



Living with Integrity



This 7-day study helps young men live with honesty, purity, and strength in secret and in public —because true integrity is who you are when no one's watching.



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Introduction

Integrity is one of the most powerful and rare character traits a man can have. In a world where shortcuts are praised and secrets are easily hidden, it's tempting to fake it on the outside while quietly crumbling on the inside. Many young men today face overwhelming pressure to *look right* while struggling to *be right*. The result? Split lives. One version for others—and one hidden in the dark.

But God never called you to be impressive. He called you to be **honest, pure, and whole**. Integrity doesn't mean you're perfect—it means you're the same person in the light and in the dark. It's about choosing character over comfort, truth over convenience, and Jesus over reputation.

This study is for young men who want to become trustworthy in every part of their life—from their friendships, online choices, and dating relationships to their schoolwork, jobs, and spiritual walk. You'll be challenged to take ownership of who you are, even when no one is watching. God is building men of honor in secret places. That includes you.





Day 1: Integrity Starts in the Heart



Day 1: Integrity Starts in the Heart

Your Verse

Proverbs 4:23 (NIV)

"Above all else, guard your heart, for everything you do flows from it."

Supporting Scriptures

- ***Luke 6:45 (NIV)*** – *"A good man brings good things out of the good stored up in his heart... for the mouth speaks what the heart is full of."*



Day 1: Integrity Starts in the Heart

Devotional: What You Hide in Your Heart Will Eventually Show Up in Your Life

Many guys try to clean up their behavior without dealing with what's going on inside. But you can't live with integrity outwardly if you're full of compromise inwardly. Eventually, what's in your heart will **leak out**—in your words, your choices, your habits.

The Bible teaches us to **guard our hearts** like treasure. That means being intentional about what you let into your life: the media you consume, the people you admire, the thoughts you dwell on. Integrity flows from a heart that is **daily surrendered to God**.

Don't treat your heart like a trash bin. Treat it like sacred ground. When your heart is aligned with Christ, integrity becomes natural—not forced.



Day 1: Integrity Starts in the Heart

Journaling Prompts

1. What am I storing in my heart that doesn't belong there?

2. How is my heart affecting my words, decisions, and thought life?

3. What can I do today to guard my heart better?



Day 1: Integrity Starts in the Heart

Prayer for Today

Lord, You know what's in my heart. You see what I allow in, what I obsess over, and what I try to bury. Cleanse my heart from anything that doesn't honor You. Make me sensitive to what corrupts my character. Teach me to guard my heart like treasure and fill it with things that build integrity—not break it.

Amen.





Day 2: Who Am I When No One's Watching?



Day 2: Who Am I When No One's Watching?

Your Verse

Psalm 101:2 (NIV)

"I will be careful to lead a blameless life—when will You come to me? I will conduct the affairs of my house with a blameless heart."

Supporting Scriptures

- *Hebrews 4:13 (NIV)* – “Nothing in all creation is hidden from God’s sight. Everything is uncovered and laid bare...”



Day 2: Who Am I When No One's Watching?

Devotional: Private Integrity Is the Foundation for Public Strength

Integrity isn't measured in front of others—it's revealed **when you're alone**. When no one is watching. When you're in your room, on your phone, or lying in bed. That's where integrity is born—or broken.

God wants to meet you in those quiet places. David said, "I will conduct the affairs of my house with a blameless heart." That means his **private life matched his public worship**. Can you say the same?

Who are you when nobody sees you? That's the real you. But the good news is, that's also where Jesus meets you—not with shame, but with love and transformation.



Day 2: Who Am I When No One's Watching?

Journaling Prompts

1. What do I do in secret that I would be ashamed to show others?

2. What kind of man do I want to become when no one is watching?

3. How can I invite God into my private moments this week?



Day 2: Who Am I When No One's Watching?

Prayer for Today

Jesus, I've acted like You only care about what I do in public. But You care even more about what I do in private. Help me live as if You're with me in every room, on every screen, and in every thought—because You are. Teach me to walk in truth even when no one else is looking. Let my private life be full of worship, not compromise.

Amen.





Day 3: The Danger of a Double Life



Day 3: The Danger of a Double Life

Your Verse

James 1:8 (NIV)

"Such a person is double-minded and unstable in all they do."

Supporting Scriptures

- **Matthew 6:24 (NIV)** – *"No one can serve two masters... You cannot serve both God and money."*



Day 3: The Danger of a Double Life

Devotional: You Can't Be Two People Forever

Living a double life is exhausting. Pretending to be strong while secretly struggling. Acting holy around others but indulging in sin when you're alone. Sooner or later, the weight of living two lives will crush you—or expose you.

Jesus said you can't serve two masters. Eventually, you'll love one and resent the other. You can't walk toward God while clinging to sin. Integrity means picking a side—and staying there.

It's time to stop switching masks. When you try to live in both the light and the dark, the darkness always wins. But when you choose truth, even when it's hard, **God builds strength into your soul** that can't be shaken.



