

Counselor's Corner

twilliford@bethanyschools.com

Integrity

In last week's FLEX lesson, I talked about a very important character trait — Integrity. Someone once said, "Integrity is who you are when no one is looking." This is true because who you are in private is the real you; the rest is just reputation. That's why it is so important to be a person of integrity at all times because what you are in private ends up becoming what you are in public. People who live in integrity when no one is watching will likely live in integrity before the rest of the world as well. Integrity is a heart issue, which means the only person who really has control over your personal integrity is YOU. When personal integrity is established in a person's heart, it provides a moral compass for the future, but when integrity is compromised, a person is set for personal downfall. It's been said that, "If you don't stand for something, you will fall for everything." When we compromise our personal integrity, there is a steep price to pay. What price are you willing to put on your integrity? Is there really anything worth sacrificing it? Live by the conviction of your heart; live as a person of integrity in your choices, and you can live free of the burden of guilt and shame.