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.