

Emotional Healthy Relationships

Part 6 – Climbing the Ladder of Integrity

Scripture: Daniel 3, Galatians 2:11-14, & Luke 22:39-44

Key Point: Climbing the ladder of integrity will mean what is important to you on the **INSIDE** becomes how you live on the **OUTSIDE**.

Consider four observations about a life of Integrity

1. Know what you **VALUE**

Shadrach, Meshach, and Abednego replied to him, “King Nebuchadnezzar, we do not need to defend ourselves before you in this matter. – Daniel 3:16 NIV

2. Identify who **I AM and who **I AM NOT****

If we are thrown into the blazing furnace, the God we serve is able to deliver us from it, and he will deliver us from Your Majesty’s hand. But even if he does not, we want you to know, Your Majesty, that we will not serve your gods or worship the image of gold you have set up.” – Daniel 3:17-18 NIV

3. Leave a **DIVIDED LIFE behind**

Then Nebuchadnezzar said, “Praise be to the God of Shadrach, Meshach, and Abednego, who has sent his angel and rescued his servants! They trusted in him and defied the king’s command and were willing to give up their lives rather than serve or worship any god except their own God. – Daniel 3:28 NIV

4. Remain faithful to God’s **UNIQUE calling for your life.**

Jesus went out as usual to the Mount of Olives, and his disciples followed him. On reaching the place, he said to them, “Pray that you will not fall into temptation.” He withdrew about a stone’s throw beyond them, knelt down and prayed, “Father, if you are willing, take this cup from me; yet not my will, but yours be done.” An angel from heaven appeared to him and strengthened him. And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground. – Luke 22:39-44 NIV

Closing Thought:

An emotional healthy relationship requires a deep search of your **TRUE SELF** while **NOT COMPROMISING** God’s calling in your life. **INTEGRITY** is your response to this deep search.

Questions:

1. In what areas of your life (values, attitudes, activities, lifestyle choices, etc.) might God be calling you to follow Shadrach, Meshach and Abednego example—to resist the culture’s values?
2. How might today be different, instead of comparing your life to others trying to avoid your “cup,” you surrendered yourself to it?

CLIMB THE LADDER OF INTEGRITY

12 - I hope and look forward to...

11 - I think my honest sharing will benefit our relationship by...

10 - The most important thing I want you to know is...

9 - One thing I could do to improve the situation is...

8 - I am willing/not willing to...

7 - This issue is important to me because I value...and I violate that value when...

6 - What my reaction tells me about me is...

5 - My feelings about this are...

4 - My need in this issue is...

3 - My part in this is...

2 - I'm anxious in talking about this because...

1 - Right now the issue on my mind is...

What I hope (11-12)

What I value (7-10)

What is going on inside me (1-6)

Be sure to stick to one issue.