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JESUS CORNER

*Their oaths even when it
hurts...*

Psalms 15

INSIDE THIS
MONTH'S ISSUE:

INTEGRITY IS THE PERSON!

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"He who swears to his own hurt and does not change." — Psalm 15:4 (NKJV)

This month, we reflect on integrity—not just as a value we uphold, but as a person we become. In a world full of shifting standards, God is calling us to be unwavering, trustworthy, and whole—men and women who keep our word, even when it costs us. Let's journey together into what it truly means to walk in integrity.

INTRODUCTION: A PERSONAL ENCOUNTER WITH INTEGRITY

I write this month's devotional from a place of deep conviction, repentance, and gratitude. Just last month, I found myself in a moment I can only describe as a divine classroom. The Holy Spirit, in His gentle firmness, schooled me for over two hours—yes, a full two hours—on something I had unknowingly taken lightly for years: Integrity. It was not a harsh rebuke, but a piercing revelation that exposed the subtle cracks in my walk with God, and at the same time wrapped me in the assurance of His love and mercy.

This encounter began so innocently. A close relative of mine, someone I deeply love and care about, had been struggling with a poor appetite for quite some time. I had prayed, tried different meals, and encouraged her endlessly, hoping she'd find something that would excite her taste buds again. So imagine my joy when one day she called me, full of excitement, to share that she had just eaten a meal—fresh fish soup with prawns—and had absolutely loved it. That call filled my heart with so much gratitude. It was like witnessing a long-awaited breakthrough. In my joy, without a second thought, I exclaimed, "I'll buy you fresh fish and prawns anytime you want!" It felt like the perfect response, a heartfelt promise made from a place of genuine excitement and love.

Fast forward three days later. She called me again, this time to claim the promise I had made. I was completely unprepared. Financially, I was stretched thin that week. Bills, responsibilities, and unplanned expenses were pressing heavily. So I tried to explain. I attempted to justify why I couldn't fulfil the promise right away. I thought she would understand. After all, it was said in passing—wasn't it?

Then came the interruption.

Not from her—but from the Holy Spirit.

It wasn't loud. It wasn't dramatic. But it pierced through every excuse I was trying to present. He said, "But she did not ask for it, you made a promise. Fulfill it." Just like that. Simple. Clear. Non-negotiable.

I was stunned. I paused and sat down. In that moment, I realized how easily I had dismissed my own words, how quickly I had minimized something I had said—just because it was emotionally charged and not written down. But God saw it differently. He wasn't weighing the promise based on its size or financial implication; He was weighing my heart, my words, and ultimately, my integrity.

What followed was a two-hour spiritual encounter. The Holy Spirit began to walk me through scriptures, scenarios, and personal habits I had never paid attention to. He exposed the many casual promises I had made and not kept—some forgotten, some dismissed as minor, some made out of emotion. He began to show me that in His eyes, there is no such thing as a small promise. Every word spoken by His child carries weight because we are made in His image—and God does not lie, break promises, or make flippant commitments.

At the end of this divine encounter, the Holy Spirit whispered something that wrecked me to my core. He said,

"Integrity is not what you do—it is who you are. Integrity is the person."

I was taken aback!

Because in that moment, I saw clearly: integrity is not an act we put on when convenient. It is not about keeping big promises while ignoring small ones. It is not about honesty only in public, or accountability only when others are watching. It is who you are when no one sees, when the person you made the promise to may never follow up again, when fulfilling it will inconvenience you. It is not optional for the believer—it is essential.

That moment of correction turned into a moment of revelation. The Holy Spirit showed me that our words are a reflection of our nature, and if we are truly partakers of the divine nature, then our words should mirror His character. God is not only powerful—He is consistent. He is not only holy—He is trustworthy. And if I am to represent Him, then my integrity must become my identity.

So I share this word with you, not as a teacher, but as a fellow student in the school of the Spirit. I believe this word is not just for me. It is for every one of us who desires to walk closely with God, to carry His name with honour, and to be trustworthy in the little and the big. As you read on, I pray the Holy Spirit ministers to you as He did to me. And may we all be reminded that in this kingdom, integrity is not a trait—it is the person we are becoming.

