

SHIFT

the life we are meant to live



February 7th, 2016

Living Without Lying

1. REJECT THE FALSE NARRATIVE:

I NEED TO LIE TO GET BY

- We Lie To GET WHAT WE WANT
- We Lie To AVOID WHAT WE DON'T WANT

2. EMBRACE THE JESUS NARRATIVE:

TRUTH-TELLING - A WAY OF LIFE

“Again you have heard that it was said to those of old, ‘You shall not swear falsely, but shall perform to the Lord what you have sworn.’³⁴ But I say to you, Do not take an oath at all, either by heaven, for it is the throne of God,³⁵ or by the earth, for it is his footstool, or by Jerusalem, for it is the city of the great King.³⁶ And do not take an oath by your head, for you cannot make one hair white or black.³⁷ Let what you say be simply ‘Yes’ or ‘No’; anything more than this comes from evil. – Matthew 5:33-37 ESV

HOW JESUS SEES TRUTH-TELLING

1. It Squares With The NATURE OF GOD.

This truth [the Gospel message] gives them confidence that they have eternal life, which God—who does not lie—promised them before the world began. - Titus 1:2 NLT

When the Spirit of truth comes, he will guide you into all truth ... the Spirit, who is truth... - John 16:13; 1 John 5:6 NLT

2. It Should Be OUR KINGDOM LIFESTYLE.

For I rejoiced greatly when the brothers came and testified to your truth, as indeed you are walking in the truth. - 3 John 1:3 ESV

What this adds up to, then, is this: no more lies, no more pretense. Tell your neighbor the truth. In Christ's body we're all connected to each other, after all. When you lie to others, you end up lying to yourself. - Ephesians 4:25 MSG

Don't lie to each other, for you have stripped off your old sinful nature and all its wicked deeds. - Colossians 3:9 NLT

3. It Should Be Spoken FROM A HEART OF LOVE.

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. - Ephesians 4:29 ESV

We will not be influenced when people try to trick us with lies so clever they sound like the truth. ¹⁵ Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church. - Ephesians 4:14-15 NLT

4. Our Word Should Be OUR BOND.

Matthew 23:16-22

And since you know that he cares, let your language show it. Don't add words like "I swear to God" to your own words. Don't show your impatience by concocting oaths to hurry up God. Just say yes or no. Just say what is true. That way, your language can't be used against you. - James 5:12 MSG

The Yes of Christ!

But as surely as God is faithful, our message to you is not "Yes" and "No." ¹⁹ For the Son of God, Jesus Christ, who was preached among you by us—by me and Silas and Timothy—was not "Yes" and "No," but in him it has always been "Yes." ²⁰ For no matter how many promises God has made, they are "Yes" in Christ. And so through him the "Amen" is spoken by us to the glory of God. ²¹ Now it is God who makes both us and you stand firm in Christ. He anointed us, ²² set his seal of ownership on us, and put his Spirit in our hearts as a deposit, guaranteeing what is to come. - 2 Corinthians 1:18-22 NIV

I Will Shift by...

- Memorizing [Ephesians 4:25](#).
- Becoming a person of integrity, honesty, and truth.
- Inviting the Spirit of truth to live through me day to day.
- Giving my life to Jesus, the King of truth, for the first time.

WALK THE TALK

A Growth Group Guide

1. Why do you think lying seems to be so prevalent among most of us, even if they tend to be only “white lies”? Why are we so good at justifying our deceptions?
2. Are most lies you have ever told been driven by a desire to get what you wanted or to avoid what you didn’t want?
3. Have you ever said “I swear” or “I promise” when trying to get others to believe you? Why did you use those words?
4. What impact would this teaching have on our lives if we truly lived a life of integrity, honesty, and truth? On our relationships? On our employment? In our church?
5. How does “living in the Kingdom” help us to stop lying to, or deceiving, others? How does it address our fears and order our desires?
6. Do you think there are times that call for not telling someone we love everything we think or know about something? Explain.
7. Repeat this prayer out loud together when you close: *Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my Rock and my Redeemer. (Psalm 19:14)*

SOUL TRAINING – SILENCE

A Personal Transformation Exercise

The Principle:

The practice of silence goes back many centuries. Monks and nuns regularly practice the discipline of silence for many reasons, but one reason is to counter the sins of the tongue, such as lying or gossip. Practicing silence teaches them the power of words and gives them greater control over their tongues. Most of us are not nuns or monks, but we can practice this discipline to help us learn how to bridle our tongues.

If we do not speak, we cannot lie. We cannot gossip. We cannot hurt others with our words. So, we practice silence to have better control over our tongues. We will not become proficient overnight, but in time we will see progress.

The Plan:

There are two exercises to choose from this week. The main one is very challenging and needs a good bit of preparation.

1. Go One Day Without Words

This main challenge is to go a day without speaking. It can be challenging to do, but it is possible. First, you need to choose a day when it will be less of a problem for you. For many, the weekend works best. You can choose to go from sundown to sundown, Friday evening to Saturday evening, for example. Be sure to let others know you are doing this. Silence can create suspicion and concern. If you are asked to speak and it is beneficial to do so, then speak. If someone is about to get hit by a bus, please speak! Lastly, use hand gestures or written notes to communicate when necessary. Try to avoid having conversations via email and text messaging. You can still lie and hurt others in the written word (and more easily)!

2. Go One Day Without Lying

For some, the first exercise may be an impossibility. If so, try to have a lie free day. This will mean taking extra time to think about what you are saying. If you do happen to lie, correct it *immediately*, and see how forgiving and accepting people can be!