



Truth and Honesty

always and everywhere

Start Here

- Have you ever experienced someone lying to you?
- How did you feel when you discovered the deception?
- What happened to your relationship with that person?

Discuss

We all would say we value the truth. And yet often we find ourselves in situations where we are tempted to lie.

- Perhaps we hide the truth to protect someone's feelings?
- Perhaps we portray an image that is not our authentic selves?
- Perhaps we lie in order to cover up a mistake?

What are some other reasons that we are tempted to lie?

Lying is often easier than telling the truth. Sometimes it even appears that it might be the best choice for all involved. When we are tempted to lie, why might we choose to speak the truth and act honestly?

Explore the Word

Let's look at three reasons to choose truth:

Reason 1: Truth is a Characteristic of God Read these verses:

- John 1:14
- John 14:6
- John 8:31-32
- 1 John 1:5-7

Based on these verses, why is truth important?

Truth is key to who God is. God will always be honest with you. He will always tell you the truth. This is one of the reasons you can trust him. And he calls us to be like him – he calls us to live in truth. He wants us to value and honour the truth like he does.

Reason 2: Satan is the father of lies Read this verse:

- John 8:44

While truth is a characteristic of God, falsehood and deception are characteristics of satan. In Genesis 3, satan used deception with Adam and Eve to cause them to sin. He has been lying ever

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since and bringing destruction in every generation. That's why Jesus calls him the father of lies. When we engage in deception, we open the door to evil.

Reason 3: God hates lies because they hurt people Read these verses. What is God's attitude towards dishonesty?

- Proverbs 12:22
- Proverbs 25:18
- Colossians 3:9-10

Lies are destructive. They break relationships, they manipulate people, and they exhaust the one living by them. When we participate in lies, we participate in evil.

Main Idea

The three reasons we have explored in the Word show us that truth and honesty are always the right choice.

When we choose the truth and live in honesty, there are many benefits, including:

- We look more like Jesus
- We show our trust in God
 - We don't manipulate people or situations to our advantage, but trust God to work.
- We bring light to the situation instead of darkness.
- We become trustworthy to others
 - Our relationships are strengthened. Though in the moment it may feel painful to tell the truth, in the long run it creates the possibility of authentic relationship.
- We live in freedom
 - We do not need to manage the false realities we have created. We don't even have to manage our own reputations. Living in the truth releases us from the exhaustion of maintaining lies.

Practice Together Now

Proverbs 10:9 teaches us that those who walk in truth and integrity walk securely. But to live like this, we must keep practising and choosing to live in the truth.

- What are the circumstances in which you are most tempted to be dishonest?
- Why are you tempted to lie in this situation? Why would you choose the truth instead?
- Is there a situation this week where you feel God is asking you to tell the truth even though it may be hard?
- Pray together that God would increase your love for the truth and give you courage to be honest this week and always.

Review your Practice Daily

- Write down Proverbs 10:9 on a piece of paper and put it where you will read it every morning.
- Read the following verses in your personal time of devotion and note why God loves truthfulness and honesty:
 - Psalms 25:5
 - Ephesians 4:25

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- Ephesians 6:14
- As you face a choice this week to lie or tell the truth, recall Proverbs 10:9, asking God's help, then take a deep breath and speak the truth in love.
- Call each other and debrief the experience of choosing the truth.