Day 3: The Danger of a Double Life

Journaling Prompts

1. In what ways have I been double-minded—trying to live two lives?

2. What would change if I committed fully to God without compromise?

3. What masks do I need to lay down for good?



Day 3: The Danger of a Double Life

Prayer for Today

Father, I confess I've been double-minded. I've tried to hold on to You with one hand and hold on to sin with the other. But I know now that I can't keep doing that. I'm tired of living a divided life. Please forgive me and give me the courage to let go of anything that's keeping me from full devotion. I choose You.

Amen.





Day 4: Honesty Builds Trust



Your Verse

Proverbs 12:22 (NIV)

"The Lord detests lying lips, but He delights in people who are trustworthy."

Supporting Scriptures

- *Ephesians 4:25 (NIV)* – *"Therefore each of you must put off falsehood and speak truthfully to your neighbor..."*



Day 4: Honesty Builds Trust

Devotional: A Man of Integrity Speaks the Truth—Even When It's Hard

Every time you lie—whether it's a half-truth, an excuse, or something you cover up—you chip away at your character. Lies always come with chains. But truth sets you free.

Honesty is the foundation of trust. When you're honest, people know they can rely on you. More importantly, **God delights in your honesty**. He honors those who speak the truth with humility and courage.

Start small if you need to. Tell the truth when you mess up. Admit when you're struggling. Choose to speak with honesty, even when it's uncomfortable. That's how you become a man people can trust—and a man God can use.



Journaling Prompts

1. When am I most tempted to lie or stretch the truth?

2. What relationship in my life needs more honesty?

3. What lie have I told recently that I need to confess?



Day 4: Honesty Builds Trust

Prayer for Today

God, I want to be trustworthy. I want people to know that my word means something. But I admit I've taken the easy way out. I've lied to protect myself. I've hidden behind excuses. Today, I choose the path of honesty. Even when it costs me something, let me be a man who tells the truth and lives in the light. Amen.





Day 5: Integrity in Relationships



Day 5: Integrity in Relationships

Your Verse

1 Timothy 4:12 (NIV)

"Don't let anyone look down on you because you are young, but set an example... in speech, in conduct, in love, in faith and in purity."

Supporting Scriptures

- **Philippians 2:15 (NIV)** – *"...shine among them like stars in the sky."*



Day 5: Integrity in Relationships

Devotional: Let Your Character Speak Louder Than Your Age

You don't need to be older to be respected—you need to be **consistent**. Young men with integrity stand out because they walk in honor, especially in how they treat others.

How do you talk to your friends? Do you show respect to authority? How do you treat women? Do your relationships reflect Christ or compromise? These questions reveal your integrity in action.

Integrity in relationships means choosing purity over pressure, kindness over sarcasm, and loyalty over gossip. It means showing up with truth and love—even when it's inconvenient. God's calling you to be the **example**, not the exception.



Day 5: Integrity in Relationships

Journaling Prompts

1. How do I act when no one is holding me accountable?

2. In what ways can I lead others by example—especially in love and purity?

3. What changes do I need to make in my friendships or dating life?



Day 5: Integrity in Relationships

Prayer for Today

Lord, help me to be a man of integrity in all my relationships. Let my actions speak louder than my words. Teach me to honor others—not for their sake only, but because You’ve called me to reflect Your love. Make me a young man others can look to and say, “That’s what real faith looks like.”

Amen.





Day 6: Becoming the Same in Secret and in Public



Day 6: Becoming the Same in Secret and in Public

Your Verse

Psalm 15:1–2 (NIV)

"Lord, who may dwell in Your sacred tent? Who may live on Your holy mountain? The one whose walk is blameless, who does what is righteous, who speaks the truth from their heart..."

Supporting Scriptures

- *Titus 2:7 (NIV)* – “In everything set them an example by doing what is good. In your teaching show integrity, seriousness...”



Day 6: Becoming the Same in Secret and in Public

Devotional: Live for the Applause of Heaven, Not the Approval of Man

When all is said and done, integrity is not about what others think—it's about who you are before God. One day, every secret will be revealed, every hidden habit exposed. What will matter is whether you were the same man in the quiet as you were in public.

God is not looking for perfection. He's looking for **realness**. He delights in the one who walks in truth—not because it's easy, but because it honors Him. The man of integrity doesn't perform for people—he lives for God.

Let today be a defining moment. Don't fake it anymore. Don't settle for surface-level faith. Choose to be whole. The same on Sunday as you are on Saturday night. The same at church, school, home, and online. This is integrity—and God promises it leads to peace, security, and closeness with Him.



Day 6: Becoming the Same in Secret and in Public

Journaling Prompts

1. Who do I try to impress—and why?

2. What would it look like to live for God alone?

3. What habits can I form to stay consistent in both public and private?



Day 6: Becoming the Same in Secret and in Public

Prayer for Today

God, I want to be the same man in private that I am in public. No more masks. No more pretending. I want to live with nothing to hide and nothing to prove—just a heart fully surrendered to You. Teach me to live for Your eyes alone, not for the praise of others. Help me become a man of quiet strength, true character, and deep faith.

Amen.





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