

EPHESIANS

I'm Not Gonna Lie

Main Scripture: Ephesians 4:25

Lying is a part of our old nature.

Lying is a sin.

(Act 5:1-11, Prov 6:16-19, Rev 22:15, Jn 8:44)

Lying is a relationship killer.

(Eph 4:16, Mat 5:23-25)

Lying can stop.

(1 Jn 1:9, 6; 1 Sam 16:1-5)

Steps to Stop Lying

1. Admit you have a problem.
2. Confess it - "I did it."
3. Repent - "I turn away."
4. Make restitution.

Questions

1. Are there ways in which I haven't been truthful?
2. What do I need to admit, confess, repent and make restitution for?

Heartland Kids Weekend Bulletin

February 6/7, 2021



Ephesians 4:25

²⁵ Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.

Lying is part of our old nature

- Telling lies is something a lot of people do to avoid being uncomfortable.
- Pastor Al tells us that people lie at minimum 1-2 times a day! Does that seem right to you?

Lying is a sin

- Did you know that Satan speaks his own language? That language is lies! John 8:44 says, “When he [Satan] lies, he speaks his native language, for he is a liar and the father of lies.”
- It is important that we pray and ask God to help us speak His language, the truth, as much as we can.

Lying is a relationship killer

- Why is lying so bad? Lying does a few things. Not only does it hurt God’s heart when he sees us sin by lying, but lying also breaks people’s trust.
- Lies can grow! When we tell one lie, we often feel like we need to tell more to cover up that first one. This makes telling the truth even harder.

Lying can stop

- The really awesome news is that God wants to help us break our habit of lying! We can do anything when God is on our side.
- There are four steps we can take to break this bad habit. You’ll find those steps on the *Family Challenge* page.

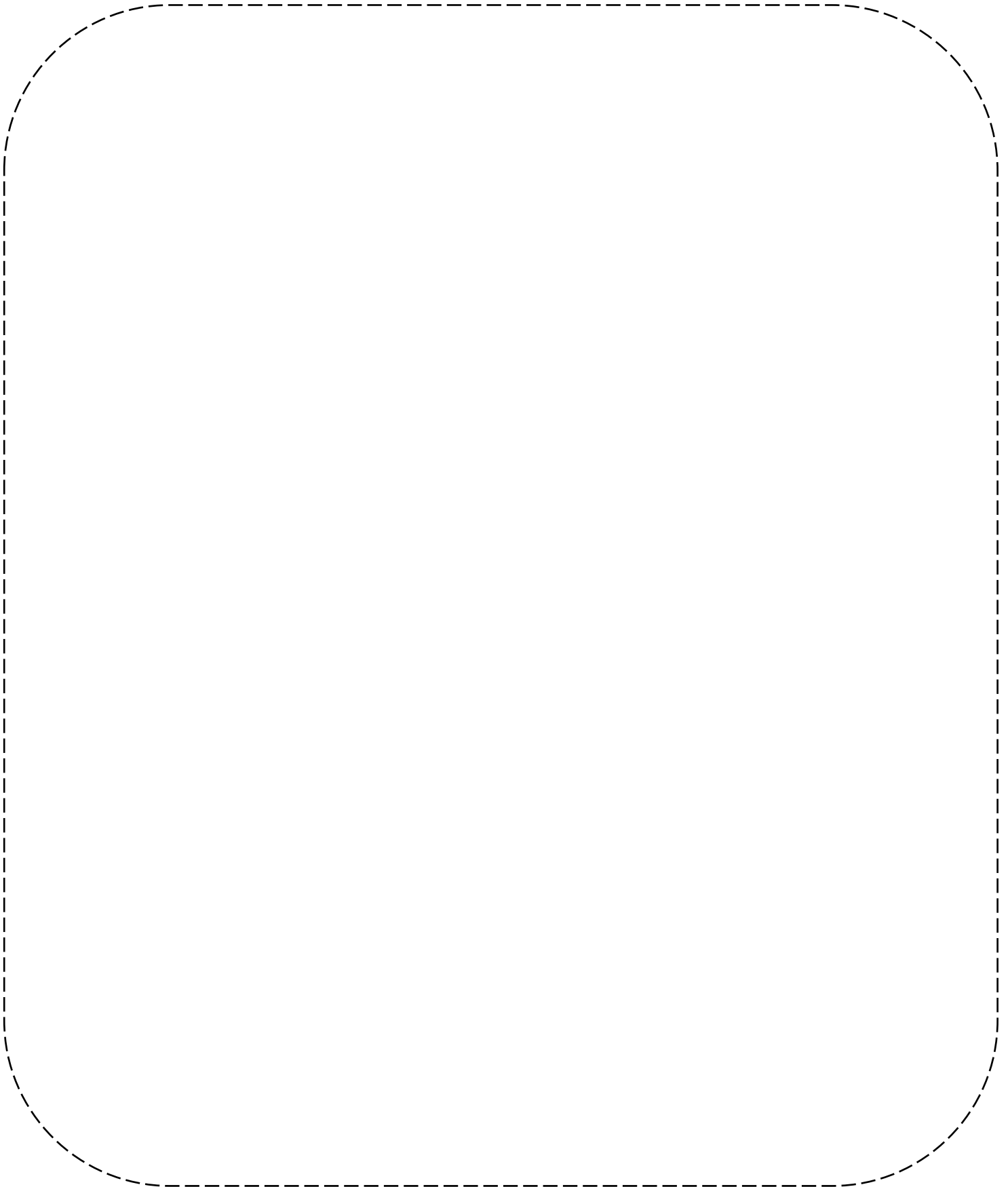
Some questions to discuss as a family:

What is the most recent lie you have told someone?

