

Be Real Put on Honesty

Speaking truth is *foundational* to being like God (Ephesians 4:21-25). While we instinctively long for honesty and integrity within ourselves, our children, and our leaders, we each have a propensity to lie. As we embrace Jesus and say yes to Him, we begin a lifelong journey of becoming like Him. When we grow in our likeness to God, that propensity to lie, as part of the old self, is *put off* like a garment as we *put on* the new self. Of first importance in putting on the new self and becoming like God is speaking the truth. In fact, our relationship with God is based on speaking truth, on confession that leads to freedom. Not only this, but our healthy relationships with one another also involve speaking truth and building trust. As we become more like God – as we embrace honesty – we will experience a greater measure of the abundant life God has in store for us.

GET THINGS STARTED

What are the primary reasons we might lie, and do you think lying is ever justified? What are the consequences of dishonesty in a marriage, in the workplace, in leadership? When has telling the truth – even if it was painful – led to a better situation for you? Would you ever use the *Be Real* app, and why or why not?

GO DEEPER

1. What does it mean to *put off* the old self and to *put on* the new self in Ephesians 4:21-24? What is the role of the Holy Spirit in that process? If we become new creations when we surrender our lives to Jesus (2 Corinthians 5:17), why do we have to endeavor to become like Him?
2. In Hebrews 6:18, why is it significant that God cannot lie? What leads people to distrust the heart of God, if it is impossible for Him to lie?
3. According to Romans 10:9, what affect does *confession* have in our relationship with God? In what other ways can confession be positive and life-giving? In what ways can confession be negative and destructive?

MAKE IT PERSONAL

1. In what possible areas of your life do you tend to exaggerate, deceive, lie, or gossip? What do you think is the motive for you behind any of these?
2. What are one or two primary areas that God may be challenging you to become honest, to exercise genuine confession and repentance? What do you stand to lose, and gain, by embracing honesty in these areas?

PRACTICE IT NOW

Take time as a group to purposefully pray for a heart of honesty in both your relationship with God and in your relationships with others. Ask God to give you greater courage to put off the old self and to put on the new self, to embrace truthful confession more fully. Ask Him to reveal any areas where you have allowed even small measures of exaggeration, deceit, lying, or gossip. Then take steps towards repentance in those areas to align your heart and mind with Him and His Kingdom.