



Center for Spiritual Development

# *Daily Reflections*

Image by Christine Sponchia

## **JOURNEY TOWARD INTEGRITY**

By Sr. Jane DeLisle, CSJ

### **An Excerpt from Today's Responsorial Psalm**

*I will walk with blameless heart. ...*

*My eyes are upon the faithful of the land,  
that they may dwell with me.*

*He who walks in the way of integrity  
shall be in my service.*

**PSALM 101: 2, 6**

---

### **Reflection**

In reading the scripture passages of this day, many words flooded my mind. For some reason the word “integrity” leaped out for me. It has been an important invitation in my life. Striving for integrity is a lifetime endeavor and stirs up the desire to live my life in fidelity to God. Long ago I realized that while being perfect is merely an illusion, being faithful to God’s desire for me

requires daily reliance on God's abiding presence. I trust that in God, I have what I need in the moment. Fidelity to the movement of the Holy Spirit shapes my sense of integrity.

The dictionary definition of integrity is *"the quality of being honest and having strong moral principles; moral uprightness."* And the second, *"the state of being whole and undivided."*

To be "whole and undivided" in the ways of God necessitates ever-deepening self-knowledge and a willingness to humbly attend to my ego-driven tendencies. As I have grown into the person God calls me be, I have found that prayer, psychological insights, purposeful engagement with my sisters, and honest conversation with my spiritual director have served me well. Mentors, friends, and colleagues have helped rub off the touchy places, refined my thinking, fostered insight into my humanity. Gradually God has strengthened my faith and broadened my vision to be more inclusive and attentive to the interest and good of others. I have not arrived; by grace I continue to explore opportunities for personal development.

Often this consciousness has required costly grace which has necessitated prayer, the need for forgiveness, the surrender of doing things only one way, and the rubbing of shoulders in community. Letting go into God's love and desire has helped me realize anew God's abiding presence within me. I pray that God continue to polish my failings and use me for the good of all with whom I journey in life.

---





## For Pondering

- What is my understanding of personal integrity?
  - How have I wrestled within myself for deeper self-knowledge leading to fidelity to God?
  - What graces do I need at this time of my life to open myself to a greater integrity?
- 

## For Prayer

*Lord God,  
You who called Yourself "the way, the truth, the life,"  
instill within each of our hearts a passion for truth in all we do.  
Grant us the grace of personal and institutional integrity.  
In myriad ways we state who we are and what we believe.  
Amen.*

WITH THANKS TO THE CATHOLIC HEALTH ASSOCIATION OF THE UNITED STATES

---

**If you enjoy reading our reflections and would like to make  
a donation towards this ministry, click the button below!**

[Support Us Here](#)



Center for  
Spiritual  
Development

COMPANIONS ON THE  
SACRED JOURNEY



[Visit Website](#)

714-744-3172

[Join Mailing  
List](#)



To “Unsubscribe” from the daily reflections while remaining on our general mailing list, please [email us](#). The unsubscribe function below will unsubscribe you from all emails from CSD. Please know we will never share your information.

Center for Spiritual Development | 434 A South Batavia Street, Orange, CA 92868 714-744-3175

[Unsubscribe slongbotham@csjorange.org](mailto:slongbotham@csjorange.org)

[Update Profile](#) | [Constant Contact Data  
Notice](#)

Sent by [bythecsd@csjorange.org](mailto:bythecsd@csjorange.org)