

# E.H.R. #6 – INTEGRITY

## Colossians 3; John 13; Matthew 7

05/27/2018  
Sunday a.m.

### SLIDE 1 – EMOTIONALLY HEALTHY RELATIONSHIPS

- EHS → spiritual maturity corresponds to emotional maturity
- EHR → mature Christian discipleship interpersonal interaction →
  - Intentional & effective, living in truth; self & others → loving God & people

### SLIDE 2 – EPHESIANS 4:11-16 – SUM UP

#### SLIDE 3 – TIME TO GROW UP

- Eph. 4:11-16 – Christ gave APEST for the purpose of:
  - Equipping Christians for the work of the ministry “What can I do for you?”
  - Building up the body of Christ (all Christians – world-wide)
  - Growing in unity of faith & knowledge of/knowing Christ
    - Not kids anymore – easily deceived/misled/naïve – enemy’s tricks
  - Speaking the truth in LOVE... so we can grow up – into Christ
    - All of us – unique gifting/fit w/in the body of Christ – built up in love

### SLIDES 4&5 – INTEGRITY

- Living congruently, in harmony with *self* – inside & out
- What’s important to me on the *inside* is what is lived out on the *outside*.

### SLIDES 6&7 – JOHN 2:23-25

#### SLIDE 8 – JESUS & INTEGRITY

- Water into wine – signs, wonders, miracles – “Could He be the Messiah?”
- ‘make Him King by force...
- Jesus knew WHO He was, WHY He came, & WHAT He was called to do
  - Disappointment – family, friends, disciples, followers, religious leaders
- Growing to full maturity, in Christ req. living true to who He is shaping us to be
- Resist: people pleasing, compromise of values, lying/lying by omission

### SLIDE 9 – PAUL & PETER

- **Galatians 2** – Paul, Peter, & eating w/non-Jewish Christians
- Paul confronts Peter... compromise → lack of integrity vs. situational ‘ethics’ -

### SLIDE 10 – GOTTA HAVE A PLAN

- Living life in community/with other Christians *necessitates* knowing how we will navigate through conflict, challenges, disagreements, hurt feelings, etc...
  - We have to have a plan in place BEFORE the issues arise (e.g. fire drills)
- **Something’s bothering me – frustrated – values violated – feelings hurt**
  - Negative reaction, violence, avoidance, pretending vs. OWN IT
  - Helps me to clarify values, identify & process thoughts/feelings, assert self in healthy way; being honest & clear about what I’m experiencing
- Knowing self well enough to process through things/get to the bottom of it
- Conflict: moral gray area, personal preferences, value challenges/violation
  - Jumping to Matt. 18...

### **SLIDE 11 – MATTHEW 18(?)**

- **Matthew 18:15-20** – if your brother (etc.) sins against you, go tell him his fault (between the 2 of you) – If he listens #winning; if not...
- 2 witnesses – Mosaic law – everything established w/multiple witnesses; if not...
- Tell it to the church; if not, treat him like a gentile/tax-collector
  - Start from scratch – need for repentance, offer God’s love & grace
- BUT FIRST

### **SLIDE 12 – CLIMB THE LADDER OF INTEGRITY**

- When I live incongruently/not in harmony, it has an affect on me/relationships
- Skill – for processing thoughts/feelings, identifying WHY bothered, upset, frustrated, angry, hurt, etc...
- Helps me get honest & clear about what’s going on IN me (vs. that’s ok...)
  - Uncover/clarify values → able to assert self (speak truth in love) if needed
  - Integrity → important – made in God’s image – preferencers, hopes, dreams, values, etc...
  - May be moral gray area, personal preferences, value challenges/violation
  - **Romans 14** – meat & veggies; O.T. – tattoos, food, music, etc...

### **SLIDES 13-15 – THE LADDER**

**Not a conflict resolution tool... something to work through on my own/friend  
STICK TO ONE ISSUE**

1. The issue on my mind...
2. I’m anxious about this because...
3. My part in this is...
4. My need in this is...
5. My feelings about this are...
6. What my reaction tells me ABOUT me is...
7. This issue is important to me because I value... & I violate that value when...
8. I am willing/not willing to...
9. One thing I could do to improve the situation is...
10. The most important thing I want you to know is...
11. I think my honest sharing will benefit our relationship by...
12. I hope & look forward to...

### **SLIDE 16 – WHAT’S NEXT?**

- Was processing through ‘the ladder’ sufficient? Or, do I need to have a conversation with the other person?
  - Repentance, truth in words & deeds (vs. lying/lying by omission)
- Extending grace & forgiveness – to self & to others

### **SLIDE 17 – SPEAKING TRUTH... IN LOVE**

- Recognize → full maturity, as measured in Christ → truth in love – #adulting

### **SLIDE 18 – MEN & WOMEN OF INTEGRITY**

### **SLIDE 19– WHAT AM I DOING WITH THIS?**

### **SLIDE 20 – PRAYER IS AVAILABLE**