GOD: THE FOUNDATION OF INTEGRITY

To understand the weight of integrity, we must first look at its origin—God Himself. Integrity is not simply a moral virtue or a noble human trait; it is the very essence of God's character. God is integrity. His being is defined by truth, faithfulness, and absolute consistency. He does not lie, shift, or evolve with circumstances. His words are eternal, His promises irrevocable, and His actions always aligned with His nature. This is the God we serve—one who is unwaveringly reliable.

Scripture reveals this with stunning clarity. Numbers 23:19 says, “God is not a man, that He should lie, nor a son of man, that He should change His mind. Has He said, and will He not do it? Or has He spoken, and will He not fulfill it?” This verse draws a sharp contrast between the unpredictable tendencies of man and the unchanging reliability of God. Human beings, even with the best intentions, fail, lie, and adjust. But not God. He is not merely trustworthy; He is trust itself. Our faith is anchored in His credibility. If He were not a God of integrity, how could we believe anything He says—especially as an invisible, eternal Being?

This unshakable truth is what allows us to love and serve a God we cannot see. It is what sustains our prayer life, our obedience, and our worship. We know that every promise He has made will come to pass—not because we've earned it, but because He cannot deny Himself. As 2 Timothy 2:13 says, “If we are faithless, He remains faithful, for He cannot deny Himself.” God's faithfulness is not a response to our perfection; it is a manifestation of His perfection. He is faithful because He is faithful. Full stop.

More so, God goes beyond just acting faithfully—He elevates His Word above even His Name. Psalm 138:2 (NKJV) says, “For You have magnified Your word above all Your name.” This is profound. A name in ancient times represented a person's authority, character, and reputation. Yet God holds His Word in higher regard. Why? Because the power of His Name is upheld by the reliability of His Word. If His Word were ever to fail, His Name would be tarnished. But since His Word is perfect and unbreakable, His Name remains exalted.

And here's where it pierces us deeply: we are made in His image. Genesis 1:27 tells us that God created mankind in His own likeness. That means we were designed to carry His traits—His holiness, His love, His righteousness, and yes, His integrity. We are not just believers; we are image-bearers. So if integrity is who God is, then integrity must become who we are. Not just something we try to have when convenient, but a non-negotiable part of our nature.

This is not an occasional discipline—it is a way of life. We cannot claim to represent Jesus and walk in deceit. We cannot stand in pulpits, lead teams, raise children, or even form friendships while being careless with our words and commitments. God's integrity is total and unchanging, and He expects no less from those who bear His image.

That's why Psalm 15 is so critical. It doesn't speak about miracles, titles, or ministry accomplishments as the qualifications for God's presence. Instead, it asks: "Lord, who may dwell in your sacred tent? Who may live on your holy mountain?" And the answer is humbling: "...he who keeps an oath even when it hurts and does not change." (Psalm 15:1, 4)

This scripture shook me to my core. According to God's standard, one of the most sacred indicators of a man or woman who can dwell in His holy presence is integrity of speech and action—keeping your word, even when it becomes inconvenient or painful to do so. In our modern culture, where words are tossed about carelessly and promises are easily broken, this is radical. We're accustomed to promising in excitement, retreating in pressure, and excusing ourselves with, "God understands." But Psalm 15 tells us otherwise. God sees. God weighs. God remembers. Our words are not feathers in the wind—they are bricks in the foundation of our character. If we do not honour our word, we disqualify ourselves from intimacy with God. Let that sink in. This is not about perfection—it's about alignment. Integrity is not about being flawless; it's about being faithful.

If people cannot trust our word, they will struggle to trust our faith. And if they cannot trust our faith, how can we effectively represent the God of all truth? When unbelievers hear us lie, exaggerate, promise carelessly, or gossip about others behind their back, they don't just question us—they question the God we claim to follow.

So yes, integrity is not a "ministry value." It's not a "nice-to-have." It is the person. It is the proof that we carry the image of a God who does not lie. To walk in integrity is to walk in the light. To walk without it is to invite shadows into our faith.

May we all, like our Father in heaven, be found faithful. Even when it hurts.

Even when no one is watching., Even when it costs us, Because we serve a God who has never broken His Word—and never will.

