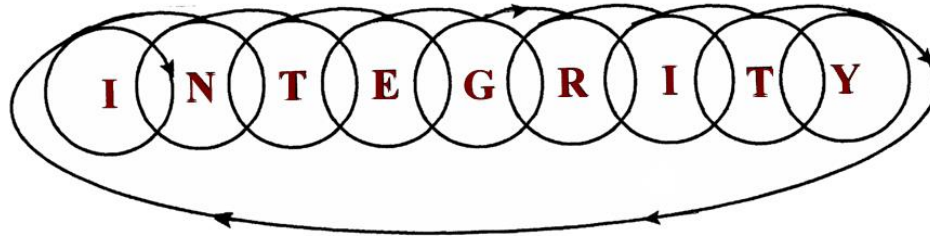


INTEGRITY LIFE CYCLE

Sharon L. Benedict, MS

What do you think about when you hear the word, Integrity? What definitions do you usually see? Why do some people obviously have integrity, while others do not? What builds integrity into a person's life?

When determining those values you wish to embrace as part of your personal development journey, you will ultimately reflect on your own personal spiritual journey. I believe Integrity's cornerstones are those embraced throughout life—absolute honesty, humility, purity, unselfishness, love.



As the above illustration exhibits, every human being has the potential for Integrity to be woven in and throughout their lives. Personal development embodies a wholistic view of life and purpose—your physical wellbeing, soul care (mind, intellect, will, emotions, temperament/personality), and spiritual relationship with God.

A wholistic life foundation is built on a vibrant faith energized by solid integrity. This type of integrity provides a stable ground to stand on, no matter the circumstances. Let's see how integrity is built in you by God. Let's also see how it grows in you.

Integrity begins when you are...

I nspired	by God. With this intimate inspiration, you gain a...
N oble Nature	This nobility or noble nature is then...
T ried & Tested	As trials and tests of faith come, you are...
E ncouraged & Gain Endurance...	As you are refreshed and grow in endurance...
G ratitude	rises up in you toward God. Others begin to...
R espect	you. From this respect, you will begin to...
I nfluence	others by your wisdom, honesty and genuine character. This influence will grow as long as you remain. . .
T ender	This tenderness will be a sustaining quality because you desire to continue being...
Y ielded	to the voice of God. You, thereby, continue to be <u>again</u> ...INSPIRED by God...and so on & on & on...throughout your life.

(Modified excerpt. Benedict, Sharon. *In Daddy's Eyes*. AuthorHouse. 2001; author retains copyright)

I encourage you to read Proverbs 28 in various bible versions, including the Amplified. This chapter offers valuable contrasts and outcomes between living with integrity and losing it. Let's then now gain insight, showing us potential outcomes verse by verse when integrity is gained and lost. The next page offers my interpretation of each verse when integrity is gained and lost. May you discover areas where integrity shines and also needs God's help to gain ground in your life.

Proverbs 28 - Integrity Gained and Lost

Sharon L. Benedict, MS

When integrity is embraced & preserved	Verse	When integrity is lost:
Courage	v1	Fear and cowardice
Truth and stability prevails through wise governance and leadership	v2	Confused leadership, power struggles resulting in frequent leadership turnover
Leaves a moral and material legacy for others; lasting friendships are made; compassionate, confident, content, and generous in spite of one's own circumstance	v3	Self-centered, bitter, plundering robbery, cruelty, perversion of justice, particularly against the poor
Warrior for justice and truth	v4	Misplaced loyalty; flattery w/ hidden motives
Wisdom & justice fully embraced and clearly understood	v5	Morally blind
Right priorities & morally upright, even when poor	v6	Perverse, twisted ways; becomes a fool though rich
Discernment, insight, wisdom, right associations; a joy to the family	v7	Gluttony (a companion of greed) and shame; destructive and foolish associations
Proactive compassion; a trustworthy steward; justice overtakes injustice	v8	Material loss as a result of exploitation and bribery
Prayers welcomed and answered	v9	Hypocritical and repulsive requests; prayers not welcomed or answered
Reap a blessed and fruitful life; inheritance gained	v10	Reaping what is sown; inheritance lost
Recognizes conceit and arrogance; discernment with man's own inflated opinion and true character & integrity	v11	Pride and arrogance; conceit; inflated opinion of one's own importance and influence (wealth without wisdom)
Celebrates justice & order; gives honor freely	v12	Hide in fear from oppression & being caught
Humility and mercy leads to forgiveness	v13	Deception and secrecy that leads to loss
Gratitude and joy regardless of circumstances keeps you from stumbling	v14	Hardened heart and calamity
Gentleness and safety; security	v15	Cruelty and violence
Healthy and long life; freedom from jealousy	v16	Oppression, jealousy, selfish ambition; lack of judgment; shortened life span
Life revered; innocent protected	v17	Torment & fear of punishment; flight & hide; fear of getting caught demands self-preservation actions that overrides protection of the innocent & helpless
Deliverance, vindicated, freedom, safe	v18	Fall; twisted, life brings sudden tragedy
Needs met through a job well done	v19	Worthless pursuits results in poverty
Overflowing blessings through faithfulness	v20	Greed and impatience fosters dishonest behavior; judgment reaps trouble
Safe from compromise and evil	v21	Favoritism and bribery fosters compromise and evil
Contentment; needs met; lacks no good thing; genuine kindness with no hidden motives	v22	Stinginess, greed, and blindness leads to poverty
Able to confront wrong; honor and appreciation may come at a later time	v23	Flattery results in loss of honor
Cares for family; honesty	v24	Prideful and willful neglect of family brings disgrace and destruction; loss of peace of mind and reputation for the family
Fulfilled and satisfied life	v25	Pride, greed, strife
Deliverance and protection	v26	Self confident fool
Generosity without want or lack himself	v27	Lack of compassion breeds curses that leaves himself in need and want
Increased legacy and honor; a thriving life	v28	The innocent hide in fear