

## LET'S NOT LIE TO OURSELVES

### 1. I'm okay.

- a. We don't really like to dig around and examine what is going on in our own lives.
  - i. I believe this is why gossip is so common.
  - ii. We would rather talk about what is going on in the lives of others than what is happening in our own lives.
- b. The reason we don't do a lot of digging in our own hearts is that we would probably see some major renovations that need to take place.
- c. It can get really messy when we need to make changes and life is so busy, so we don't want to look at what needs fixing.
- d. Instead of looking inside, we simply say, "I'm okay" and trudge along in life.
- e. Normally, it takes something fairly tragic to cause us to get introspective.
- f. This is far from the biblical model.
- g. Notice the heart of the Psalmist:
  - i. Psalm 17:2-3.
  - ii. Psalm 26:2-3.
  - iii. Psalm 139:23.
- h. We need to have the heart of Jeremiah (Lamentations 3:40).
  - i. You do remember when this was written right?
  - ii. A tragedy of immense proportions had just taken place.
- i. Paul told us to examine ourselves to see whether or not we are in the faith (2 Corinthians 13:5).
  - i. We need to examine ourselves spiritually.
  - ii. We need to find those areas in which we are lacking and strengthen them through the help of the Almighty.
- j. No doubt it is hard to admit that we are not okay and that we need God's help.
  - i. This goes against society's teachings.
  - ii. Many of us have the old "pull yourself up by your own bootstraps" way of thinking.
- k. We have to own our weaknesses and get to doing the hard work of real self-examination.
  - i. Do I study enough?
  - ii. Do I pray enough?
  - iii. Do I avoid temptations in my life enough or do I leave myself open to them?
- l. The great thing is, God wants to help us (Romans 8:26; 1 Peter 5:7).
- m. When we decide to quit lying to ourselves, we can do better and be better, but most importantly, feel better about ourselves.
- n. We must remember that we are weak and He is strong and then we can get to work.

### 2. No one will ever find out.

- a. Someone wrote that if we are looking for justification to do something dumb, this is where we generally start.
  - i. It has to do with anonymity.
  - ii. I can look at pornography on my phone or computer and no one will know.

- iii. Our smart phones and tablets have the potential to be some of the most dangerous tools we own.
- b. We might say, "I'm out of town on work and no one will know if I go to this place".
- c. No one will ever know are some of the most famous last words before a sin is committed.
- d. Long ago, Moses let this idea be seen for the lie it is (Numbers 32:23).
- e. God's going to know and expose them (Psalm 90:8).
- f. Too many Christians are letting their lives be lived in a way that is much less than God ever intended because of this lie.
- g. God always knows the dumb things we do, yet loves us any way (Romans 5:8).
- h. We can't hide and we don't need to try and do so.

### **3.No one will get hurt.**

- a. If it's behind closed doors behind two consenting people, no one will get hurt.
- b. If it only impacts me no one else will be bothered.
- c. Sadly, what really happens is that no one else is hurt that we can see right then but later, someone gets hurt about whom we never thought..
  - i. We refuse to look past the nose on our face many times.
  - ii. We get so caught up in the moment that we refuse to think about the long term effects of what we are presently doing.
  - iii. We fail to consider the spiritual ramifications or the problems that might not be so obvious.
- d. Another thing we fail to consider is that we hurt God.
  - i. God felt the pain of the sin caused before the flood (Genesis 6:6).
  - ii. The rebellious Israelites grieved the Holy Spirit (Isaiah 63:10) and we can be guilty of that (Ephesians 4:30).
  - iii. Jesus wept when God's people failed to come to Him (Matthew 23:37).
- e. Our sins always inflict grief and pain and they do so to the very One for whom we are striving to live.

### **4.That's just the way I am.**

- a. The easiest way to deal with the destructive elements in our lives is simply to make them an acceptable or unchangeable part of who we are.
  - i. We might say, "That's just my nature".
  - ii. Or, "I can't fix that part of me".
  - iii. We say these things to try and avoid the responsibility of changing them.
  - iv. The sinful attitude or action has become so deeply embedded in us that we don't think we can be fixed.
- b. When we think this way, we fail to consider the fact that it is God that made us.
  - i. Genesis 1:27.
  - ii. We are made in the image of God and He intends for us to be like and act like Him as much as we can.
  - iii. No doubt we all sin, but to say that's just the way I am is saying that God messed up when He created us.
  - iv. Ultimately, we are just saying He can't change us.

- c. We need to admit to our struggles and imperfections and confess them to God.
- d. If we will come eye to eye with our faults and give them over to God, we can then begin the painful work of fixing them.
  - i. Are you not the best spouse you can be?
    - (1) Let God know that.
    - (2) Then, start studying His word and learn how to do better.
  - ii. Are you not the best parent?
  - iii. Do you not use the best language?
  - iv. It doesn't matter what it is.
  - v. If we turn it over to God and truly desire to change, we can.
- e. We need to remember the words of Paul (Philippians 1:6).
- f. We are to be transformed, which involves change (Romans 12:2).

### **5. I can do that tomorrow.**

- a. I saw a sign that says, "The biggest lie I tell myself is that I will remember that tomorrow".
  - i. Tomorrow is always the best time for Bible study, prayer, visiting, correction of a problem, or whatever else you can think of you need to do.
  - ii. Tomorrow is when we will be honest with God and ourselves.
- b. I believe this is why the Hebrews writer uses the word "today" so often in Hebrews 3.
  - i. It is today when change needs to occur.
  - ii. Today's failures may feel better when tomorrow is the day of change but it doesn't change the failures and it sure doesn't change us.
- c. Hebrews 3:13 - we will get hardened to it if we keep doing it.
- d. The truth is, we don't know if we will have a tomorrow (James 4:13-14).
- e. We do know we have today.