

# Integrity

**“In the beginning was the Word, and the Word was with God, and the Word was God.... The Word became flesh and made His dwelling among us. We have seen His glory, the glory of the One and Only, who came from the Father, full of grace and truth.”**

**John 1:1,14**

When you've played on sports teams like baseball, basketball, or soccer, did you notice a difference if your coach could play the game as well as teach the game to you? A coach who can actually demonstrate the fundamentals of the game is better than a coach who can only tell a player how to do it. The words of a coach become more meaningful when backed by experience and a certain degree of skill.

Steve Spurrier, head football coach at the University of South Carolina, is a coach who is a good teacher and also was a great player himself. So, when he teaches, he can show you how to do it at the same time.

When a person not only says the right things, but also does the right things, demonstrates an important character trait called integrity. Integrity is being honest and trustworthy. It is keeping your word so that when you say something, people know you mean it!

The ultimate coach that was able to DO everything He SAID was none other than Jesus!

The Bible says that Jesus has existed for all time, but He left heaven to take on the form of man and live on this earth of 33 years. Jesus was able to give us a visual demonstration of how God wants us to live our lives here on earth. He not only told us to love each other, He did it himself. He not only told us to be kind to each other, He did it himself. He not only told us how to resist temptation, He did it himself. Everything Jesus told us to do, He did it Himself so that we could see it is possible.

If Jesus had not come to earth, we wouldn't have seen how we could live our lives, but more so, we wouldn't have had anyone show us the way of eternal life!

Jesus shows us how to live with integrity -- do what's right, tell the truth, keep your word!