

YEAR LONG

YOUR TRUTH JOURNEY

How does honesty change...

Month 1: Your Interactions with Others?

How would you define integrity? Job 27:5-6; Psalms 78:71-72; Proverbs 10:9, 11:3, 29:10.

“Is it a lie if you’re obviously joking?”

Tell a friend that he or she can ask you about anything and promise that you will be honest with your answer. See how it goes.

Do you find it easier to be honest with people who are close to you or people you don’t know well? Why?

Consider the ramifications of being completely honest in Marriage [or any close relationship]. Are there times when it’s a good idea to keep quiet? If so, give an example.

Is there someone in your life that you have trouble accepting? Why? What can you do to change the situation?

“I am not accepted because I’m so wonderful, but because he is.” Read Ephesians 1:3–7. How should this truth help us deal with others?

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Month 2: Your Relationship with God?

Of the seven things God hates (listed in Proverbs 6:16–19), how many involve a violation of integrity?

Where do you go first when you sin? How does Christ’s love “compel us” to walk on with him (see 2 Corinthians 5:14–15, NIV)?

Helen Roseveare, a missionary doctor whose life has impacted millions, once advised . . . “Above all else, take daily quiet time apart with God. Let nothing squeeze this out of your timetable.” Why is this important? How are you doing in this area? Are you confident that God is big enough to handle our honesty—and even our hostility? Why, or why not?

Do you think a person’s prayers change as he or she lives a more authentic life? How?

What are some of your honest questions for God when it comes to suffering?

Why do we often pretend things are fine when they aren’t? What are the benefits of being open about such challenges and hurts?

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Month 3: Your View of Yourself?

What does it take for our disappointments to make us bitter? How can they make us better?

Have you ever prayed the words, "God, make me rich"? Why, or why not? What would your honest confession be if you were asked about money?

What kinds of things do you tend to whine about and why? How does focusing on 1) the needs of others and 2) what you have to be thankful for, change a tendency to whine?

Do you find it easier to weep with others or to rejoice with them? What are some steps you can take to genuinely rejoice with those who rejoice, to improve your "party skills"?

If a waitress gave you fifty-five dollars too much in change, which of the following would you do?

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| a. Thank God for the blessing and leave the restaurant fast. | b. Engage in rationalizations about bad service and overpricing, and give her back a twenty. | c. Return the full amount, but only because it would come out of her salary. | d. Live the truth and shame the devil. |
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It's tempting to try to hide our flaws. What is an area of your life that you would rather people not ask about? Why?

"Already I've been reminded that I am proud, mischievous, and evasive. I came to faith in Christ precisely because I am a broken person who does not naturally lead a disciplined, honest, and humble life. And if you think things are bad now, it hasn't even been a full month yet." Can you relate?

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What's Next?

In what ways do you think a life of transparent honesty and integrity can help thaw us out? In our relationship with God? With others? What obstacles do you anticipate as you live this way?

What do you find are the main impediments to keeping your word? Pride? Inconvenience? Embarrassment? Insecurity? Fear? What can you do to reprogram your integrity level?

Why is the road to integrity such a tough one? What disciplines should you engage in to become the person you know you should be six months from now? Write down your goals and show them to a friend.

“Because of my integrity You uphold me and set me in Your presence forever” (Psalm 41: 12, NIV). What does this verse mean to you now that you have made it through several months without telling a lie?

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Holidays:

Christmas:

Have you ever sent or received an over-the-top Christmas letter...? Why do people so often engage in the sin of comparison?

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New Years:

Are you big on New Year's resolutions? If you make them, how do you do in following through?

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Easter:

In Matthew 23, Jesus reserves his most condemning language for religious leaders. Why do you think the sin of hypocrisy was so despicable to Jesus? [Easter is often a time when hypocrisy runs rampant, when Christians put on their holy clothes and faces. Have you been genuine this Easter?]

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Your Birthday:

How much time do you spend wondering what others think of you? In looking back on five decades in ministry, popular author Charles Swindoll...[said], "I would have cared less about what people thought or said. And I would have cared more about what Scripture said." How do you feel about Swindoll's comment?
