



DOUBLE

The **fight** for the real you

Double Series

Small Group Material

Leader Guide

Part 1 - "How Are You?"

February 13th, 2017

Bottom Line: *Integrity is centeredness.*

Study Verses: *Proverbs 10:9, James 1:5-8 and James 3:13-17*

Define The Win: *Participants would understand that integrity comes from a centeredness where their heart and mind are aligned. They would be able to articulate where they compete and compare themselves to others and how this drive inhibits them from walking with integrity. Group members would recognize that the opposite of integrity is being double-minded and going back and forth between two types of wisdom: God's wisdom and the world's wisdom.*

Key Points

- *If wisdom makes you arrogant then what you have isn't wisdom.*
- *If your emotional health is dependent upon how you compare and compete with others, you will always be sick.*
- *Who you are can be summed up by three things: What you think, what you feel and what you choose.*
- *The opposite of integrity is being divided and double-minded.*
- *In order to get wisdom, you have to actually believe you need it in the first place.*
- *Wisdom is the alignment of our heart and mind.*

- *Instead of trying to find balance in life, pursue centeredness because that is where integrity and security is found.*
- *Our compartmentalized hearts have lead to fractured souls.*
- *When you encounter God and His greatness, you've arrived at the starting line of wisdom.*
- *We don't tend to think about integrity until we meet someone without it.*

ENCOUNTER

"We possess singleness when we are not pulled in opposite directions and when we act without wanting something further for ourselves. Our inner drives do not conflict; they are aimed in one direction. The motives we appear to have are the ones we actually have. Our inner focus is unified and our public posture corresponds with with. We are not, in short, divided." -Clifford Williams

- **Complete the following sentence: Integrity is _____. If you define integrity this way, what then is the opposite of integrity?**
- **Would you say that you are a person of integrity? Why or why not? What makes you answer in the way that you do?**
- **What is the difference between pursuing balance and pursuing centeredness? How has your pursuit of balance left you?**
- **Read the quote from Clifford Williams. How does one attain or get integrity? Do you believe it is possible to get to a point where you can trust your motives? Why or why not?**

FORMATION

- **Read Proverbs 10:9. How does integrity provide the security we crave?**
- **Read James 1:5-8. How can one walk with integrity when doubt exists? What does it look like to be double-minded?**
- **Read James 3:13-17. What role does humility play in our pursuit of wisdom and integrity? What are the two sources of wisdom we have to choose from and how are they different from one another?**

EXPRESSION

- **Are there places in your life where you are attempting to compartmentalize your faith?**

- When someone asks “How are you?” is your answer honest or is it based off your circumstances or concealing your circumstances? If God were to ask you the same question, how would you respond?
- If you aren’t paying attention, where do your mind naturally drift in hopes of finding security (wealth, relationships, status, work, etc.)?
- How does competition and comparison affect how you think, what you feel and what you do? Where are you most prone to compete and compare yourself with others? What drives this insecurity?

LEADER INSIGHT: *Everybody believes that integrity is important and everyone believes that they have it. Yet, if you were to ask people to define integrity, you would be met with blank stares, a stuttering over words or some variation of “being a person of your word”. When it comes to integrity, we want it, but we aren’t quite sure what “it” is.*

Pinpointing a lack of integrity is a much easier task. It can be small acts of dishonesty: speeding on the highway, telling a white lie or pocketing some extra change the cashier accidentally gave. Sometimes the consequence from a lack of integrity happen on a much grander scale. The evening news is filled with stories of scandals and investigations. A CEO is arrested for tax evasion. A senator is caught red handed accepting a bribe. A teacher has an inappropriate relationship with a student.

Unfortunately, many of us don’t give much thought to the issue of integrity until we encounter someone who doesn’t have it. The opposite of integrity isn’t being sleazy or shady, but rather living your life divided. In his book, The Power of Integrity: Building a Life Without Compromise, author John McArthur defines integrity as “the quality or condition of being whole or undivided; completeness. Integrity comes from the word ‘integer’, which means, ‘whole or complete.’

Rather than wholeness or centeredness, most of our effort is spent attempting to achieve a life of balance. We believe that if we can just balance all of our activities and priorities then we will find true security. But, balance is a myth. It’s impossible to achieve. Trying to be everything for everyone drains us. We live a double life where we have our work life, social life, family life, leisure life and church life, just to name a few. Compartmentalizing our lives have lead to us having a fractured soul.

Thinking security is found in our finances, status, family, relationships and job won’t work. It leads us to compare and compete with those around us. More importantly, this mindset causes us to forgo our integrity to meet our immediate needs and desires. If our emotional health is dependent upon how we compare and compete with others, we will always be sick.

Security is found in only one source: living a life of integrity centered on who we are in Christ. Instead of balance, we must pursue centeredness where our heart and mind are in alignment. This requires wisdom and humility. Scripture speaks about two sources of wisdom: Godly wisdom and worldly wisdom. Being double-minded is going back and forth on which wisdom you will trust. When one encounters God and His greatness, they've arrived at the starting line of true Godly wisdom.