



*"But as for me, I shall walk in my integrity;
redeem me, and be gracious to me."*

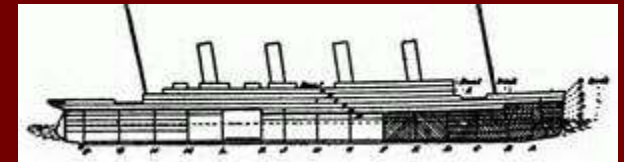
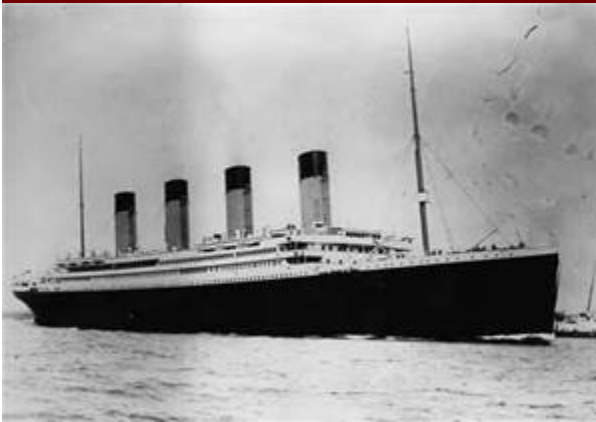
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Integrity: word that is not used much in today's English.

One definition of integrity is: *"the quality or state of being of sound moral principle; uprightness, honesty, and sincerity"*



The Titanic: What was special about it. Compartments.



We know what
Happened at end??
we like our different worlds
church/social/school/Work/imagination

We don't want these worlds to collide.
Ex (meeting a priest)



Integrity means: There are no Worlds. Just one world
I am complete, unified, whole **Everywhere**

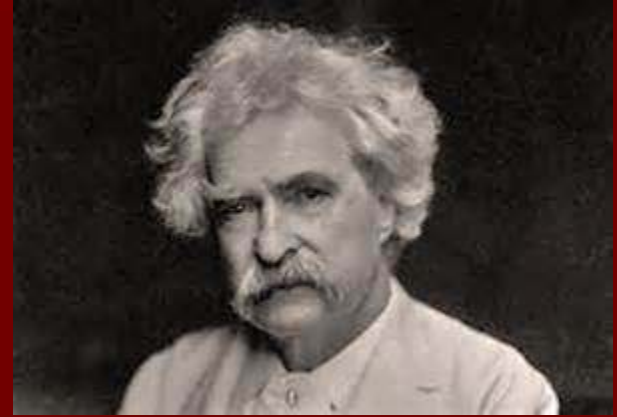
Integrity

Why and How?????

Life of integrity = Life of Blessing

As we say in the Liturgy: God will straighten your ways

Mark Twain: Concerning integrity –
You don't have to have a long memory.???



What I say here , I say everywhere, no
conflict. No worries if this person will hear
this (no need to remember what you said)

Best thing about life of Integrity is:

You are Who You are

The Truth is the same every time you speak

Scientifically Proven:

People who live a life of integrity:

1. Live healthier longer lives:
2. To contrary believe, majority of Wealthy people live a life of integrity.

When you live a life of integrity you will be smiling:



Proverbs 10:9 Whoever walks in integrity walks securely, but he who makes his ways crooked will be found out

Who walks with integrity walks with:
Confidence/Boldness



Life lacking integrity is a target for invasion

“But let your ‘Yes’ be ‘Yes,’ and your ‘No,’ ‘No.’ For whatever is more than these is from the evil one.” Matthew 5:37

Life of integrity is about little things.

The big things are easy to see

Ex: (if the Devil comes and tells you)

Rob a bank (no thank you)

Lie about your age to get a discount (ok)

Lie about your kids age to pay less (sure)

Embellish resume to get a job (definitely)

Income tax/handicap pregnant decals/tax
exempts/Scholarship forms

Little things.....

Be aware of the small things and take care of it? (example the feeding of the 5 thousand)

Small things: Do not take it lightly.....

Little things enhance the integrity of your life

1. Time: minutes wasted (meaningless phone/TV/games)

2. Eye sight: Not everything should be watched



a. Don't let every image enter the head and trivialize it.

1st Chronicles 29 Verse 17:

“I know, my God that you test the heart and are pleased with **Integrity**”

The word **Integrity** as the bible says in Proverbs:
Means that man doesn't deviate to the right or left
_____ (straight line)

We as Coptic Orthodox are proud to have a Church with Integrity in thinking/attitude/Doctrine.

This is the reason our Church is full of purity in faith/Doctrine/theology



The First Sign of Integrity is:

1. No Deviation:

a. In Talking: No exaggeration/Accurate

(person without integrity always enlarges, increases and dramatize the issue. His judgement is inaccurate. Extremist in his stories. (Hunter Joke).

Not only in Social life, but also in the Spiritual Life.

Extremist in Fasting (story of young man in monastery)

extremist in fasting/prayer/Bible reading while his spiritual stature can not afford it.