AREAS WHERE GOD EXPECTS INTEGRITY

1. INTEGRITY IN PARENTING

When the Holy Spirit began to open my eyes to the areas of my life where integrity was lacking, I expected Him to begin with ministry, or marriage, or perhaps personal devotion. But to my surprise—and deep conviction—He started with parenting. And as He did, I began to understand why.

Parenting is not merely about raising children to be successful, obedient, or polite. It is about shaping generations. What we model in our homes becomes the foundation upon which societies are built. Every child is like a garden, and we are the first planters. But here's the deeper truth: children don't just listen to what we say—they absorb who we are. They internalize our habits, our tone, our posture toward truth, our consistency. Our values—or the lack of them—will live on in them long after our words are forgotten.

“Train up a child in the way he should go, and when he is old, he will not depart from it.” — Proverbs 22:6

This scripture isn't a guarantee—it's a principle. It tells us that what we plant early will grow deep, whether for good or for ill. And that's where integrity in parenting becomes non-negotiable. The Lord made it clear to me: “You are training your children not only through your instructions, but through your habits, your honesty, and your example. What you do in front of them teaches louder than what you say.”

I felt deeply exposed as the Spirit brought to my remembrance the many promises I had made to my children in the moment—many of them out of love, some out of guilt, and others out of pressure—and yet had failed to fulfill. I recalled promising a monthly reward of £10 if certain goals were met, or vowing to cook something special for them on a weekend that became too busy. These may seem like minor things, easily excused by adult reasoning and real-life challenges, but to a child, a promise is sacred. Their trust is still being formed. When we make a promise and break it—even unintentionally—we don't just disappoint them; we teach them that words are flexible, and trust is optional.

The Holy Spirit lovingly corrected me: “Don't be quick to say ‘I will.’ Instead, say, ‘Let me think about it.’ Give yourself the space to consider before you commit. And if you do commit, honor your word—even when it's inconvenient.” That lesson transformed my approach. I began to respond to my children with thoughtfulness, not haste. I realized that saying “we'll see how things unfold” or “we'll try, but I'm not sure yet” was not weakness—it was wisdom. It was integrity.

But it doesn't stop at promises. Integrity in parenting also means not excusing lies or “small” falsehoods around our children. How often have we told a “white lie” in their presence—perhaps answering a phone call and telling someone we're “on our way” when we're not, or making an excuse to get out of an obligation and brushing it off in front of them? These moments seem harmless, but to a child who is learning right from wrong, they are seeds. Seeds that may sprout later into dishonesty, double-living, or moral compromise. We cannot afford to be casual here. And then there's the issue of taking accountability. How many times have we raised our voices unjustly or punished a child in frustration, only to move on without acknowledging our error? Integrity in parenting requires the humility to apologize, even to our children. When we admit our wrongs to them, we show them what true strength looks like—not pride, but repentance. We model what it means to live under God's authority, not our own ego.

I have come to believe that one of the greatest legacies we can give our children is the assurance that their parent was trustworthy. Not perfect—but trustworthy. A mother or father who meant what they said, who followed through, who took responsibility when they failed, and who always sought to reflect the character of Christ.

Integrity in parenting doesn't just raise good children. It raises men and women who will lead, love, and labour with godliness in their own generation. It breaks generational cycles of deceit, manipulation, and unfaithfulness. It trains children to believe in a faithful God because they first saw Him reflected in their home.

So let us be watchful. Let us be intentional. Let us ask the Holy Spirit daily, “Help me parent with integrity. Help me to mean what I say, to pause before I promise, and to live as one who is watched—not just by heaven, but by little eyes that are learning what truth looks like.” May we not just raise children who go to church, but children who believe in the God of truth because they were trained in a house that lived it.

