**ESP Reviewer**

**The Meaning of Truth and Honesty**

* Honesty and truthfulness are often interchangeably used.
* According to Merriam-Webster Dictionary

**Honesty** – Adherence to facts. It implies genuine sincerity and refusal to lie.

**Truth** – Focused on real things, events, and facts.

**Truth in Christianity**

* Believes in the Holy Trinity with God, the Father, the Son and the Holy Spirit.
* **Ten Commandments** - serve as moral guidelines.
* **Bible -** Teachings of Christian faith written in a book.

**Truth in Islam**

* Religion spread by Prophet Muhammad in Arabia.
* The term Islam means “surrender.”
* Muslims abide with the following five pillars of truth:

**The Shahadah** or **Profession of Faith**

**The Salat** or **Prayer**

**The Zakator Charity**

**The Sawn** or **Fasting**

**The Hajj** or **Pilgrimage**

* **Allah** – The only Islam god.
* **Qu’ran** – The will of Allah.

**Truth in Hinduism**

* Oldest religion.
* **Veda** – Their Holy Scripture.
* The Five Hinduism Principles

**God Exists**

**All Human Beings are Divine**

**Unity of Existence**

**Religious Harmony**

**Knowledge of Three Gs**

**Truth in Buddhism**

* Fourth largest religion.
* Founded by Siddharta Gautama.
* Four Noble Truths

Life is Inevitable Suffering

There is a Cause to Our Suffering

There is an End to Suffering

The End to Suffering is Contained in the Eightfold Path

* Eightfold Path

Right View

Right Indention

Right Speech

Right Action

Right Livelihood

Right Effort

Right Concentration

Right Mindfulness

**Internal Factors in Value Formation**

**Five Internal Factors That Influence Formation of Values and Virtues**

* **Critical Thinking** – Your ability to understand logical connections, detect inconsistencies, and flawed reasoning.
* **Responsible Freedom** –Responsible use of one’s freedom influences of values since your since of freedom determine how much self-control you possess.
* **Living Good Values and Virtues** – Living good values and virtues is another factor that influences the formation of your values. For instance, courage defined by Merriam-Webster Dictionary is “the mental or moral strength of an individual to venture, persevere, and withstand danger, fear, and difficulty.”
* **Personal Discipline** – According to Steve Pavlina, self-discipline is an ability to correct or regulate one’s self to make improvements. And stated that the following are foundations of self-discipline:

1. **Acceptance of One’s Weakness**
2. **Courage**
3. **Patience**
4. **Industriousness**
5. **Persistence**

* **Moral Integrity** – Upholding universal truth and moral values. Stephen Carter, stated moral integrity can be achieved in the following qualities:

1. **Critical Thinking Based on Moral Standards**
2. **Strong Faith**
3. **Standing Firm**