

NOTES: Foolproof | Building Integrity of Heart
August 2, 2026 | Pastor Nate Elarton | Compelled Church

Is there a time you walked in integrity and there were consequences? When?
Integrity before God may not gain the praise of man.

Proverbs 20:7

⁷ The righteous lead blameless lives; blessed are their children after them.

Proverbs 28:6

⁶ Better the poor whose walk is blameless than the rich whose ways are perverse.

Proverbs 10:9 (NIV)

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

Proverbs 11:3 (NIV)

³ The integrity of the upright guides them, but the unfaithful are destroyed by their duplicity.

The Old Testament (Hebrew): *tōm* or *tummah* = completeness, full maturity, moral innocence, and uprightness. It shares its root/mathematical concept of an "integer"—a whole number that is not fractured or divided.

The New Testament (Greek): *aphtharsia* = incorruptibility, purity, and soundness

Ephesians 4:20-32 NIV

Which verses are about living, and walking in integrity and what is the subject?

1. Refuse to lie about anything.

- **Being honest is part of integrity.**

We lie to protect.

- Protect our feelings
- Protect our image
- Protect a vulnerable relationship

Proverbs 12:22 (NIV)

²² The Lord detests lying lips, but he delights in people who are trustworthy.

Colossians 3:9 (NIV)

⁹ Do not lie to each other, since you have taken off your old self with its practices

- Old self, old way of life.

- **Lying is behavior associated with those not committed to Christ.**

Remember Satan is referred to as the Father of all lies. His name means “deceiver”.

- Commit to the truth.
- Commit to integrity, regardless of the effects.
- Commit to honesty.

2. Refuse to speak ungodly

Proverbs 15:4 (NIV)

The soothing tongue is a tree of life, but a perverse tongue crushes the spirit.

- Swearing/talking inappropriately

Ephesians 4:29 (NIV)

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

- **Use words to bless others and bless God.**

Proverbs 18:21 (NIV)

The tongue has the power of life and death, and those who love it will eat its fruit.

- Gossip, slander, drama

James 1:19-26

- Integrity builds trust
- Integrity honor Christ
- Integrity protects

Genesis 20: Story about Abraham and Abimelech.

What is Jesus speaking to you right now about your integrity?

Anything sneaky going on in your life? Marriage? Work?

How is your speech? Is it different at home than at church?

Who could you speak life, encouragement, and affirmation to more?

When could you do that?

How could you do that?

Take a moment to ask the Lord to increase your integrity so you may be a light and witness to the world of the changes Jesus makes.