

# Quaker Testimonies

Quakers' experience of the Divine affects:

- What we do in our personal lives.
- What we believe.
- Changes we work for in the wider world.

“Testimonies” are what Quakers call the ways we have found to live and act based on our beliefs.

As a group, we find that listening to and following God leads to:

*Integrity*—living as whole people who act on what we believe, tell the truth, and do what we say we will do.

*Simplicity*—focusing on what is truly important and letting other things fall away.

*Equality*—treating everyone, everywhere, as equally precious to God; recognizing that everyone has gifts to share.

*Community*—supporting one another in our faith journeys and in times of joy and sorrow; sharing with and caring for each other.

*Peace*—seeking justice and healing for all people; taking away the causes of war in the ways we live.

*Care for the earth*—valuing and respecting all of God's creation; using only our fair share of the earth's resources; working for policies that protect the planet.

*We do not always hear and follow Divine guidance; being in community with other Quakers helps us to be faithful.*

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