2. INTEGRITY IN MARRIAGE

Marriage, in its truest form, is not merely a social contract signed at a registry office or celebrated at a wedding altar. It is a sacred covenant—a divine agreement sealed before God, witnessed by heaven and earth, and meant to reflect the very nature of Christ's relationship with His Church. It is weighty. It is holy. And at its core, it demands one thing above all else: integrity. Scripture makes this clear. "Marriage is honourable among all, and the bed undefiled..." (Hebrews 13:4). "And they were both naked, the man and his wife, and were not ashamed." (Genesis 2:25). These two verses carry profound implications. The first speaks of honour and purity; the second speaks of openness and vulnerability. In Eden, there was no shame, no secrecy, no hidden motives between Adam and Eve—only trust, truth, and transparency. That is God's design. Yet today, even within the body of Christ, we see marriages that have drifted far from this design. Integrity in marriage has been compromised. Many couples live under the same roof but with hidden phones, secret bank accounts, concealed emotions, and unspoken betrayals. And what's even more painful is that many of these marriages began with sincere vows—vows made before God, family, and friends. Promises to love, honour, and cherish "for better or for worse," yet behind closed doors, these vows are quietly abandoned.

It starts subtly: a white lie here, a small withheld detail there. But over time, dishonesty in small things breeds disconnection in deeper things. When a husband withholds truth about finances, or a wife conceals emotional entanglements, the trust that marriage is meant to thrive on begins to erode. And when trust erodes, intimacy dies. You cannot build lifelong partnership on shifting sand.

In some Christian homes, infidelity has become so normalized that even pastors and leaders are not exempt. The tragedy is not just the act of adultery—it is the double life it births. To stand before a congregation and preach about love and purity while secretly betraying one's spouse is to wear the robe of a priest and the mask of a hypocrite. This is not harsh—it is heartbreaking. Because the very foundation of Christian witness is undermined when we fail to uphold integrity in the one relationship God calls a reflection of Christ and the Church.

"To love and to hold" was not meant to be poetic—it was meant to be protective. To love deeply, and to hold securely. To choose your spouse over every other voice, every other influence, and every other temptation. Some couples have allowed external voices—friends, parents, even children—to drive wedges of division between them. They share things with outsiders that their spouse doesn't know. They defend others more than their own covenant partner. This is not just poor judgment—it is a breach of covenant. God did not design marriage to include a third party in decision-making, secrecy, or loyalty.

Some spouses betray their partner in subtle ways—disrespecting them in public, rolling their eyes in conversation, joking at their expense, or involving friends in private conflicts. These actions may not be physical betrayal, but they are emotional violence. They strip the marriage of safety, trust, and dignity.

What the Holy Spirit impressed on me is that your marriage is your first ministry. Before the pulpit, before the choir, before the intercession group—your first call is to faithfully love and honour the person God joined you with. The credibility of your spiritual life is not in how many verses you quote or how loud your prayer is, but in how you treat your spouse when no one is watching.

Integrity in marriage means:

- Being honest, even when the truth is hard to say.
- Protecting your spouse's dignity, even when you're angry.
- Refusing to engage in emotional or sexual affairs, even in secret.
- Being transparent about finances, friendships, and conversations.
- Apologizing sincerely and forgiving quickly.
- Keeping the vows you made, not just with your words, but with your life.

It also means that if you've fallen short—whether through emotional distance, harsh words, or infidelity—there is still hope. God is merciful. Repentance and restoration are possible. But it begins with humility, confession, and a fresh commitment to live out your covenant with integrity.

Don't be fooled into thinking your spiritual life is separate from your marriage. They are intertwined. The health of your home reflects the health of your walk with God. You cannot misrepresent Jesus to your spouse and expect to be a powerful witness outside.

So today, the Holy Spirit is calling us back. Back to our vows. Back to truth. Back to honour. Back to a place where we are naked and not ashamed—not just physically, but emotionally, spiritually, and relationally.

May we have the courage to remove the masks.

May we silence every voice that seeks to divide what God has joined together.

May we love without pretence.

And may we be the kind of husbands and wives who can stand before God, saying, "I kept my vow. Even when it hurt."

3. INTEGRITY IN MINISTRY

When we hear the word "ministry," many of us immediately picture pastors, prophets, or church leaders standing on platforms, holding microphones, or traveling the world with the gospel. But the truth is, ministry is not limited to those in full-time church offices. Ministry, at its core, is the sacred assignment given to every believer to represent Jesus wherever they are—at home, in the workplace, online, or in everyday interactions. The moment we accepted Christ, we were commissioned. And because of that, integrity in ministry is not optional; it is essential.

