

“What shall we speak? Or how shall we clear ourselves?”

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Cut out the shaded doorhanger. Fold it in half and hang it over a door.

You can choose to be honest

“So far as a person is not deceitful, he is sincere. By sincerity is also meant integrity, justice, fidelity, and uprightness. A person who shuns fraud, cunning and deceit is in these virtues...from the Lord.” *Doctrine of Life* 82-83

The Lord’s Word tells us that in order to learn to do good things we must first stop doing evil things. If we turn away from an evil act or thought, the Lord can fill us with the opposite good thought and desire. So, for example, to become an honest, sincere person, we must stop lying, stop being deceitful.

We may lie for all kinds of reasons—from embarrassment, fear of consequences, even just to avoid inconvenience. We can even deceive ourselves, telling ourselves negative self-messages that aren’t true such as “No one likes me.”

Shun deceit

I can stop deceiving others about...

Think of something you lied about recently, even something small. Why did you lie? Figuring out why you reacted with deceit can strengthen your resolve not to do it again.

I can stop deceiving myself about...

Think of a time when you lied to yourself. The next time that message pops up in your head, remind yourself that it is a lie!

I can be true to my ideals...

What does being sincere mean to you? What steps can you take to live with more sincerity?

Cease
to do
evil,
Learn
to do
good...

