

## **Rules For Free People #8 – Do Not Lie**

**Scripture:** Exodus 20:16 – "You shall not give false testimony against your neighbor."

**Main Idea:** God calls His people to live as truth-tellers because He is truth. Lying aligns us with the enemy and undermines both our character and our witness.

### **Point 1: God Prohibits Lying Because He Is a God of Truth**

**Explanation:** The 9th commandment directly forbids lying about others, but broader Scripture makes clear that God opposes all forms of deceit.

#### **Supporting Scriptures:**

- Psalm 101:7 – "No one who practices deceit will dwell in my house."
- Proverbs 19:5 – "A false witness will not go unpunished."
- Deuteronomy 19:15 – Requires two or three witnesses to establish truth.
- 1 Timothy 5:19 – Same standard applied to accusations in the Church.
- John 14:6 – Jesus says, "I am the way and the truth and the life."
- John 8:44 – Satan is "the father of lies."

**Summary:** God hates lies because His very nature is truth. Truth-telling is part of what it means to belong to God's family.

### **Point 2: Why We Lie**

**Explanation:** We may know lying is wrong, yet we all do it. Understanding our motivations helps us fight the temptation.

#### **Three Core Reasons We Lie:**

1. **To look better** – We lie to protect our image or hide our past.
2. **To avoid consequences** – We lie to escape punishment or blame.
3. **To avoid hard truths** – We lie to sidestep uncomfortable realities.

**Summary:** Lies often feel easier in the moment, but they always collapse. They cannot bear the weight of reality.

### **Point 3: How We Live as People of Truth**

**Explanation:** Truth flows from identity. When we walk in the full acceptance of who Christ says we are, we're freed from the need to lie.

#### **Supporting Scripture:**

- Galatians 4:4–7 – We are adopted as sons and daughters of God.
- John 8:32 – "The truth will set you free."

**Summary:** You don't need to impress others or hide in shame. If your identity is secure in Christ, you are free to walk in truth—even when it's hard.

**Reflection:** Your witness is at stake. If you claim to follow Jesus—the Truth—you must be known as a person who tells the truth. Lies align you with the enemy. Truth reflects your Father.

## Devotion 1: God Is Truth

**Scripture:** *John 14:6 – “Jesus answered, ‘I am the way and the truth and the life.’”*

### Reflection:

Truth isn’t just a concept—it’s the character of God. Jesus doesn’t just speak truth; He is truth. That means when we lie, we step out of alignment with the very nature of the One we follow. The 9th commandment isn’t simply a rule against courtroom dishonesty; it’s a call to reflect the God who is truth in every word we say.

### Challenge:

Today, before you speak, ask: “Is what I’m about to say fully true?” Commit to reflect the character of your Savior, not the father of lies.

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## Devotion 2: Why We Lie

**Scripture:** *Proverbs 19:5 – “A false witness will not go unpunished, and whoever pours out lies will not go free.”*

### Reflection:

We often lie to avoid consequences, protect our image, or dodge uncomfortable truths. But Scripture is clear—lies bring punishment, not freedom. Even the smallest, seemingly harmless lie chips away at our integrity and builds a false version of ourselves we have to maintain.

### Challenge:

Where are you tempted to lie to make life easier or make yourself look better? Confess that area today and choose the harder, better path of truth.

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## Devotion 3: Truth Sets You Free

**Scripture:** *John 8:32 – “Then you will know the truth, and the truth will set you free.”*

### Reflection:

Lies always collapse. They create instability and anxiety. But truth—while it may cost you something in the short term—leads to freedom. Not just freedom from guilt, but freedom to stand firm knowing you aren’t hiding or pretending. In Christ, you’re already accepted, so you have nothing to cover up.

### Challenge:

Is there a lie you’ve been living in—big or small? Ask God to give you the courage to walk in truth and experience the freedom Jesus promises.