A very Popular saying:
“Your Accent gives you away”



Philosophers used to say “Talk so I can see you”

So The first thing that makes a person lose his integrity is being an extremist.

Life is Relationships (not accomplishments)

Love God/People (nothing else matters)

Without Trust/honesty/integrity a relationship will not exist.

I Can Put up with annoying people, Loud people, obnoxious People...etc..

I can deal with all of them

I can not deal with dishonest people

I will believe you if tell me something. Be a man of your word.

Trust is a bridge back and forth

There are many ways of being dishonest:

1. Flat out Lie.
2. Silence. Ex: Do not tell your parents grades if you fail. Tell a story and leave an important part on purpose.

Ben/Fridge: you only tell truth if you get Caught.



Deception thru flattery.

- a. Does this dress make me look fat
- b. Does my hair look good
- c. How was dinner?



If you currently are in a situation of being dishonest with either God or another person...

How do you fix it????????????????

You do not fix it by fixing the problem. You fix it by admitting you are lying.

The problem is not you messed up this. The problem is that you lied about it.

Ex: Bill Clinton getting impeached

Why: Perjury/lying not the cheating
On his wife.



“that we...speaking the truth in life, May grow up in all things into Him who is the head – Christ” Ephesians 4:15

If you are not speaking the Truth, You are like trapped in a tunnel being chased.

Like Packman. You live your dodging things and running from things looking for a way out.

Tell the Truth

Eat the pellet, be invincible and make it your mission to tell the truth

Not just speak the truth,
But Stand up for what is Right



How does man loses his Integrity??????

1. Pride:

a. Person who is arrogant.

The Bible says: **"The way of the fools seems right to them".**
Proverbs (12:15)

Fool here does not mean he is fool in knowledge/sciences or ignorant

Fool here means one who misuses his soul/age/days/times

Ex: the 5 wise (took advantage of their time) /5 foolish virgins (who wasted their time)



The praise of our Mother Virgin Mary,

She said, **"He has brought down rulers from their thrones**
but has lifted up the humble".

Pride: main reason for the astray of Arius.

“There is a way that appears to be right but in the end, it leads to death” (Proverbs 16:25)

All heretics who showed up in history, the beginning of their heretics was their arrogance and pride.

Sin of Pride considered (mother of all sins)

Pride works inside man with him being unaware of it.

Another challenge to integrity is:

Hypocrisy:

The Gospel of Luke (Chapter 18)

The parable of the Pharisee and tax collector



ex Mathew 23

Woe to you teachers of the law and Pharisees, you hypocrites!

In the Book of Isaiah:

“These people honor me with their lips, but their heart are far from me”

(ironically distance between lips and mouth is only 20 cm)

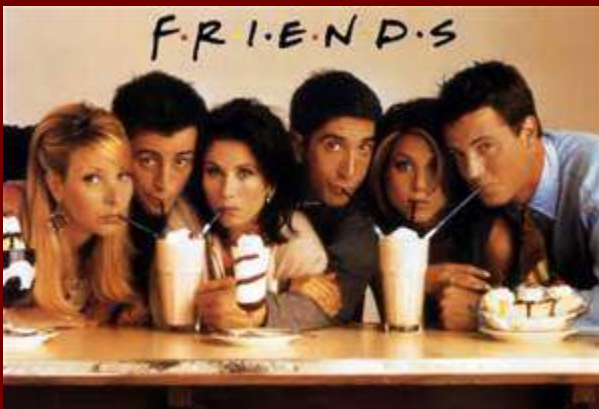
Integrity is:

1. Your Way to Heaven
2. Your first feeling/step in the life of repentance.
3. First feeling if you are honest with yourself.

So How Do I cultivate integrity in My Life??????

By Friendships (lift you up or bring you down)

- a. Tell me your friends, I will tell you who you are
- b. friends offer drugs (you keep saying no, but if you try it once
- c. Physicians say the first time you accept, you break 80% of the psychological barrier. Second/third time become easier and then an addict.



The second thing to have integrity in your life:

1. Reject anything tempting:

The world today aims to tempt with:

Colors, sounds, songs, form

Statistics show that people buy things they don't need. (Refuse Temptation)

a. Temptation to imitate others

b. Temptation for the new fashion.

The righteous Joseph refused the temptation and said "How then could I do such a wicked thing and sin against God"

Reject Temptation:

Be clear and always think about your stature in Heaven.

Don't tell yourself it is ok to do this mistake, or we only do it once or twice in life.

As St. Paul tells Timothy: "But you, man of God, Flee from all this"

The 3rd thing is to Cultivate integrity in your heart:

a. **Be careful of characters with double faces**

1. Story of neighbor visiting.
2. Face of the angel and face of the Devil.
 1. Face of angel in public and face of devil secretly.



Sing with David the Psalmist and say "Create in me a pure heart
O'God"

I know, my God that you test the heart and are pleased with
Integrity

Keep your feelings pure:

“So I strive always to keep my conscience clear before God and man” (Acts 24:16)

Be transparent with yourself. Your heart transparent.



In Summary....

May God grant the life of integrity in everything we do.....

And Glory be to God.

Amen