

Though similar in meaning, rectitude deals with one's ability to adhere to moral character, whereas integrity describes actions based upon that adherence to strict moral character. If we operate in Godly rectitude then our actions and decisions will reflect Godly integrity.

Not only can words be powerful, they can also become hollow and empty when the wielder loses his/her integrity and rectitude by not living in a state of moral soundness, rightness of principle or practice, or failing to fulfill the verbal contracts they commit to. Let us restore integrity and rectitude by holding firm to their truths and living them out on a daily basis.

Examples of where integrity and rectitude require restoration:

- Broken commitments
- Harsh words
- Gossip
- Bitterness
- Jealousy
- Unforgiveness

When restoring integrity, the conversation may look something like this:

Hello, *\_(name)\_*, I realize that I have lost integrity with you concerning *\_(area of broken integrity)\_*. I want to apologize for my lack of integrity when I *\_(specific action)\_*. I am asking for your forgiveness and I commit to acting with a genuine state of integrity from this point onward.

Are there areas where you have lacked integrity and rectitude?

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Who do you need to restore your integrity with? Do not wait, do it today.

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