

SHIFT

Shift: Your Character (Week 2)

LifeNotes

TALK IT OVER

Main Idea

When we SHIFT our character away from the lies and deceit of culture toward the values of Christ's Kingdom, we find freedom.

Key Scriptures

"Again, you have heard that it was said to the people long ago, 'Do not break your oath, but keep the oaths you have made to the Lord.' But I tell you, Do not swear at all: either by heaven, for it is God's throne; or by the earth, for it is his footstool; or by Jerusalem, for it is the city of the Great King. And do not swear by your head, for you cannot make even one hair white or black. Simply let your 'Yes' be 'Yes,' and your 'No,' 'No'; anything beyond this comes from the evil one."
Matthew 5:33-37

Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight! Yes, what joy for those whose record the LORD has cleared of guilt whose lives are lived in complete honesty! Psalm 32:1-2

There's no good place to lie; and no wrong place to tell the truth.

Impacts of lying:

- Damages trust with others.
- Blocks intimacy.
- Shreds our character.

How to stand up to our own lies:

1. Admit it.
2. Own it.
3. Leave it behind.

Start talking

- In what ways has deceit become a norm in our current culture?
- Describe the last time you were lied to.
- How does a lie impact our character?

Start thinking

- Read Matthew 5:33-37 and Exodus 20:7, 16. How was the phrase Jesus quoted a "mash-up" of the two commandments from Exodus?
- What was the loophole their misrepresentation of the commandments had opened up?
- How does it impact our lives when we compartmentalize lies?
- What are "areas" of life people may feel more comfortable lying?
- Look at the impacts of lying. How have you seen those lived out?

Start sharing

- Why is lying tempting?
- How have you been impacted by lies?
- Whether telling the lie or experiencing the lie; how is lying exhausting?
- Read Psalm 32:1-2. Where is there "joy" in honesty?

Start doing

- Of the three ways to stand up the lies, which is most difficult?
- The first step to shift our character is admitting the lie. Who do you need to come clean with? Yourself? Jesus? Others?
- Take this week to begin walking through the three steps. Invite a trusted Christian friend to hold you accountable.

Closing prayer

Jesus forgive me for the ways I've allowed deceit and lies to worm their way into my character. Help me to find freedom from them. Give me the courage to admit it, own it, and leave it behind me. Thank you that your forgiveness is always available. Give me the strength to live in complete honesty and me form a character grounded on the values of your Kingdom.