

CELEBRATIONS INTEGRITY

In our series on CELEBRATIONS after sharing the material related to the topic, we have a list of questions that we think you may find useful and practical to aid you on your Journey to WHOLENESS.

Find a quiet moment when you can go through these and write down your responses so you can review any thoughts you have that could lead to positive decisions for CELEBRATIONS.

LIFE APPLICATION QUESTIONS

Please focus on some life application questions regarding INTEGRITY. Also review them carefully so that you have time to consider the questions and then to apply what you are learning to your life. Please write your responses down for future reference.

- Do I consider myself to be an honest person?
- What moral values have I adopted that prevent me from doing anything that would conflict with that code of honour?
- What sources have formed that set of values?
- When considering my own personal health, do I also take into account the needs of the community and how **my** choices could affect others?
- What choices have I made with respect to personal hygiene [such as hand washing and staying away from contact with others when ill] have positively affected my community?
- What practices for my own pleasure am I ashamed of because of the negative effects they may have on someone else?

An illustration on the matter of INTEGRITY - A local church health ministry leader regularly gives lectures to the church where she advocates a total vegetarian diet. She also favours an organic diet, although she is aware that many of the members cannot afford the higher prices for organic foods. Sometimes she invites others to go with her to an ice cream parlour where she enjoys ice cream as a ‘special treat.’

What lifestyle practices do I have that may conflict with what I “preach”? Am I truly “walking the talk”?

What can I do to ensure that others trust what I say to them is in their best interest and not just my way of pushing my own personal beliefs?

Am I promoting any health practices, dietary principles, etc., that would be unsuitable for a given situation in which I am not involved?

Do I allow others to hold their own opinions, even when I know I am right?

What personal choices fly in the face of evidence but are comfortable or desirable just because they are what I want to do?

What evidence presented here have I disregarded because it would be difficult or unpleasant to have to fit certain practices into my lifestyle?

Have I violated my code of honour? Do I admit my wrongdoing?

What do I do with the guilt I feel because I have not lived up to my values?

Do I punish myself by dwelling on my guilt or fall into a cycle of repeating the behaviour again and again? Or can I accept the mercy and forgiveness that Jesus freely offers?