

# Integrity:<sup>1</sup> Being Whole and Holy



## SABBATH—MAY 29

**READ FOR THIS WEEK'S LESSON:** Genesis 39:6–12; 1 Samuel 24:1–10; Daniel 6:1–10; Matthew 4:1–11; Romans 1:26, 27; Ephesians 3:14–21.

**MEMORY VERSE:** “Do what is good. Set an example for them in everything. When you teach, be honest and serious. No one can question the truth. So teach what is true. Then those who oppose you will be ashamed. That’s [That is] because they will have nothing bad to say about us” (Titus 2:7, 8, NlrV).

**THE PASTOR WAS BEING BOTHERED BY NOISY CHILDREN.** To make things worse, they were his own children. Finally, he had to stop his sermon and tell the children they would be punished when the service was over. Silence came down upon the children and everyone in the church. The sermon was completed, the service ended, and Sabbath lunch was a delight. Visitors laughed and relaxed, and it was a happy Sabbath.

That evening a pleasant peace came over the household. The little daughter felt a little too relaxed perhaps. She came to her pastor dad. “Daddy?” she said. “Yes, dear?” he answered. “Today, you promised to punish me, and you did not. You told a lie.”

No question, honesty is a lot easier to talk about than to show. Even the “best” of us find that we fail if we are not careful. Truly in the littlest things, it is so easy to slip.

This week we will study this topic and how it affects our lives in so many ways.

**To view and/or download a Hope Channel show on this week’s lesson, visit [www.lifesbeat.org](http://www.lifesbeat.org).**

1. integrity—the quality of being honest and fair.

**SUNDAY—MAY 30****JESUS IN THE WILDERNESS<sup>2</sup>  
(Matthew 4:1–11)**

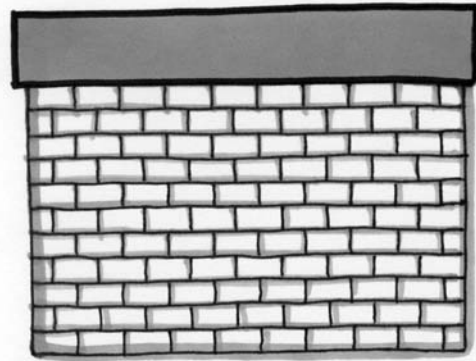
Compromise<sup>3</sup> is so easy, is it not? When one gets older, things do not often seem to be as black and white as they once did. We give in a little here, a little there, and hold firm from our new position. Then, over time, we give in a little here, a little there, and hold firm from our newest position. Then, over time, from this latest position, we give a little here, a little there, and then hold firm. Before long, we find ourselves in a place that we once never would have dreamed we would be in. That is what compromise means.

Sometimes we need to loosen up a bit and be willing to give here and there. But often we do so on the very things that we should not do so on at all!

**In Matthew 4:1–11, Jesus was tempted in the wilderness by Satan. What were the three kinds of temptation<sup>4</sup> that Satan tried to use against Him? How did Jesus refuse to accept those temptations? What can we learn from this story?**

Satan found Jesus to be an immovable wall. No matter what Satan tried to do, he failed to get Jesus to compromise on anything. Jesus was as strong as the Great Wall of China

has been for centuries. Only better. And that was because the Great Wall was once broken through. What happened? Someone bribed the gate-keeper! All that work, all that masonry,<sup>5</sup> all that stone became almost useless when one single guard failed to do what he was supposed to.



**Satan found Jesus to be an immovable wall.**

Yes, compromise is easy. Too easy. Satan will work through our appetite,<sup>6</sup> through our pride, and through our desire for worldly things. Satan will use any method (plan) to lead us into sin, to encourage us to be dishonest, and to push us away from Jesus. We need to know of Satan's tricks. We also need to make use of God's promises and not be tricked into doing what we know is wrong. If we depend fully on God's power and are willing to die to self, then we can overcome.

