

1: THE MAN YOU ARE WHEN NO ONE'S LOOKING

By John
In Character, Identity, Pressure

4 Min Read



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Unsaid Things Series: Filling the Gaps in a Man's Walk with God.

OPENING THOUGHT

We live in a world obsessed with image and influence, instead of one based on love and compassion, humility and service, forgiveness and reconciliation, and spiritual devotion. God does care about integrity. But not how the world defines it. What kind of man are you when nobody's looking? What's the end of your day look like — when you're tired, alone, and the browser's open? Those are the times when character shows up.

I was watching a football game one Sunday afternoon when one of the camera operators panned up the skybox where the offensive coach was calling the plays down to the field. I

noticed a yellow band on his wrist, which read, “**Integrity is a choice.**” I opened my writing notebook and jotted that expression down, thinking I could certainly use it in a later article. Timing is everything.

In our world, integrity often feels optional. People cut corners, tell “harmless” lies, post one version of themselves online, and live another offline. But here’s the deal: your private world *will* shape your public character. Always.

Why can’t we find troubled, struggling, distressed people on social media? People facing real-life crisis? Social media will someday be seen as one of the biggest scams of this century. People shade who they are, what they own, how they live, and even how wonderful their life is. Sad.

But here’s the problem — likes don’t make you a leader, and followers don’t make you faithful. Posting a Bible verse and living a double life isn’t integrity. It’s image management. And over time, the cost of pretending not only adds up, but catches up.

We are trained to craft a superficial identity instead of cultivating character. To chase relevance instead of righteousness. God calls us to be the same man in public and when no one’s looking.

SCRIPTURE

“Whoever walks in integrity walks securely, but he who makes his ways crooked will be found out.”

— Proverbs 10:9 (ESV)

What about Joseph in the Old Testament? He was just going about his day when Potiphar’s wife decided to make her move. Joseph could have taken advantage of the situation — no one would have known. But Joseph took the high road. He wasn’t living in the moment. He was living for his *King*.

That kind of integrity stands out. It’s not like the fake confidence people post online.

TODAY’S CHALLENGE: ONE QUIET STEP

So what does integrity look like in real life? Not huge, flashy moments. Small, deliberate acts.

Try this:

- **Admit a mistake.** Perhaps you’ve been spinning a version of a story that makes you look better. Own it.
- **Return that call or message.** You’ve been dodging it. Be a man of your word.
- **Apologize.** No excuses. Just honesty.

- **Say no to temptation.** Close the tab. Shut down the app. Walk away.

Nobody may ever know — but God will. And you will. And that's enough.

FINAL THOUGHT

What's done in the dark will one day define the man in the light. You don't need applause. You need peace. So today, take a quiet step toward integrity. Not for show. For strength.

This week's step: Pick one area of your life where no one's checking in. Maybe it's the expense report. Perhaps it's your search history. Maybe it's how you talk about others when they're not in the room.

This week, take a bold step:

- Delete what needs deleting.
- Say what needs saying.
- Do what needs doing.

Not because someone's watching. But because God is. And because your soul is stronger when your story is straight.

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