Paul writes in 2 Timothy 2:15, "Study to show yourself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth." This verse is often quoted when we talk about teaching or preaching, but its meaning runs much deeper. It speaks to the character of the workman—not just their words, but their private posture before God, their ability to handle truth responsibly, and their readiness to minister without bringing shame to the One they represent.

Today, we live in an age where Christianity is under scrutiny. The world is watching. And sadly, many have had their faith shaken—not because they read a book or watched a documentary—but because they encountered a Christian whose life lacked integrity. Some believers can no longer speak about Christ at work or in their community—not because they're persecuted, but because they have lost the moral authority to do so. The same colleagues who heard them preach on righteousness also saw them lie about a report. The same neighbours who heard their worship also heard their gossip. The credibility of their message was drowned out by the inconsistency of their lifestyle.

And this is where the real challenge lies: you can preach Jesus and misrepresent Him at the same time. The pulpit is not the test of ministry—the fruit of our private lives is. I've seen many who carry titles but have lost trust. They betrayed confidences of those they were called to counsel. They took advantage of their spiritual influence for personal gain. They presented themselves as mentors and ended up manipulating. This is not ministry—it is misrepresentation. And heaven grieves over it.

I remember something my father, Apostle E. Henry, taught me early in my walk. He said, "You must guard your name, because you carry His (paraphrased). The integrity of your ministry must be visible in three things: money, relationships, and influence." That stuck with me. He explained that how we handle money—whether it's church offerings, personal resources, or business dealings—must reflect stewardship, not selfishness. How we handle relationships—with men and women, leaders and followers—must reflect purity, not manipulation. And how we handle influence—whether many follow us or just a few—must reflect humility, not pride.

Integrity in ministry is not about avoiding scandals alone; it's about living in such a way that you never hinder someone else's walk with Christ. When people trust us because we are "Christians" and we fail them through carelessness, dishonesty, or pride, we don't just fail them—we dishonour the name of Jesus. The consequences are not just personal; they are spiritual. We become stumbling blocks to those God placed around us to bless.

Jesus said in Matthew 5:16, "Let your light so shine before men, that they may see your good works and glorify your Father in heaven." People glorify God not just because of our preaching, but because of our living. When they see how we forgive, how we speak, how we serve, how we handle correction, how we remain faithful under pressure—they are drawn not to us, but to the Christ within us.

Integrity in ministry also means that we live the life we preach. It's easy to write a devotional, post a Scripture, or lead a team. But when no one is looking, do we still carry the same reverence? When someone offends us, do we respond like Jesus or like the world? When entrusted with confidential matters, do we protect or expose? When given authority, do we use it to serve or to control?

Too many ministries have crumbled not because of demonic attacks, but because integrity was not guarded. The cracks were small at first—an excuse here, a compromise there—but over time, the foundation weakened. The most anointed message will eventually lose its power if the vessel delivering it is not honourable.

So what does integrity in ministry require?

- Consistency: living the same truth in public and in private.
- Accountability: being willing to be corrected and submitted to others.
- Transparency: being open about weaknesses without pretending to be perfect.
- Humility: remembering that the ministry belongs to God, not to us.

You may never hold a microphone, but if you call yourself a follower of Christ, you are in ministry. And your life preaches louder than your words ever will.

May we be ministers who honour God in every word, every action, and every motive.

May we guard the name we carry.

May we live so purely that even if no one ever hears us speak, they will still see Jesus in us.

4. INTEGRITY IN RELATIONSHIPS

This one, I must confess, broke me. Among all the areas where the Holy Spirit dealt with me on integrity, this one pierced the deepest. How often have we lifted our hands in worship saying, "I love You, Lord," while at the same time wounding those made in His image with our words, actions, or silence?

How often have we sung of God's faithfulness while failing to be faithful to the people around us—our friends, our colleagues, our spiritual family?

Psalm 15:4 says, "He who swears to his own hurt and does not change." In other words, true righteousness is not shown in comfort but in commitment—even when it becomes inconvenient. This scripture confronts the casualness with which many of us handle our relationships today. We say we'll be there, and then we don't show up. We say, "Call me anytime," but ignore the call when it comes. We promise support but withdraw when things get hard. And yet, we call ourselves faithful friends, loyal sisters, spiritual leaders.

