




BIBLE STUDY SERIES

# WALKING IN UPRIGHTNESS

What is it? Why do we  
need it? What are the  
benefits?



“He is the Rock, His work is perfect; For all His ways are justice, A God of truth and without injustice; Righteous and upright is He.” Deuteronomy 32:4

“Good and upright is the LORD; Therefore, He teaches sinners in the way.” Psalms 25:8

“For the Lord is righteous, he loves justice; the upright will see his face.” Psalm 11:7 NIV

These are just a couple out of a number of verses in the Bible talking about God’s character. Uprightness is clearly one of the traits used to describe God and naturally as a Father, He expects His children to bear this trait as well. But what exactly is uprightness? How can we tell if we’re walking in it and what should we expect to gain from this?

I pray this study blesses you, teaches you why upright is key to God and causes you to prioritise being upright at all times in every aspect of your life.



## Day 1

### Integrity and Moral Courage

“The integrity and moral courage of the upright will guide them, But the crookedness of the treacherous will destroy them.” Proverbs 11:3

Based on the scripture above, we can see that uprightness has two critical complements which are integrity and moral courage. These serve to act as an internal compass if you will, because the bible says these character traits will also act as a guide. Another way to look at uprightness is wisdom. Why? Because you can't disconnect uprightness from the fear of God and the fear of the Lord is the beginning of wisdom.

“He will be the sure foundation for your times, a rich store of salvation and wisdom and knowledge; the fear of the Lord is the key to this treasure.” Isaiah 33:6 NIV

Those who fear God have access to a rich store of salvation, wisdom and knowledge. Conversely those who don't fear God are crooked, treacherous, lack wisdom, knowledge and won't have salvation.

**Benefit of uprightness:** “Fools mock the need for repentance, while the favour of God rests upon all his lovers.” Proverbs 14:9 TPT

The Benefit of uprightness that we will focus on today is God's blessing and favour. The favour of God opens doors for us we would never have imagined walking through by our own efforts. It makes the road smooth and the crooked paths straight. It's the favour of God that causes our difficult bosses or customers to treat us well, that makes unlikely situations work for us. So why does God give us favour?

The Bible says in Isaiah 9:7 that of the increase of his government and peace there shall be no end and as disciples of Jesus, we are members or officials of his government, we are ambassadors of the kingdom of heaven. Therefore, we should expect to continually increase and have peace in all areas and favour is one of the tools that God uses to bring this about. However, a precondition for this increase is walking up rightly before God.

## Day 2

### Fear of The Lord

“He who walks in his uprightness fears the LORD, But he who is perverse in his ways despises Him.” Proverbs 14:2

Uprightness and the fear of the Lord go together. Because you fear God, there are many things you simply will not do. Not necessarily because of the negative consequences alone, but because you want to preserve your relationship with Him.

The verse above also makes it clear that those who are not upright in their ways despise God. Meaning they have no regard for Him and therefore aren't concerned about ruining their relationship with God. Therefore, they can engage in any underhanded act because they feel they have nothing to lose by doing so.

**Benefit of Uprightness:** “My defense is of God, who saves the upright in heart.” Psalms 7:10

The benefit of being upright that we will focus on today is God's defense. In the Psalm above, David was under severe attack, but in spite of it all, David held on to the confidence he had in God's ability to defend him from his enemies because he was upright in heart. David invited God to judge him on his integrity and because he knew he would not be found wanting, he boldly laid claim to God's defense.

When we walk in uprightness, we also have the right to lay claim to God's ability to defend us, and He certainly will.

## Day 3

### Obedience

“As for you, if you walk before me faithfully with integrity of heart and uprightness, as David your father did, and do all I command and observe my decrees and laws, ' 1 Kings 9:4

Here, we see that the Lord equates uprightness with obedience to His commands. So one of the attributed of uprightness is obedience to God. Now, we may not always understand God's instructions and we do not have the luxury of picking the ones we like and do not like, because He expects us to obey them ALL. He also expects faithful obedience from us, so we are not haphazard in our walk with God, obeying today and disobeying tomorrow.

It's also important that we recognise that in God's eyes, partial obedience is the same as disobedience (see 1 Samuel 15).

**Benefit of Uprightness:** 'I will establish your royal throne over Israel forever, as I promised David your father when I said, 'You shall never fail to have a successor on the throne of Israel.' ' 1 Kings 9:5

“...but showing love to a thousand generations of those who love me and keep my commandments...” Exodus 20:6

God promised Solomon that if he walked uprightly before Him, Solomon would never fail to have a successor on the throne. This means that God linked walking in uprightness with establishing a legacy for Solomon's descendants. While we may not be heirs to a physical throne, we do have confidence that by walking faithfully in obedience to God's instructions, He will establish not just us, but our descendants (Exodus 20:6).

