

## “Virtues to Live by”

***“Our educational work should have a purpose: to elicit a change in our students, to make them grow in wisdom, to help them undergo a transformation, to provide them with knowledge, with new feelings and, at the same time, achievable ideals.”***

*(Pope Francis 2013)*

### **Summer:**

#### **HONESTY**

HONESTY – is telling the truth. It is speaking the truth without exaggerating or omitting things, but also with kindness and tact. It is having the courage to admit the truth even when it is hard to do. When you are honest you can be trusted. When you are trustworthy you can be relied upon to do something and to keep the promises you have made. You have integrity when you are Being honest to others and to yourself; you do not try to be like someone you are not, you are your true self. When you are honest your actions match your words: you practise what you preach.

#### **Blessing**

Open our eyes to your presence

Open our minds to your grace

Open our lips to your praises.

May the raindrops fall lightly on your brow.

May the soft winds freshen your spirit.

May the sunshine brighten your heart.

May the burdens of the day rest  
lightly upon you.

And may God enfold you in the mantle of love

## **OPENING PRAYER**

God our Father,

Help us to speak your truth quietly, clearly and kindly to all. We ask this through the power of Your Holy Spirit. Amen

## **READING:**

LORD, who may enter your Temple?

<sup>2</sup> Those who obey God in everything  
and always do what is right,  
whose words are true and sincere,

<sup>3</sup> and who do not slander others.  
They do no wrong to their friends  
nor spread rumours about their neighbours.

<sup>4</sup> They despise those whom God rejects,  
but honour those who obey the LORD.  
They always do what they promise,  
no matter how much it may cost.

<sup>5</sup> They make loans without charging interest  
and cannot be bribed to testify against the innocent.

Whoever does these things will always be secure.

Psalm 15

## **REFLECTION**

"Honesty is marked as being free from deceit or untruthfulness, being sincere. The Christian life should be one marked with honesty and integrity, yet because we all sin we do not find it easy to do so. Honesty is something we must work hard at. An honest life is important on so many

levels from relationships with our family, at our workplace and interacting with our neighbours.

*You will know them by what they do.* (Matthew 7:16)

Let us be examples of a God of truth and life by living lives of truthfulness and integrity.

We ask God to help us to be open to the Truth

Being honest will help us to:

- keep our conscience clear and our self-respect intact.
- Build fair, open and trusting relationships with each other.
- Promote a culture of seeking the common good instead of pursuing personal self-interest.

## LIVING OUR VIRTUE

Inspire each one of us that we may help our children to:

- Tell the truth even when it is hard to do
- Be reliable and trustworthy.
- Be honest about their own actions and words.
- To be true to themselves and not follow others when they know it isn't the right thing to do.
- To not exaggerate the truth.
- Be able to honestly admit their mistakes.

May we support our children in recognising opportunities for growth so that they can make the most of the opportunities life presents.

## **CONCLUDING PRAYER**

Lord, make me pure of heart. Help me to be a person of honesty and integrity. May the truth that You place in my heart be the basis of my actions and my words. May I speak with a clear conscience always speaking what You give me to speak. Jesus, I trust in You. **Amen**

### **VIRTUE TO LIVE BY**

**I tell the truth.**

**I am reliable and trustworthy.**

**My actions match my words.**

**I am honest with myself and others even when it is difficult.**