Did you feel bad when you told the lie? Or was it easy?

How can you work to keep yourself and your family accountable?

Draw a picture of what you learned today.



Family Challenge

Your family challenge this week is to work through the four steps Pastor Al outlined to break the habit of lying together.

1. Admit you have a problem.

- This can be really hard! We don't want to admit our faults. One of the best parts of being part of a loving family and church is that our honesty is rewarded! The people around us want to see us grow and become more like Christ and when we admit we've done something wrong they will take the time to work through it with us.

2. Confess it.

- Tell someone you trust (mom, dad, sibling, pastor, close friend) what you have lied about. Ouch! This can hurt. Sometimes we've lied to someone or even lied about ourselves. When we confess, we let God come into our lives again and we straighten up our relationship with Him. How awesome is that?

3. Repent.

- Repentance is when we say, "God I am truly sorry!" and we work to avoid sinning again. God knows our hearts and loves to hear that we know we were wrong and want to do right.

4. Make restitution.

- Wow! Restitution is a big word that means to make something better or right. For example, if you have lied to someone in a way that was hurtful to them, apologizing and showing you care for that person is making restitution.

Print out this page and put it somewhere your whole family can see. When you come across an issue involving lying this week, go through these steps together. Work to break this bad habit!

No One Will Nose

Have you heard of the story about Pinocchio? He was a talking puppet whose nose would grow when he lied! Can you imagine that happening to you? Today we're going to see what that would be like.

Colour in hair, eyes and a mouth (no nose!) on the face on the last page of the bulletin. Cut out the face and find something that can be easily stacked (Legos, blocks, marshmallows, etc.) and have them nearby. Go through the story below and every time you spot a lie, build your nose with your stackable items. Once the story is done, talk about how easily lies can grow and what you can do to stay honest.

Story

Once upon a time, there was a little boy. He woke up, got ready for school, and said goodbye to his mom. She asked if he had everything he needed. He said yes without checking and went out the door. When he got there, he realized he had forgotten his books! His teacher asked him where they were. He replied that his mom had forgotten to put them in his backpack that day. His teacher asked another student to share theirs and class began.

At recess, the boy decided he didn't want to go play outside because it was too cold! So, he went up to his teacher and said he wasn't feeling well. His teacher took him to the nurse where he could lie down. A few minutes later the nurse popped in to ask him how he was feeling. He said he felt even worse. He thought maybe he could get out of class if he acted sick enough.

The nurse took his temperature and said it looked normal but if the boy really was not feeling well, then she would call his mom to come pick him up. He told the nurse that she couldn't call his mom; she had left yesterday for a business trip. He said that if he could just lie down for a little bit he was sure he would feel better.

An hour later the boy was bored! He got up and told the nurse he felt much better. He asked if he could go back to class. The nurse told him that he could, but that he needed to walk straight back to his class. The boy said he would and left the nurse's office and started to walk towards his class. On the way he saw some kids playing in the gym. He walked in and asked if he could play too. They said yes and the boy spent the rest of the school day running around, having fun in the gym.

When he got home after school his mom greeted him and asked how his day was. He told her it was fine. She asked what they learned in class and he said that the teacher had been sick so there was a substitute. They watched a movie and had free time, so he didn't have any homework like usual. The mom smiled and said it sounded like a fun day.

No One Will Nose



“I’m Not Gonna Lie” | February 6 & 7, 2021

The Small Group Sermon Study

Ephesians 4:25



Opening Prayer: Father, in Jesus’ name, through the Holy Spirit, come and speak to us, teach us and transform us as we read, discuss and reflect on Your word.

1. Big Picture: What did you like or appreciate about this message? What challenged you in this message?
2. Read the key passage(s) of Scripture from the message and review the points from the sermon notes, then answer the following questions:
 - a. What does this tell us about God (Father, Jesus, Holy Spirit)? What do we learn about how He feels, what actions He takes, etc., when it comes to this issue of lying?
 - b. Why is truthfulness, honesty, confession and repentance so important for our small group?
 - c. Think of the last time you lied; what was the reason? What usually entices you to lie?
 - d. How might we grow as a group in being truly honest and transparent with one another?
3. As Pastor Al talked about not lying versus not telling ALL we know, what did you think? Do you agree or disagree, and why?

Silently re-read the key Scripture(s) from the message, asking the Holy Spirit to speak to you.

4. What emotions does this passage or key theme stir up in you?
5. What do you need to surrender to Jesus? How will you respond to what God is showing you about yourself in telling lies or being truthful?
6. As the Holy Spirit prompts you, is there anything you’ve lied about to our small group that you want to confess? This can be a critical moment for repentance, forgiveness, healing and growth in intimacy for us as a group.

Prayer: Spend time praying for one another (that we would grow in our love for God and others, that we would be transformed by what God has revealed, that we would be alert and obedient to God, etc.).