

**Tipping Point**  
**Lessons for Relationships**  
**“I Never Deny Anything”**  
**Wednesday, December 9, 2015**

Hebrews 3:7-15

Observations:

- Denial is common to us all  
It is an unwillingness to see ourselves \_\_\_\_\_ as we really are.
- The greater the denial the greater the unfinished business \_\_\_\_\_
- Key word for denial: Rationalization \_\_\_\_\_

In extreme cases there are two groups involved: perpetrators \_\_\_\_\_ and victims \_\_\_\_\_.

Why do we love denial?

To avoid blame \_\_\_\_\_

To avoid pain \_\_\_\_\_

To avoid shame \_\_\_\_\_

7 Characteristics of Denial

1. Emotional numbness \_\_\_\_\_
2. Superficial friendships \_\_\_\_\_
3. Lack of trust \_\_\_\_\_
4. Manipulation \_\_\_\_\_

5. Selective listening

6. Critical spirit

7. Hardened heart

### Psalm 139

1. Admit you have been found out (verse 1)!

2. Ask God to help you find yourself (verse 23).

3. Receive God's cleansing

Search me.

Know me.

Test me.

