

# Self-Reliance Newsletter

By: Michael J. Goodwin

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## Principle #10 – Show Integrity

From: [My Foundation: Principles, Skills, Habits.](#)

The church focuses on 12 principles of employment self-reliance, as found in the newly developed booklet, [My Foundation: Principles, Skills, Habits.](#)

I wish to help you focus on the elements of Employment as it is fundamental to achieving most of the other elements. Please share this information with anyone you can.

Reminder of Boy Scout Law:

A Scout is:

Trustworthy	Obedient
Loyal	Cheerful
Helpful	Thrifty
Friendly	Brave
Courteous	Clean
Kind	Reverent

Scout Oath:

On my honor, I will do my best to do my duty to God and my country and to obey the scout law,  
to help other people at all times,  
to keep myself physically strong, mentally awake and morally straight.

Scout Motto:

Be Prepared

Scout Slogan:

Do a good turn daily.

# 70 SHOW INTEGRITY

## SHOW INTEGRITY

**Ponder:** Why do you feel the Lord loves those with “integrity of heart”? (See Doctrine and Covenants 124:15.)

**Watch:** “What Shall a Man Give in Exchange for His Soul?” (No video? Read the next page.)

**Discuss:** What does it mean to have integrity? What are some small ways people give away their souls to get things in this life?

**Read:** Articles of Faith 1:13; Mosiah 4:28; Job 27:5 (on the right)

**Practice:** On your own, rate yourself in the following areas.

Put a number in front of each item to show how often you act this way  
1 = never, 2 = sometimes, 3 = often, 4 = almost always, 5 = always

- \_\_\_ 1. I keep all of my promises, commitments, and covenants.
- \_\_\_ 2. I am completely truthful in things I say and in the records I keep.
- \_\_\_ 3. I do not exaggerate to make things appear better than they are.
- \_\_\_ 4. I return everything I borrow and do not take things that do not belong to me.
- \_\_\_ 5. I am completely faithful to my spouse in my words and actions.
- \_\_\_ 6. I never cheat, even when I know I won't be caught.
- \_\_\_ 7. When I find something that isn't mine, I return it to the owner.
- \_\_\_ 8. I always pay back money I borrow, including PEF loans from the Church.

**Commit:** Commit to doing the following actions during the week. Check the boxes when you complete each task:

- Practice showing integrity every day.
- Teach this principle to your family.
- Continue to practice the previous foundation principles.

*“We believe in being honest.”*

ARTICLES OF FAITH 1:13

*“And I would that ye should remember, that whosoever among you borroweth of his neighbor should return the thing that he borroweth, according as he doth agree, or else thou shalt commit sin; and perhaps thou shalt cause thy neighbor to commit sin also.”*

MOSIAH 4:28

*“Till I die I will not remove mine integrity from me.”*

JOB 27:5

### Facilitator Tip

Help everyone focus on action—not just talking.

## WHAT SHALL A MAN GIVE IN EXCHANGE FOR HIS SOUL?

If you are unable to watch the video, read this script.



**ELDER ROBERT C. GAY:** *The Savior once asked His disciples the following question: "What shall a man give in exchange for his soul?"*

*This is a question that my father taught me to carefully consider years ago. As I was growing up, my parents assigned me chores around the house and paid me an allowance for that work. I often used that money, a little over 50 cents a week, to go to the movies. Back then a movie ticket cost 25 cents for an 11-year-old. This left me with 25 cents to spend on candy bars, which cost 5 cents apiece. A movie with five candy bars! It couldn't get much better than that.*

*All was well until I turned 12. Standing in line one afternoon, I realized that the ticket price for a 12-year-old was 35 cents, and that meant two less candy bars. Not quite prepared to make that sacrifice, I reasoned to myself, "You look the same as you did a week ago." I then stepped up and asked for the 25-cent ticket. The cashier did not blink, and I bought my regular five candy bars instead of three.*

*Elated by my accomplishment, I later rushed home to tell my dad about my big coup. As I poured out the details, he said nothing. When I finished, he simply looked at me and said, "Son, would you sell your soul for a nickel?" His words pierced my 12-year-old heart. It is a lesson I have never forgotten.*

*(Robert C. Gay, "What Shall a Man Give in Exchange for His Soul?" Ensign or Liahona, Nov. 2012, 34)*

*"Integrity means always doing what is right and good, regardless of the immediate consequences. It means being righteous from the very depth of our soul, not only in our actions but, more importantly, in our thoughts and in our hearts. ... A little lying, a little cheating, or taking a little unfair advantage are not acceptable to the Lord. ... The consummate reward of integrity is the constant companionship of the Holy Ghost, ... [who will] guide us in all we do."*

**JOSEPH B. WIRTHLIN,**  
*"Personal Integrity,"*  
*Ensign, May 1990, 30–33*

- M**y ---- **M**ake sacred Covenants leading to exaltation
- P**ass -- **P**erform Family History and Temple Work
- W**ord - **W**ork with the Full-time Missionaries to hasten the work of salvation
- I**s ----- **I**mprove Sabbath day Observance both at Church and in the Home
- E**xtremely – **E**stablish Patterns and Behaviors that invite Revelatory Experiences
- M**assive ---- **M**inister to those in need

## References:

[Self-Reliance Services](#)

[Self-Reliance Presentation](#)

Other Church Employment Self-Reliance Booklets available:

[Leader Guide](#)

[My Path](#)

[Starting and Growing My Business](#)

[My Job Search](#)

[Education for Better Work](#)

Sincerely,

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