**In what areas of your life have**

2. wilderness—a wild and natural area in which few people live.  
 3. compromise—giving up something to get something that you want.  
 4. temptation—anything that can turn us away from God and that tries to get us to do, think, feel, or say what is wrong.  
 5. masonry—the stone, brick, or concrete used to build things.  
 6. appetite—a desire for food or any strong desire.

**you compromised<sup>7</sup> what you know is right? How did you feel the first time you did it? Does it bother you less now than at first? Or does it not even bother you at all anymore?**

### MONDAY—MAY 31

#### STAYING HONEST (Genesis 39:6–12)

There are so many temptations out there. They are the temptations that can so often lead to moral<sup>8</sup> compromise. How easy it is for a traveling staff person to cheat on the expense account? How easy for a man to sneak a few looks at Internet pornography?<sup>9</sup> How easy for children to lie to their parents? How easy for people to cheat on their taxes? How easy to overeat or overdrink? How easy to cheat in school. How easy to . . . and the list goes on and on and on.

**Read the following stories in Genesis 39:6–12; 1 Samuel 24:1–10; and Daniel 6:1–10. In what ways could these men have so easily become dishonest? What can we learn from these stories? As you read each story, think of the background to these temptations. Think of all the pressure on these men to compromise. Think about how easily they could have made excuses to make another**

**choice than the one they chose.**

If we are honest with ourselves, many of us will admit we are a bit dishonest in many of our dealings. Sometimes we will not tell a lie, but we do not exactly tell the full truth. We may believe a situation is not helped by full honesty. Such actions can be found in many areas of life. What are ways in which you may have chosen an easier way over full honesty? Why is it so easy to do?

**Think about a person not from the Bible but from history or from the news or even a personal friend. This person is a person you judge to be very honest. What are the traits<sup>10</sup> this person has that you wish you had? How can you try to copy those traits better in your own life?**

### TUESDAY—JUNE 1

#### HONESTY IN OUR SPIRITUAL LIVES (Ephesians 3:14–21)

A young man purchased a pleasure boat with a nice little motor and trailer. The boat appeared clean and in good condition. As the boat was a used one, it was not too expensive. Eager to try out his new purchase, the young man took some friends and rode out to the public dock and launched the boat. It ran well, and the

7. compromised—to damage your reputation (what others think of you) or your integrity (how much others trust you to be fair and honest) by doing something that causes people to lose respect for you.

8. moral—concerning or relating to what is right and wrong in human (having to do with people) behavior.

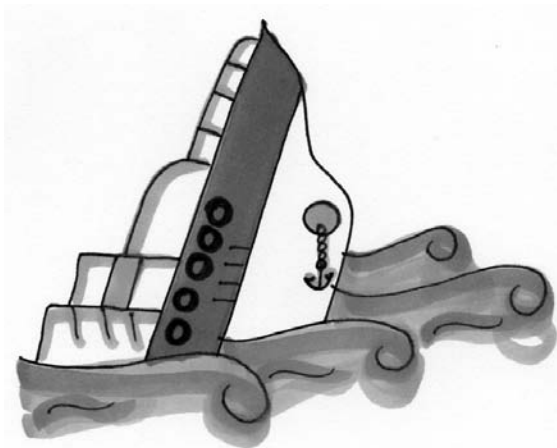
9. pornography—movies, pictures, magazines, and other things that show or describe naked people or sex in a very open and direct way in order to cause sexual excitement.

10. traits—qualities that make one person or thing different from another.

group sailed to a small island off the mainland in Lake Ontario.

Landing the little boat on a beach, the friends explored the island and returned to the boat to head home. A short distance out, a splashing sound warned them that the boat was taking on water. Quickly, the boat turned over, dumping the three friends into the chilly waters. As it turned out, they were rescued. But what went wrong? A single rotted timber was found at the bottom of the hull. The wave action on the beach had caused a split in the wood. Just one bad piece was enough to overturn the boat.

Could our lives have almost the same experience? We might be so solid, so faithful, so firm in so many ways, but we might not have surrendered<sup>11</sup> one area to the Lord. This might be one sinful area we try to hold on to and we might find ourselves in deep spiritual and even physical (bodily) trouble.