Personally, I have lost valuable relationships—not because I wanted to, but because I failed to follow through on my words. Sometimes it was because I was overwhelmed, other times because I underestimated how much my presence or promise meant to someone. I've said "I'll check in tomorrow," and forgot. I've made commitments in good faith that I didn't honour. And even if I had reasons or excuses, the result was the same—trust was broken.

What makes this even more sobering is that sometimes, we hurt people unintentionally, but the pain we cause is still real. A missed phone call might seem minor to you, but it might have been the lifeline for someone else. Failing to show up to that meeting, forgetting that date, canceling last minute—these things chip away at relational integrity. They don't always shatter relationships immediately, but over time, they erode the trust that love stands on.

Then there's the matter of gossip and careless talk, even with our spouses or those closest to us. There was a moment I'll never forget. I had just made a passing comment about someone—not malicious, just a small reflection about something they did. I said it to my husband in a private moment, thinking, "It's just between us." But the Holy Spirit arrested me with this question: "If the person you just spoke about overheard this conversation, would they still trust you? Would they still believe you carry My heart?"

That question shook me. It convicted me deeply. Because it reminded me that integrity in relationships is not based on who's listening—it's based on Who we represent. Whether we speak in public or in the privacy of our homes, God hears. And every word, every tone, every silence, reveals whether or not we are walking in love.

The truth is, God values relationships deeply. The entire gospel is built on reconciliation—restoring broken relationships between God and humanity, and among humans themselves. That's why Jesus said, "If you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there... First go and be reconciled to them; then come and offer your gift." (Matthew 5:23-24)

He prioritised relational integrity even above worship.

Some of us are praying for revival while holding grudges. We're fasting while breaking people's spirits with our words. We're serving in church while ignoring the hurt we've caused in someone else's life. And the Lord is saying: Come back to integrity. Come back to truth in relationships. Integrity in relationships means:

- Keeping your word, even in the small things.
- Not making promises you won't keep, just to sound good in the moment.
- Protecting the secrets and stories people entrust to you.
- Refusing to slander or gossip—no matter how "justified" it feels.
- Apologizing quickly and sincerely when you fall short.
- Setting healthy boundaries without deceit or manipulation.
- Honouring every person, whether or not they are "important" in the world's eyes.

It also means knowing when to release relationships that no longer glorify God. Some of us maintain friendships that draw us away from holiness, that glorify worldliness, and that consistently contradict the values of God. We say, “We’ve been friends for years,” or “She knows my heart,” but the truth is, any relationship that consistently dishonours God weakens our witness.

Psalm 1:1 warns us: “Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers.” Even relationships require discernment, and integrity includes knowing when to walk away from what corrupts your spirit.

Beloved, let us not be careless. People are God’s greatest treasure. How we treat them matters. Your word is not “just words”—it’s the weight of your character. If you cannot be trusted in relationships, your worship loses its fragrance before God. And if people can no longer believe you, they will struggle to believe the Jesus you preach.

So today, let the Holy Spirit search your heart. Is there someone you need to apologize to? A promise you need to fulfil? A pattern of speech you need to surrender? A conversation you should never have had?

Let your relationships reflect Christ—not perfectly, but sincerely, and with integrity.

SO, WHAT NEXT?

“Better is a poor man who walks in his integrity than a rich man who is perverse in his ways.” — Proverbs 28:6

In a world obsessed with status, money, appearance, and outward influence, this scripture comes as a loud, countercultural reminder. Integrity is more valuable than wealth. More treasured than popularity. More enduring than charisma. Why? Because integrity is not something you put on—it is who you are. You can dress well, speak eloquently, serve faithfully in church, and still lack integrity. But a person who walks in integrity, even without fame or fortune, walks in alignment with heaven.

So, what do we do now with this truth?