This is a powerful motivation for us because it means whatever we are doing now, provided it is in obedience to Gods instructions, we can be certain that our descendants will benefit from it.

## Day 4

### Justice

You have loved righteousness [integrity, virtue, uprightness in purpose] and have hated lawlessness [injustice, sin]. Therefore God, Your God has anointed you with the oil of gladness above your companions. Hebrews 1:9

The verse above teaches us that anyone not walking in uprightness is functioning in lawlessness, which the Amplified version breaks down further as injustice and sin. This is a stark contrast to God's nature as the Bible is full of verses where justice is shown to be part of His nature/character. If we walk in uprightness, we are automatically reflecting an aspect of God's nature and this is pleasing to Him.

**Benefit of Uprightness:** "Light is sown for the righteous, and gladness for the upright in heart." Psalms 97:11

Uprightness pleases God, that's why He promises that we will be anointed with the oil of gladness. Gladness does not simply mean being happy. It speaks to an inner joy radiating through us which isn't driven by or dependent on our external circumstances. Because this gladness is from God, no one can take it from us. And the beauty of gladness is that it is infectious, someone walking in gladness has a way of positively impacting any environment they enter. People may not necessarily understand or like it, but they cannot ignore its impact.

Ask yourself: when was the last time the atmosphere around me changed positively because of me?



## Day 5

### Generosity

“I know also, my God, that You test the heart and have pleasure in uprightness. As for me, in the uprightness of my heart I have willingly offered all these things; and now with joy I have seen Your people, who are present here to offer willingly to You.” I Chronicles 29:17

In the scripture above, David was preparing the items that his son Solomon would use to build the temple in Jerusalem. He offered the items out of an upright heart - willing to give without any expectation of reward. David and the elders gave in order to please God, not as a display of their wealth.

God looks at our heart in all that we do, our motives are much more important to Him than the actions. David understood this and that's why he opened up his heart to be tested by God (see Psalm 139:23-24). When our hearts are upright, generosity flows from us out of a heart willing to please our Father in heaven. We give our time, skills, finances, whatever we have, not to be applauded by men, but to be approved by God. Why? Because an upright person understands that everything he/she has was provided by God in the first place, not out of craftiness or cunning ways. Therefore it's easy to release what we've been freely given.

**Benefit of uprightness:** “And Solomon said: “You have shown great mercy to Your servant David my father, because he walked before You in truth, in righteousness, and in uprightness of heart with You; You have continued this great kindness for him, and You have given him a son to sit on his throne, as it is this day.” I Kings 3:6 NKJV

God shows great mercy to those who walk in uprightness. Simply defined, mercy is not getting the punishment we deserve when we do what is wrong. When someone walks in uprightness of heart, the person may still make mistakes. However these errors would not be intentional and so God shows His mercy to such people. It's all about the state of one's heart though and the key here is not deliberately doing the wrong thing expecting God to overlook it. Remember God is not mocked (Galatians 6:7).

## Day 6

### Blameless

“I was also blameless before Him, and I kept myself from my iniquity.” Psalms 18:23

Another characteristic of uprightness is being blameless before God. We see here how David - who God said was a man after his own heart (Acts 13:22) - was confident that he was upright and blameless before God. It wasn't something that happened by chance as we see in this verse that David made a deliberate effort to keep himself from iniquity.

In order to be blameless before God we must consistently evaluate ourselves and check the state of our heart. In 2 Corinthians 13:5 Apostle Paul admonishes us to examine ourselves, we shouldn't assume that just because we were okay in our walk with God last week that everything is still okay today.

The journey we are on requires daily self-examination to be sure that indeed we are blameless and have kept ourselves from iniquity. Wherever we may have missed it, we should immediately repent, ask God for mercy and the help of the Holy Spirit to get back on track. Psalm 188

**Benefit of uprightness:** “He also brought me out into a broad place; He delivered me because He delighted in me.” Psalms 18:19

When we walk in uprightness, we are assured of God's deliverance. In spite of all the enemies that came against David, regardless of how mighty they were, as long as David walked uprightly he never lost a battle, God delivered him from them all. Calamity only came upon him when he sinned with Bathsheba and the actions that followed. God is faithful, if our hearts are upright He will definitely deliver us.



## Day 7

### Truth

“True instruction was in his mouth and nothing false was found on his lips. He walked with me in peace and uprightness and turned many from sin.” Malachi 2:6

You cannot walk in uprightness and not walk in truth, the two go together. God reminds us of this in the scripture above. What we also see is that our actions either lead people into sin, or away from it. When we walk in uprightness, truth and peace are close companions and these act as a signpost for the light we carry. When we walk in truth and peace, we intentionally bring these qualities into our environment and they in turn impact those around it.

