

I was at college the other day and I study Community Services, we were looking at interviewing techniques and the class came up with the anonymous decision that actions speak louder than words when counselling someone, our body language portrays whether or not if we are interested in listening to the person, this made me think about Integrity.

The word says in **Prov 11:3** *The integrity of the upright shall guide them: but the perverseness of transgressors shall destroy them.* Your actions must add up to what you say, for instance I know some people who if they can get something from someone they will be their best friend, invite them out and basically be a “Pal” to them until they get what they want then they have nothing to do with that person. Is there integrity there in those actions? God sees our heart and his response is found in **1Ki 9:4-5** *And if thou wilt walk before me, as David thy father walked, in integrity of heart, and in uprightness, to do according to all that I have commanded thee, and wilt keep my statutes and my judgments: v5 Then I will establish the throne of thy kingdom upon Israel for ever, as I promised to David thy father, saying, There shall not fail thee a man upon the throne of Israel.*

Sometimes we need to take a long look at our reasons why we do things then compare them as well with what we say and do our actions match up? Many people are quick to judge a Pastor or another Christian because they have a fall or a slip up, then in the very same sentence they say “I love the Lord” in the very same breath and they do nothing to help their Pastor or brother in Christ.

Am I saying I have not done this? NO! I have slipped up too in this area but I am not condemned, my attitude now is according to **Psa 26:11** *But as for me, I will walk in mine integrity: redeem me, and be merciful unto me.* If I want mercy from my Father in heaven I am going to have to not only show mercy but have integrity as well.

I looked through different Bible dictionaries and came up with another word “Sincerity”. Unfortunately not only the church but society in general today do not maintain their integrity or sincerity, Australia has become a self centred nation I once heard a preacher say, all for me and who cares about anyone else, how sad! **Psa 7:8** David asks God to judge him according to his integrity, maybe that is a prayer we should think about, you may ask why? Because **Prov 20:7** tells us that a man of integrity, his children are blessed after him, in other words we are blessed first and then our children are blessed.

I think it is DC Talk that sing in a song “speak louder because I can not hear over your actions what I see is not what I hear” or words to that effect. Lack of integrity in our actions to what we say will stop the blessings of God in our life. I was talking to someone the other day and I said well I am going to start at the bottom and work my way up in my job placement for college, I know God loves a humble servant and if I have to vacuum the carpet at the office “Great”. Some call it brown nosing - that’s your point of opinion and you are entitled to it! But check your integrity there!

**Prov 19:1** is so true, a man who lacks integrity has perverse lips and he is a fool, I didn't say that, God did! Read it. Sometimes we make promises we can't keep for unbeknown reasons that is OK because your heart was in the right place at the time, but when you use people for what you can get or never stick to your word, like a Pastor friend of mine said a while ago, "*You need a heart check up*". Its easy, repent and don't do it again, make amends if need be, keep your actions in accordance with your words and you will be blessed, say out loud - **"God help me to have integrity and my actions to match up with my words"**!

**1Thess 4:1** Sums it up for us "*Furthermore then we besech you, brethren, and exhort you by the Lord Jesus, that as ye have received of us how ye ought to walk and to please God, so ye would abound more and more*". Stick to your word and God's word!  
**Stay upright - Roscoe.**