

Integrity: The Attitude, Perspective, and Focus Required

Today, I want to talk to you about integrity — not just as a moral standard, but as an attitude, perspective, and focus that will set you apart as an athlete and as a person. Integrity is about who you are when no one is watching, but it's also about the posture of your heart and the lens through which you see life.

1. The Attitude of Integrity

Your attitude shapes your actions. An athlete with integrity approaches the game with honesty, humility, and respect. Philippians 2:3-4 says, “Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.” A right attitude means you play fair, you respect opponents, and you honor your coaches and teammates.

Interactive: Think of a moment in your sport when you had a choice to bend the rules or take a shortcut. How would your attitude of integrity change that decision?

2. The Perspective of Integrity

Perspective is about seeing the bigger picture. Proverbs 11:3 tells us, “The integrity of the upright guides them, but the unfaithful are destroyed by their duplicity.” Integrity gives you long-term vision: knowing that one dishonest win can tarnish your reputation for years. It's about valuing who you're becoming more than the scoreboard in the moment.

Interactive: Pair up with someone and share one example of an athlete you admire because of their character, not just their stats. How does that perspective shape how you compete?

3. The Focus of Integrity

Focus is where you set your eyes and energy. Hebrews 12:1-2 says, “Let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith.” Integrity requires focus on what truly matters — effort, discipline, and honoring God in every play. Distractions like ego, fear, or comparison will pull you away from your best self.

Interactive: Write down one distraction that is keeping you from living with full integrity in your sport. What is one practical step you can take this week to refocus?

Conclusion

Integrity is not a one-time choice — it's a lifestyle. It's the combination of the right attitude, a wise perspective, and a steady focus. When you live with integrity, you inspire trust, build stronger teams, and honor God with your life. And that's a victory far greater than any championship trophy.

“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.” –
Colossians 3:23