Reflect on the people you've interacted with over time. Peaceful and truthful people tend to leave you in a state of calmness when you're with them and you're in no real hurry to leave because you know they can be trusted. On the other hand angry people or those who lie often may cause you to want to get away from them as quickly as possible. How we act speaks volumes about who we really are, whether we realise it or not.

**Benefit of uprightness:** “Surely the righteous will praise your name, and the upright will live in your presence.” Psalm 140:13

“For the Lord God is a sun and shield; the Lord bestows favor and honor; no good thing does he withhold from those whose walk is blameless.” Psalm 84:11

When we walk in uprightness we have the guarantee of God's presence. This is not to be taken lightly at all because in God's presence we have direction, protection, grace, preservation, healing, favour, honour and so much more. The psalmist understood the power of God's presence, so much so that he ascribed power even to the shadow of His presence (Psalm 91). We shouldn't take God's presence lightly as it's His presence in our lives that transforms us and conforms us to the image of Christ.

## Day 8

### God's Character

“Good and upright is the LORD; therefore He teaches sinners in the way.” Psalms 25:8

Uprightness is part of God's character and in His divine love, mercy and wisdom, He doesn't leave us as we are, but teaches us how to walk in His ways. “For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.” John 3:16.

Out of His love for us, God gave Jesus to us not only for eternity, but to also enable us walk in the way of victory while here on earth. That's why whoever is in Christ can indeed state confidently that he/she is more than a conqueror (Romans 8:37). Jesus obtained the victory for us and through prayer and consistent study of God's word, we are able to walk in this victory.

**Benefit of uprightnes:** “You who are named the house of Jacob: “Is the Spirit of the LORD restricted? Are these His doings? Do not My words do good to him who walks uprightly?” Micah 2:7

The Psalmist tells us in Psalm 119:130, “The teaching of your word gives light, so even the simple can understand.” Psalms 119:130. God's word has the power to transform our hearts, our minds and our situations. Those who walk uprightly have a heart that can receive God's word and therefore the results of the word in action in their lives will be evident.

Spending time studying God's word is a sure way to gain access to His mind and gain understanding of how to navigate through life successfully. That's why it's important we don't neglect Bible Study. As we enter the last week of May, commit to spending time in the word and read your Bible. You could do a character study, or a topic study (as we're doing with the subject of Uprightness). Whatever you choose, spend time with God's word and see how it begins to transform your life.

## Day 9

### Smooth Path

“The path of the righteous is level; you, the Upright One, make the way of the righteous smooth.” Isaiah 26:7 NIV

Isaiah identifies God as the Upright One, again confirming that we mirror God's character when we walk in uprightness. God is straightforward, without variability or shadow of turning (James 1:17). We know that God can be relied upon to keep His word and that He will always do what He says He will do. Likewise we are expected to show the same character, there shouldn't be a difference in what we say in our hearts, with our mouths and in our actions - all should be aligned. The upright person isn't duplicitous and can always be trusted. Are you such a person?

**Benefits of uprightness:** Isaiah 40:4 and Luke 3:5, “Every valley shall be filled in, and every mountain and hill made low. The crooked ways shall be made straight, and the rough ways smooth.”

When we walk in uprightness, God goes ahead of us to level the obstacles in our way, filling valleys and lowering mountains. All so that we can continue to walk in righteousness. Imagine having God personally take responsibility for making sure everything you do goes smoothly. We are assured of that when we choose to walk in uprightness.



## Day 10

### God's Standards

'Truly, this only I have found: That God made man upright, but they have sought out many schemes.'" Ecclesiastes 7:29

God designed us to be upright – to be honourable, honest, diligent, truthful, having moral courage, loving justice, all the attributes we have reviewed and more. However, the Bible states that man has sought out many schemes. We have created our own standards and justified not walking in the standards set by God.

The interesting thing is that though we may set our own codes of conduct, it does not deter us from asking God to answer our prayers for things or even trying seek Him for His presence and do not walk in uprightness. And we expect to get favourable responses from Him and are sometimes upset if He does not respond as we would want.

Today, take some time and examine yourself – are you walking in uprightness? Can you boldly lay claim to the benefits we have reviewed over the last few days? Can you boldly say like the psalmist – “Lord search my heart?” and be comfortable that He will reward you according to the cleanliness of your heart (Psalm 139:24).

No one is perfect, but it's important we recognise our imperfections and ask God not just for mercy, but to remove from our hearts the things that are not pleasing to Him. It's important that we measure our character not based on popular behaviour, or people's opinions, but on God's standards.

May God help and keep us as we daily strive to walk in uprightness.

Thanks for completing the study. We'll love to hear from you, so please connect with us on:

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