrity important in everyday life?
 2. What makes it hard to always do the right thing?
 3. What are some small ways people lose integrity?
 4. How does integrity affect trust and relationships?
-

4. Practical Examples

1. **Honesty:** Telling the truth even when it is uncomfortable.
2. **Work:** Not cutting corners or stealing time.
3. **Promises:** Keeping your word.

4. **Private life:** Living right when no one is watching.
5. **Confession:** Admitting wrong and making it right.

Explain: that integrity is built one choice at a time.

5. Challenge for This Week

Ask each girl to choose **one way** to walk in integrity this week.

Have them finish this sentence on paper:

“This week I will walk in integrity by _____.”

Examples:

1. “I will walk in integrity by telling the truth.”
2. “I will walk in integrity by keeping my word.”
3. “I will walk in integrity by doing my best at work.”
4. “I will walk in integrity by admitting when I am wrong.”
5. “I will walk in integrity by honoring God in private.”

Explain: must be something that can be clearly checked next week.

6. Closing Thought

Remind them: *“Integrity may cost you something today, but it will protect you tomorrow.”*