First, we must slow down our speech—especially when making promises. Ecclesiastes 5:5 says, “It is better not to vow than to make a vow and not fulfill it.” Words are powerful. Promises are sacred. Every “I’ll call you,” “I’ll pray for you,” “I’ll be there,” or “I’ll help” is a spiritual commitment, not just social nicety. The Holy Spirit is calling us to pause before we speak—to think, to pray, to weigh our words. It is not weakness to say, “Let me get back to you.” In fact, it is a mark of wisdom and spiritual maturity.

Second, we must consider carefully before committing. Our culture rewards speed—quick decisions, instant replies, rapid results. But the kingdom of God values deliberation and faithfulness. Jesus taught that we should “count the cost” before starting anything (Luke 14:28). Before you say “yes,” consider whether you can follow through. And if you say “no,” stand firm without guilt. Half-hearted promises are more harmful than honest refusals. Let your yes be yes, and your no be no (Matthew 5:37)—because anything more than this opens the door to sin and confusion.

Third, we must keep our word, even when it hurts. That’s where integrity is tested. It’s easy to fulfil a promise when things are going well—when it’s convenient, affordable, or expected. But what about when fulfilling your word means sacrificing comfort, rearranging your schedule, or swallowing your pride? That’s where true character is formed. Psalm 15:4 holds up a stunning standard: “He who keeps an oath even when it hurts, and does not change.” God is not looking for the most talented or most visible people—He’s looking for those who are consistent, reliable, and true to their word.

The story of Jephthah in Judges 11 is a powerful and sobering reminder of this. In desperation before a battle, he made a vow to the Lord: if God would give him victory, he would offer whatever came out of his house as a burnt offering. God honoured the vow and gave him victory. But what followed was deeply painful—his daughter came out to greet him. It was a vow that cost him dearly, but Scripture records that he fulfilled it. Now, there is much theological discussion around the nature of his vow, but the lesson is clear: Jephthah valued his word to God above his comfort, even at great personal cost.

This may challenge us deeply—but that's the point. Integrity will cost you something. But it will gain you far more: peace with God, trust from people, authority in your calling, and a clean heart before the Lord.

THE GOODNEWS!

“Truly, these times of ignorance God overlooked, but now commands all men everywhere to repent.” — Acts 17:30

If this message has brought conviction to your heart, you are not alone. I, too, have failed in many of these areas. I've broken promises. I've spoken carelessly. I've let down those who trusted me. And like you, I've been tempted to excuse it as “life happens.” But when the Holy Spirit shines His light on something, it's not to condemn—it's to correct, heal, and restore.

The beautiful truth of the gospel is that God is not only just—He is also merciful. He knows our frame. He sees our limitations. And the Bible assures us that in the times of ignorance, God overlooks. That means He does not count our sins against us when we didn't know better. But now that we do, He invites us to repent—to turn, to change, and to begin again with Him.

This is your invitation to a clean slate. It is not too late to become a person of integrity. It is not too late to apologize, to rebuild trust, to fulfil the vow you once made, or to recommit to your marriage, your children, your ministry, your friendships. The Holy Spirit is our helper, and He empowers us to live in truth. What we cannot do in our strength, He enables us to do by His grace. Don't be ashamed of where you've fallen short. Bring it to the cross. There, the blood of Jesus does more than forgive—it cleanses, it restores, and it transforms. You don't have to live under guilt. You don't have to pretend. You don't have to carry shame.

You simply have to say, “Lord, I'm ready to walk in integrity. Help me.”

He will answer. He always does.



PLEASE SAY THIS PRAYER WITH ME!

Dearest Heavenly Father, You are the God of truth, the One who never changes, and whose Word stands forever. You are integrity personified, and in You, there is no shadow of turning. Lord, I honour You today and humbly ask for grace to walk in Your nature—grace to walk in integrity. Search my heart, O God, and reveal every area where I've been careless with my words, where I've broken promises, hidden truth, or compromised under pressure. Forgive me, Lord, for every time I acted in self-interest rather than in righteousness. Wash me clean and restore my heart to truth. Teach me to be honest in the hidden places and consistent in the open. Help me to keep my word—even when it hurts. Make me a person whose life reflects Your character, whose words are dependable, and whose actions align with Your will. Let me not only speak truth but be truth. Let integrity not just be something I strive for, but the person I am in Jesus name Amen.