

Truthfulness

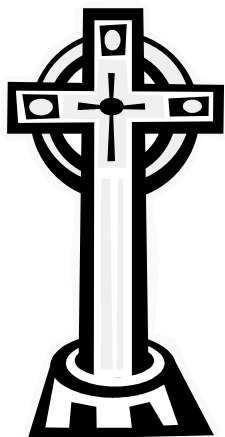
**“You shall not bear
false witness
against your
neighbor”**

The 8th Commandment

Integrity

Honesty

*What do I need to do to live the
Eighth Commandment more
faithfully and consistently
in my life?*



**Reflections on the Lenten
practices of prayer, almsgiving,
and fasting as a way
to truthfulness**



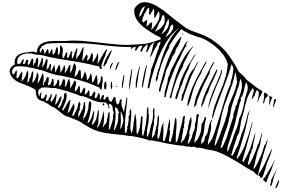
Prayer

*How do I come before the Lord in
prayer...am I honest, humble, willing to
trust in God's presence? Can I be more
truthful in recognizing my need for
forgiveness? Am I sincere in my
prayer to God?*



Almsgiving

Am I truthful about the resources that I can share with others? Do I exhibit faithful presence when others need me? Do I rush to judgment or do I view others in a favorable way?



Fasting

Am I honest about my real needs versus my wants? Can I fast from gossiping, slander, putdowns, and hypocrisy?

