

DONE PRETENDING

Men's Breakout Handout

"The quality of your decisions determines the quality of your life." - Craig Groeschel

ICEBREAKER

Why do you think men feel pressure to pretend they are doing better than they really are?

1. DECIDE THAT HIDING IS NO LONGER AN OPTION

Genesis 3:10 - "I was afraid, because I was naked, and I hid myself."

Sin > Shame > Fear > Hiding

We may not hide behind trees, but men still hide behind work, humor, anger, silence, busyness, ministry, or always having the answer.

Privacy: "Not everyone needs to know everything about me."

Secrecy: "Nobody can know this about me."

REMEMBER: You cannot become the man God is calling you to be while defending the man you are pretending to be.

What are you working so hard to keep hidden?

How long are you willing to keep living this way?

2. DECIDE THAT THE COST OF PRETENDING IS TOO HIGH

Psalms 32:3, 5 - "For when I kept silent, my bones wasted away..." "I acknowledged my sin to you, and I did not cover my iniquity."

REMEMBER: The sin you protect will eventually demand more than you planned to give it.

What does pretending cost a man?

What is my refusal to deal with this costing the people around me?

If nothing changes, what will pretending cost me five years from now?

3. DECIDE TO WALK IN THE LIGHT

1 John 1:7 - "But if we walk in the light, as he is in the light, we have fellowship with one another..."

There is a difference between **struggling** and **pretending**.

REMEMBER: Walking in the light does not mean you never struggle. It means you stop building your life around hiding the struggle.

Being done pretending is not simply one decision you make once. It is a direction you choose every day.

Where am I most tempted to pretend right now?

MAKE THE DECISION

Conviction alone does not change us.

CHANGE BEGINS WHEN CONVICTION BECOMES OBEDIENCE.

What is God asking you to bring into the light?

What is ONE next right decision you need to make today?

MY NEXT STEP

- ☐ Tell God the truth
- ☐ Take responsibility
- ☐ Make the next right decision
- ☐ Tell another man the truth
- ☐ Ask for help

DISCUSSION QUESTIONS

1. Where am I most tempted to pretend right now?

2. What decision do I need to make today to start walking in the light?

DONE PRETENDING

I'm done protecting the image. I'm done hiding. I'm done pretending.

By the grace of Jesus Christ, I'm choosing to walk in the light.