

# Truthfulness

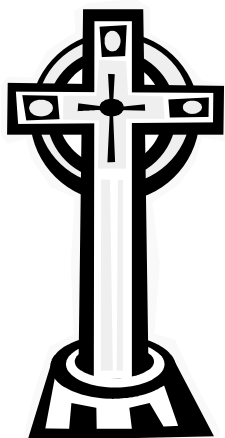
**“You shall not bear  
false witness  
against your  
neighbor”**

*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**



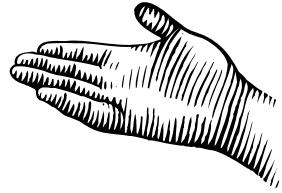
**Prayer**

*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?*

