

# Honestly Speaking

Truth and sanity go hand in hand. The more honest we are with ourself, others, and God, the healthier we will be. Also, the more we are open to receiving honest feedback from others about how we are coming across, the healthier we will be and the smoother our recovery will be.

We often fear dealing honestly with life's problems. We are afraid that if we start opening up to the truth, we will be devastated. So we start lying to cover up and hide from the truth. Before long we are fooled by our own lies. Honesty with God, with ourself, and with others is essential for our growth. We can never recover in the areas where we deny that there is a problem.

## Excuses to Lie

- It might inconvenience me if I tell the truth.
- I feel inadequate or ashamed.
- I want to be liked or admired (to create a persona or an identity)
- To cover my mistakes
- To get what I want
- I'm angry at someone and want to hurt them
- To rationalize or minimize the consequences of my addictive behaviour
- To escape conflict or confrontation
- To escape punishment
- It's a habit
- I think it will help in a situation (like save someone's feelings)
- To avoid pain
- I don't know what else to say

## Reasons God Says It's Good To Tell The Truth

### **1. We finally get to be free.**

*And you will know the truth, and the truth will set you free.” (John 8)*

### **2. We get to live in love.**

*Love is never glad about injustice but rejoices whenever the truth wins out. (1 Corinthians 13)*

### **3. We get to see and understand truth.**

*But the people's minds were hardened, and even to this day whenever the word of the Lord is being read, a veil covers their minds so they cannot understand the truth. And this veil can be removed only by believing in Christ. (2 Corinthians 3)*

### **4. We get to please the one who loves us dearly.**

*There are six things the Lord hates—no, seven things he detests: haughty eyes, a lying tongue, hands that kill the innocent, a heart that plots evil, feet that race to do wrong, a false witness who pours out lies, a person who sows discord among brothers and sisters. (Proverbs 6)*

### **5. We get to avoid the awful consequences of untruth that will otherwise surely trap us.**

*Remember that some people lead sinful lives, and everyone knows they will be judged. But there are others whose sin will not be revealed until later. In the same way, everyone knows how much good some people do, but there are others whose good deeds won't be known until later. (1 Timothy 5)*

### **6. We get to live in a new way.**

*You must display a new nature because you are a new person, created in God's likeness—righteous, holy, and true. So put away all falsehood and “tell your neighbor the truth” because we*

*belong to each other. (Ephesians 4)-*

### **7. We get to be more and more like Jesus – the most revered person to ever live.**

### **8. Life with others goes much more smoothly**

*Instead, we will hold to the truth in love, becoming more and more in every way like Christ, who is the head of his body, the church. Under his direction, the whole body is fitted together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love. (Ephesians 4)*

### **9. We get to live free from the tyranny of our emotions (particularly condemning ones)**

*It is by our actions that we know we are living in the truth, so we will be confident when we stand before the Lord, even if our hearts condemn us. For God is greater than our hearts, and he knows everything.*

### **10. We get a life of sanity or wisdom.**

*A wise person is hungry for truth, while the fool feeds on trash.*

## Questions For Reflection and Discussion

1. Why do I lie?
2. What kind of results do I see from the lies I tell?
3. How can we break the habit of lying?
4. What benefits are there for those who speak the truth?
5. What has been my experience of changing and risking to tell the truth?
6. In what ways do I treat God like He is lying? (ie. Doubt, lack of faith, pretending there are no consequences to my sin)