



Sermon Series: Watch Your Mouth Part 2

Sermon Title: Nothing But the Truth

Speaker/ Date: Segun Aiyegbusi, August 23, 2020

God has a very strong view against lying, and He's extremely clear about that. **Proverbs 6:16-19, Proverbs 12:22**

Big Idea: HONESTY IS THE BEST POLICY. Period.

3 areas of your life that are impacted by how truthful you are

1. YOUR BODY

Proverbs 11:3

God designed our bodies to physically react to the thoughts and the words we choose to speak. Living a dishonest life brings on a whole host of long term negative health issues like high blood pressure, increased heart rate, elevated stress hormones in the blood, and sleeplessness.

A lot of mental energy goes into telling and keeping up a lie. The problem with telling one lie is it begins a landslide of having to tell other lies.

Now, let's contrast lying with what happens to our bodies when we speak honestly. (**Proverbs 10:11**)

A person who speaks honestly has better focus and memory because their brain isn't cluttered up spending large amounts of emotional energy creating these long explanations trying to make a lie sound more credible. When you're honest, you experience less stress, and you have the focus, energy, and freedom to invest in more important things. The person who speaks honestly will be avoiding a whole host of self-inflicted physical consequences.

2. RELATIONSHIPS WITH OTHER PEOPLE

We are social beings created to be in relationships with other people.

Scripture tells us the importance that honesty holds in maintaining healthy relationships. (**Ephesians 4:25**)

Honesty has a positive effect on your relationships. Honesty brings life to relationships. When you tell the truth, people know where you stand. They know you are trustworthy. Truthfulness is a vital part of life, and if a relationship is going to last and be healthy, it needs truth tellers in it. Proverbs 24:26

Once you settle that you are going to be truthful and that it's alright not to be accepted by everyone, people will see who you really are and it will help you to find real relationships that last.

3. YOUR RELATIONSHIP WITH GOD.

1 Peter 3:10-12

Your spiritual walk and the way you see God working in your life is directly impacted by whether you tell the truth or you tell lies. Lies go against God's nature. God is truth (Titus 1:2, John 14:6).

When we make the choice to lie, our relationship with God is hindered because rather than following and imitating God's nature, we are choosing to speak Satan's native language. (John 8:44)

We grieve the Holy Spirit when we sin. (Ephesians 4:29-30)

God's favor is with those who obey Him and He works against those who oppose Him. (1 Peter 3:12)

If you are feeling like you are far from God and struggling to see victory in your life, take time to honestly examine yourself and see if your spiritual walk is being hindered because you have the tendency to be dishonest.

When you lie in your relationships it clouds your conscience before God. It builds up walls. But when you confess your sins to God, it brings down those walls. (1 John 1:9)

Ask God to give you the courage and strength to be a person that is trustworthy – a person who obeys Colossians 3:9 & 10

God is truth, we're made in His image, and He promises to delight in you when you choose trustworthiness – Honesty is the best policy. Period.

Discussion Questions:

- **What about the sermon stuck with you this week? What part challenged your thinking?**
- **If you could take back one lie that you told what would it be?**
- **God is truth. How does this influence your faith?**
- **Read Joshua 2:1-16, James 2:5, Hebrews 11:31. Did God approve of Rahab's lie?**
- **Are there any circumstances where lying is acceptable?**
- **Is it an overreaction to say that little white lies are sinful? Explain**
- **Lovingly presenting the truth to others is important. Explain why**
- **Does society as a whole accept lying or view lying as wrong? Why?**