**Clinging to one sin in our lives can cause us to overturn and sink.**

**What is Paul saying to us in Ephesians 3:14–21? How does this connect with our personal honesty? How can we experience these promises in our own lives?**

So much is promised us in these verses. The Holy Spirit can strengthen us from within. He can make a great change in us. His work is like heart surgery. It is something working deep within us. And this change comes to us by faith, by knowing that God's love is real for us. The Lord tries to make a complete change in our lives. He desires that we be filled with the fullness of God. Notice, too, that Paul is not talking about our using some inner power found within us. No, the power that works in us is the power of God, who can do more than we ask or think. The question is, Are we letting Him do it? Or are we letting our worldly natures<sup>12</sup> rule us instead?

**What might it mean to be filled with the fullness of God? Be prepared to talk about your answer in class.**

### WEDNESDAY—JUNE 2

#### SEXUAL PURITY<sup>13</sup> (Romans 1:26, 27)

**What is the basic message for us today from Romans 1:26, 27; 1 Corinthians 6:15–18; 1 Thesalonians 4:3; and Jude 7?**

11. surrendered—to give the control or use of something to someone else.

12. natures—the particular aspects or qualities of things that make them what they are.

13. purity—the quality or state of being free of sin or guilt.

Sexual impurity<sup>14</sup> is bad enough. It is sin. And sin damages our relationship with God and with others. But in this day and age, it can be a very real danger to health. There are many sexually transmitted diseases (STDs),<sup>15</sup> from herpes<sup>16</sup> to HIV/AIDS.<sup>17</sup> They can be very destructive to health. The surest way to protect yourself from these diseases is to follow Bible principles (rules) of sexual purity. Sexual pleasure is for a man and a woman within marriage. Period. Anything outside of that is outside of God's plan and is wrong. Even worse, it can lead to some very serious diseases too.

And the suffering from breaking God's law is not just physical. The emotional price can be terrible, especially for women. This is because the prejudice<sup>18</sup> against women is heavier than against men. This thinking may be unfair, but it is true. Even some worldly organizations<sup>19</sup> agree that sex within marriage is the best choice a person can make.

Pornography is a serious problem today. Since the rise of the Internet, pornography is more common than ever. God alone knows how many millions of lives will be ruined through this terrible curse. There is help for those who get caught up in it. But, for many

people, the shame seems so great they are afraid to get the help they need.

**What are your temptations, struggles, frustrations, and fears in this special area of human life? How can you make better use of the promises of God to see you through them?**



Sexual pleasure is for a man and a woman within marriage.

**THURSDAY—JUNE 3**

**ACTING ON BELIEF  
(Romans 12:1, 2)**

In Romans 12:1, 2, Paul begs the Christian to present himself or herself in holiness to the Lord in service. The purity of body, mind, and spirit is brought as a whole to the Lord.

14. impurity—the quality or state of not being clean or wholesome (good).

15. sexually transmitted disease (STD)—any one of various diseases that you can get by having sex with another person who has the disease. STD is an abbreviation (the shortened form of a word or words) for “sexually transmitted disease.”

16. herpes—a disease that causes painful spots on the skin.

17. HIV/AIDS—a virus that causes AIDS. HIV is an abbreviation (the shortened form of a word or words) for “human immunodeficiency virus.” AIDS is a serious disease of the immune system (the system that protects your body from disease and infections) that is caused by infection with a virus. AIDS is an abbreviation for “acquired immunodeficiency syndrome.”

18. prejudice—an unfair feeling of dislike for a person or group because of race, sex, religion, or some other thing.

19. organizations—companies, businesses, clubs, and other groups that are formed for a particular (special) purpose.

This requires purity in each part of the whole.

Some easily understand the importance of pure minds. But they are lax (lazy; thoughtless; careless) about their physical bodies. As we have seen, this is not what the Bible teaches. Our bodies are gifts from God. Because of that we are commanded by God to take care of them.

