

Mathew 5:33-37 NLT

“You have also heard that our ancestors were told, ‘You must not break your vows; you must carry out the vows you make to the Lord.’ But I say, do not make any vows! Do not say, ‘By heaven!’ because heaven is God’s throne. And do not say, ‘By the earth!’ because the earth is his footstool. And do not say, ‘By Jerusalem!’ for Jerusalem is the city of the great King. Do not even say, ‘By my head!’ for you can’t turn one hair white or black. Just say a simple, ‘Yes, I will,’ or ‘No, I won’t.’ Anything beyond this is from the evil one.

**Our lives become increasingly more complex and stressful  
when we say one thing yet do another!**

**Do what you say you’ll do**

Proverbs 12:22 NIV

The Lord detests lying lips, but he delights in people who are trustworthy.

**Mean what you say, Say what you mean**

James 5:12 NLT

But most of all, my brothers and sisters, never take an oath, by heaven or earth or anything else. Just say a simple yes or no, so that you will not sin and be condemned.

**Be like who you say you follow**

Psalms 15:1-4 NLT

Who may worship in your sanctuary, Lord? Who may enter your presence on your holy hill? Those who lead blameless lives and do what is right, speaking the truth from sincere hearts. Those who refuse to gossip or harm their neighbors or speak evil of their friends. Those who despise flagrant sinners, and honor the faithful followers of the Lord, and keep their promises even when it hurts.

John 8:44 NIV

You belong to your father, the devil, and you want to carry out your father's desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.

John 14:6 NLT

Jesus told him, "I am the way, the truth, and the life. No one can come to the Father except through me.

\*\*\*Response\*\*\*

I'm making my integrity a priority in 2019!