

Bucket Talk—Integrity

Famous Quotes about Integrity

- *Live so that your friends can defend you, but never have to*—Arnold H. Glasow
- *The Bible is very clear: Don't do your good works to be cheered by men...I do the right things because that is what God told us to do*—David Robinson (ex NBA Athlete)
- *The time is always right to do the right thing*—Martin Luther King Jr.
- *A leaders most powerful example is his or her own example*—Coach John Wooden

What is Integrity?

I have heard Integrity described as “who we are when no one is watching” or “doing the right thing even when nobody is looking”. Integrity is a core value that we need to pursue even when it is not convenient.

To have Integrity means that you are committed to being the same in all situations, and not someone different once the competition of the game begins. It is NOT about being perfect, but as coach or an athlete you need to be the “real deal” and not “crack” under the pressure of competition. The two main ingredients of Integrity are “Honesty” and “Truth”. When these two ingredients become options instead of standards, our Integrity suffers. Integrity takes a lifetime to build and just a second to lose. We are always just one decision away from damaging our integrity.

What about Integrity in Baseball?

Over the past few years, the Integrity of Major League Baseball has suffered. Name a few instances where the key ingredients of Integrity (Honesty & Truth) were overlooked?

- Players taking steroids
- Players not telling the truth about taking steroids
- Sammy Sosa using a “corked” bat.



What does the Bible say ?

There were many characters in the Bible that had a high degree of Integrity, however none more than Jesus. He was sent down from heaven by God the Father to die on the cross as payment for the sin of man. During his ministry on earth, he told many about His “assignment” from God and what He was sent to do. Although He knew of the torture, pain and suffering that he was about to endure, Jesus remained steadfast in what He said He was going to do...what He was sent to do. By not denying who he was and what He was sent to do, He stood by “Honesty & Truth” and did not take the easy way out.

How about You?

Have you ever been tempted to gain a competitive advantage by breaking the rules? If so, what did you do? Was it easy or difficult to make that choice? How did you feel?

What do you think that it means to “play for an audience of one”?

Week 3

Bible Verses

Philippeans 1:27

“Whatever happens, conduct yourself in a manner worthy of the gospel of Christ”

Matthew 5:8 “Blessed are the pure in heart, for they will see God”