Purity requires that our actions show our beliefs. Today, there remains almost no argument against the broad principles of healthful living. Medical science teaches what we have known for years now. Exercise is important for the body. If we know this, we show no respect if we neglect giving our bodies the exercise they need. Fresh clean water and moderate amounts of sunshine are so very beneficial (healthful). Because we know these things, God asks us to follow them.

In a time when there are more overweight people than ever before in many countries, only a few could argue with the dangers of overeating. We must make choices about how much food we eat and the kind we eat. This is very true if we are having problems with weight. Tobacco is recognized by most people as being the world's most terrible killer. The use of drugs, from alcohol and marijuana to cocaine, has destroyed the useful lives of millions of people. The Spirit of Prophecy<sup>20</sup> writings are no longer

alone when they advise to eat fresh fruits and vegetables, whole grains, and nuts. Even the government's agriculture<sup>21</sup> departments encourage people to eat less high-fat flesh foods. In short, how much better it is to follow a vegetarian diet, especially when we know how much better it is for us.



**Tobacco is recognized by most people as a terrible killer.**

“True religion and the laws of health go together. It is impossible to work for the salvation<sup>22</sup> of men and women without teaching them the need of breaking away from illegal (unlawful) sex. Illegal sex destroys the health, cheapens the soul, and prevents God's truth from influencing<sup>23</sup> the mind. Men and women must be taught to take a careful view of every habit and every practice. They need to quickly put away those things that cause an unhealthy condition of the body and put a dark shadow over the mind. God desires His people to keep a high standard<sup>24</sup> before them.

20. The Spirit of Prophecy—the writings of Ellen G. White. Some of her writings are the books *Steps to Christ*, *The Desire of Ages*, and *Thoughts From the Mount of Blessing*.

21. agriculture—the science or occupation (job) of farming.

22. salvation—God's plan for saving sinners from eternal (without end) death; the gift of eternal life; being saved.

23. influencing—having the power to affect or change someone or something.

24. standard—example, guide, principle (rule), or law.

By principle and example they must hold their perfect standard high above Satan's false standard. Following Satan's false standard only will lead to great suffering, disease, and death for both body and soul."—Adapted from Ellen G. White, *Counsels [Advice] on Health*, page 480.

**Review all of your personal health habits. Are you living up to all you know of God's teachings? If not, what is keeping you from making the kinds of changes that can do you good?**

#### FRIDAY—JUNE 4

**ADDITIONAL STUDY:** "The greatest need of the world is the need for righteous [holy] men. They are men who will not be bought or sold. They are men who in their inmost souls are true and honest. They are men who do not fear to call sin by its right name. They are men whose conscience<sup>25</sup> is as true to duty as the needle to the pole. They are men who will stand for the right though the heavens fall."—Adapted from Ellen G. White, *Education*, page 57.

"Our danger is not from having too little, but from having too much. We are always tempted to overeat or overdrink. Those who would keep their powers holy and pure for the service of God must follow strict temperance in using God's blessings and avoiding things that are harmful to health and

moral [righteous] living."—Adapted from Ellen G. White, *Counsels on Diet and Foods*, page 29.

#### DISCUSSION QUESTIONS:

① Read again the last Ellen G. White quote in Friday's study. What does she mean when she writes that our danger is from overeating and overdrinking?

② Sunlight is an important part of good health. But we, too, need a balance. A few minutes of sunlight each day can be a great blessing for us. But overexposure to the sun can lead to health problems. How do we find the right balance here as with everything else?

③ What can your local church do to help with the problem of HIV/AIDS in your local community?<sup>26</sup> In some parts of the world, the problem is greater than in others. But we all can do at least a small part.

④ What can you do to encourage the people in your church to avoid having sex outside of marriage? Why is this so important? How can the church help people who struggle with all kinds of temptations? How can you help the young (or old) make the right choices when it comes to drugs, alcohol, and tobacco? It is one thing to give them warnings. But it is another to do things to help them avoid making the wrong choice or to give them help if they do make mistakes.

25. conscience—a sense or knowledge of right and wrong.

26. community—a group of people living, working, or worshiping together.