

STUDY GUIDE

Week 10 – How Not to Wreck Your Life

Integrity Isn't Optional

What You Do When No One's Watching

⁹ Whoever walks in integrity walks securely,
but he who makes his ways crooked will be found out.

PROVERBS 10:9

Wisdom means being the same person in public and in private. In a world that celebrates image, God cares about character.

Text: Proverbs 10:9; 11:3; 20:7

SMALL GROUP GOAL

To help participants evaluate how their private life aligns with their public life and to encourage honest reflection, Spirit-led accountability, and deeper integrity in their relationships, work, and walk with Christ.

READ

Proverbs 10:9; 11:3; 20:7

Share a lighthearted moment:

What was a time you got “caught” doing something you thought no one saw (silly or serious)?

DISCUSSION QUESTIONS

THE TEXT:

Read Proverbs 10:9; 11:3; and 20:7.

- What stands out to you about the *long-term effects* of integrity versus duplicity?
- How does Proverbs describe the safety or blessing that comes with integrity?

Cross-Reference: Read Luke 12:2–3.

- How does Jesus connect hidden life and public life?

- Why does integrity bring peace, while duplicity creates fear?

Cross-Reference: Read Matthew 6:1–4.

- How does Jesus warn against an obsession with *image* over *substance*?
- What’s the difference between “looking righteous” and “being righteous”?

MEDITATION:

- Why do you think our culture today prizes image (reputation, appearance, online persona) more than integrity?
- Sam said in the sermon: “Without integrity, every success feels fragile because it can collapse when secrets are revealed. With integrity, even small steps feel safe because you’re not living a double life.”
- Have you ever seen this truth play out in someone’s life positively or negatively?
- What are some everyday temptations at work, at home, or online where integrity is tested?
- How do small compromises become dangerous over time?
- Integrity is not just private, it’s generational as in Proverbs 20:7. How have you seen integrity (or lack of it) in parents or leaders shape children, families, or communities?
- Pastor Andy Stanley said: “Your integrity will determine your legacy.” If your children or friends inherited your level of integrity, what would they receive?

APPLICATION:

Workplace Check: This week, what’s one way you can commit to practicing integrity at work even if no one notices?

Family Check: How can you model consistency at home so your children/spouse/friends see the same person in private as in public?

Heart Check: What’s one hidden area you need to bring before God for forgiveness and freedom, so you’re not living a divided life?

PRAYER

- Pray for courage to live consistently before God, not just before people.
- Pray for hidden sins to be confessed and healed.
- Pray for families, children, and the next generation to inherit blessing, not brokenness, from lives marked by integrity.

CHALLENGE

This week, take 10 minutes each day to do a personal “integrity audit.”

Ask yourself:

- Am I the same person when no one is watching?
- Is there anything in my private life I would be ashamed to have exposed?
- Do my words, thoughts, and actions align with what I say I believe?

Write down one specific area you want to invite the Holy Spirit to strengthen your integrity whether in speech, finances, purity, relationships, or time management.