



QUIT THE DRAMA

Quit Lying

Week 4

4 of 5

April 24, 2016

Icebreaker: In what types of life situations do you tell yourself it is okay to lie? Explain.

Key Verse: As it is written: *“There is no one righteous, not even one; there is no one who understands, no one who seeks God. All have turned away, they have together become worthless; there is no one who does good, not even one. Their throats are open graves; their tongues practice deceit.”* Romans 3:10-13

The verse we are taking a look at today is super uplifting, right? One of the hard truths the Bible puts before us is that every single person who has ever lived is a sinner. Everyone, by choice and in his or her very nature, has done what God says we should not do. Our relationship with sin has broken our relationship with God. This inherited sin nature expresses itself in hundreds of different ways, one of which is lying.

If you are a parent, did you have to teach your children to lie, or did they figure out how to do that on their own? They figured it out because they were born that way! It’s actually harder for children to learn to tell the truth than to lie, and the Book of Romans tells us why. In chapter 3, Paul writes that all have sinned and fallen short of God’s standard (v. 23) because God is committed to the truth.

Do you see? The reason our “tongues practice deceit” is because there is “no one who is righteous.” However, even though we cannot help lying, it doesn’t mean that we should keep lying. The same book that calls us liars also invites us into a relationship with Jesus, who is truth in person (John 14:6), so that we can be redeemed from our sinful nature. In Christ, God does not see us as liars and sinners, but as beloved and wanted. When we follow Jesus and embrace His truth, only then do we have hope that we can quit lying.

THINK IT OVER >>>

Thinking back on Dwight’s message, what stood out to you?

Dwight said that the way to quit lying is to . . .

1. Speak the truth completely
2. Speak the truth consistently
3. Speak the truth in love
4. Speak the truth tactfully

Why is realizing that everyone lies not a valid excuse to lie?

Did you have to be taught how to lie? What does that reveal to us about the sinful nature of human beings?

If Jesus is the truth embodied (John 14:6), what does that say about lying?

LOOK IT OVER <<<

How did your family dynamics growing up influence your relationship with the truth?

When was the last time you lied? Why did you lie? What could you have done differently to tell the truth?

Is lying to spare someone’s feelings wrong? How can you still spare someone’s feelings without lying?

How much of lying is tied to your own pride and self-esteem?

When has telling the truth, even when it was hard, strengthened your relationship with someone?

NEXT STEPS

This week, consider taking some next steps together, as a group:

1. Thank God for being a God of truth who will never lie to you. Pray that you would value truth as God values truth and give yourself over to telling the truth even when it seems okay to lie. Ask the Spirit to continue to sanctify you so you would not even desire to be untruthful.
2. Make a list of things you lie about most often. Take each reason and identify why you lie about those things, and how you can rely on Christ to be truthful. Then, think through all the areas where you tell yourself little white lies – how can you refrain from even doing that?

EVALUATION/ACTION

Tell the truth even when it is uncomfortable.

Rate yourself from 1 to 10 1 (never), 10 (always)	1	2	3	4	5	6	7	8	9	10
Why did you give yourself this rating?										
What benefits will you obtain by raising your rating?										
Do you know someone who demonstrates this bottom line well? What do you admire about that person?										
What specific action can you put into practice to raise your rating?										
At the end of this week, reflect - where did you see the bottom line show up in your actions throughout the week?										

PRAYER

List group members and their prayer requests for this week:

FURTHER STUDY

Want to dig deeper? Check out these verses:

- James 5:12
- Jeremiah 17:9
- John 8:32
- Proverbs 12:22
- Psalm 139:23-24

Don't let the conversation stop here. Keep talking it over with others throughout the week.
(Don't forget to bring this paper to the next small group meeting)