

The Importance of Integrity

By Deacon Tim Sullivan

While integrity is a big word that young children may not readily understand, it's one of the most important principles of life, it must be explained and emphasized with our kids and it must be modeled by parents.

Having integrity means that we always try to do what is right in every situation. We don't behave in one way in a certain situation or with a certain person or persons and then in the opposite way in another situation or with other people. We're always the same person, always following a high standard of behavior.

For example, children might be tempted to use bad language when they are with kids who also use bad language, while they would not be so likely to use bad words around kids who never use bad language.

A person of integrity does not act on impulse but thinks before he or she acts. Such a person exercises self-control, choosing what is good and rejecting what is not good. This is something we always have to work at. And it's especially important to focus on self-control in childhood and adolescence, so that good habits can be formed which will serve us later in life.

Having integrity brings order, peace and freedom in our lives. Without integrity, we make bad decisions, we become dominated by our weaknesses and we are unhappy.

"When a man walks in integrity and justice, happy are his children after him." Proverbs 20:7