

MARCH 8, 2020 • DAVID SMITH

# Lying, Mostly to Myself

From the blame game to people-pleasing to bottling up feelings, it's easy to find yourself stuck in unhealthy emotional patterns. But God cares about your emotional health, and He wants to help us break the patterns that are breaking us. During this season of Lent, what unhealthy pattern will you quit, as we find our identity in Jesus?

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## INTRODUCTION

In this season of Lent, we're discussing how we can quit unhealthy patterns as we find our identity in Jesus. Today Pastor David talked about how we need to quit lying, mostly to ourselves, and cross the pathway from lying to truth in order to find our identity in God.

## STARTER QUESTION

What do you need to quit? Do you struggle with lying? Do you struggle with lying to yourself?

## INTO THE WORD

Were you surprised to see almost a dozen examples of lying in the Bible? Choose an example from today's sermon notes and discuss the circumstances of the lie and its consequences.

Read Titus 1:2 and Hebrews 6:18. These verses make it clear that God is incapable of lying. Knowing that, discuss why you think lying occurs frequently and is covered in depth through many Bible characters and situations. How does lying affect your relationship with God? Why is truth so important to Him?

In Genesis 27:1-27, Jacob uses elaborate lies and colludes with his mother Rebekah to deceive his father Isaac. When wrongful intent is involved, we often call it a black lie. How would you describe the difference between a white lie and a black lie?

## APPLICATION

Discuss reasons why one might sometimes tell "little" or white lies with family, friends or coworkers. In the Bible and today, how do we rationalize the occasional white lie as preferable to the truth?

What came to mind when Pastor David said that 11 people die each day in the world for refusing to denounce their faith in Christ? Discuss how this fact reveals the importance of telling the truth.

Today Pastor David said, "If identity is something that we have to create, then we will never measure up." How do you interpret the meaning of this idea? Discuss how finding your identity in God allows you to quit lying, mostly to yourself.

## PRAYER

The lie behind every lie is that we don't trust God with our identity and our future. But in John 14:6, Jesus says, "I am the way, and the truth, and the life" (ESV). This week as you pray, lean into your identity in Christ and in His truth, and quit the harmful pattern of lying.