

Tuesday Friends, March 5, 2024

INTEGRITY — Simplicity, Peace, Integrity, Community, Equality, Stewardship

Testimony to integrity and truth refers to the way many members of the Religious Society of Friends (Quakers) testify or bear witness to their belief that one should live a life that is true to God, true to oneself, and true to others

Swear not at all... let your 'yes' be 'yes' and your 'no' be 'no.' ~Matthew 5:34, 37

Men are too apt to let their heads outrun their hearts, and their notions exceed their obedience, and their passions support their conceits, instead of a daily cross, a constant watch, and a holy practice.

~ William Penn, 1644-1718

Look for truth within yourself. Live a life of simplicity, love and service. Let your Life speak, and trust that your children will learn by your example.

~Robert Lawrence Smith, A Quaker Book of Wisdom

Integrity is telling myself the truth. And honesty is telling the truth to other people.

~Spencer Johnson

Integrity is doing the right thing, even when no one is watching.

~C.S. Lewis

The essence of early Quakerism is precisely in a demand for complete integrity of the individual in relation to God, to other people, to self.

~Cecil Hinshaw, 1964

Friends consider integrity a way of life. In the stillness of worship we come into the Divine Presence and open ourselves to the Light; we hide nothing of who we are. In keeping with that openness of spirit, Friends express themselves with honesty in their dealings with others. Plain truth needs no decorative flourishes. We speak with simple clarity to reflect in our words the reality of our perceptions and thoughts.

~Intermountain Yearly Meeting, 2006

- How would you define Integrity
- Does anything speak to you from these quotes
- Is it wise to be truthful at all times
- How do you seek truth for living your life
- How do you recognize truth
- What beliefs and values would an impartial observer following you around all day notice
- How can you implement more of being fully, harmoniously you