

That's a Good Question

The Integrity Question

JUNE 26, 2022

The easiest person in the world to lie to is yourself. This week, we're talking about a question that will help you put an end to that.

MESSAGE NOTES AND HIGHLIGHTS

- The Integrity Question—Am I telling myself the truth?
 - We've talked ourselves into every bad decision we've ever made.
 - In moments of decision, we often don't pause long enough to catch our own lies.
 - The prudent see danger and take refuge, but the simple keep going and pay the penalty. | Proverbs 27, v.12
 - Wise people take into consideration the long-term results of whatever options they're considering. Simple people, naive people, deceive themselves right into disaster.
 - Find and read the story of Jacob, Rachel, and Leah in Genesis 29.
 - In Genesis 29, there's a lot of deceit—people deceiving each other and themselves.
 - Why don't we ask ourselves, "Am I telling myself the truth?" Ultimately, we don't want to lose control.
 - Take the question even further—Am I telling myself the truth...really?
 - The easiest person to lie to is yourself.
 - Why won't I call that person...Why am I buying this thing...Why am I looking at other jobs...Why do I bounce from relationship to relationship...really?
 - Your greatest regrets are associated with things, opportunities, and people that you've sold yourself on.
 - As soon as you start selling yourself on anything you need to come to a Stop.
 - "The heart is deceitful above all things and beyond cure. Who can understand it?" | Jeremiah 17, v.9
 - We need something better than just following our heart. We need to follow Jesus.
 - Pray and ask God for his guidance, his strength, to bring to our attention all of the things we're refusing to see ourselves.
 - Learn to stop and ask, "Am I telling myself the truth, really?"
 - Commit to the following—I will not lie to myself, even if the truth is hard to see.
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DISCUSSION QUESTIONS

1. What's a silly or "dumb" decision you've made that sticks out as a clear example of, "Yeah, I talked myself into that"?
2. We often are okay with deceiving ourselves because we want to try to stay in control and/or appear like we have it all together. How much do you struggle with wanting to keep control or keep up appearances? How do you think that affects your decisions?
3. Can you think of a bigger decision you've made (with a relationship, work, money, etc.) that you can now recognize that you were lying to yourself?
4. What's an area of your life in which you might be trying to "follow your heart" but maybe not following Jesus? What's a way you can apply or invite the question, "Am I telling myself the truth...really?" in that area? (Praying about it? Talking about it? Asking for someone else's perspective?)