

## (PART 3) TELL THE TRUTH

### I. Check-In

- Check in. How is everyone doing? What practical step did you take to be a neighbor to someone who is hurting or vulnerable in your community?

### II. Scriptures

You shall not bear false witness against your neighbor. -**Exodus 20:16**

There are six things that the Lord hates, seven that are an abomination to him: haughty eyes, a lying tongue, hands that shed innocent blood, a heart that devises wicked plans, feet that hurry to run to evil, a lying witness who testifies falsely, and one who sows discord in a family. -**Proverbs 6:16-19**

No one who practices deceit shall remain in my house; no one who utters lies shall continue in my presence. -**Psalm 101:7**

I am the way, the truth, and the life. -**John 14:6**

[Satan] is a liar and the father of liars. -**John 8:44**

Do not lie to each other, since you have taken off your old self with its practices. -**Colossians 3:9**

You will know the truth, and the truth will set you free. -**John 8:32**

### Did You Know?

Catherine of Siena, a 14th-century Italian mystic and saint, was known for her commitment to truth, even when it meant challenging powerful leaders. At the time, the Pope, who traditionally led the Church from Rome, had moved to the city of Avignon (in modern-day France), causing unrest and division within the Church. Catherine bravely urged Pope Gregory XI to return to Rome, where she believed he was meant to lead, warning him that staying away would weaken the Church's spiritual authority. Despite the risks, her courageous truth-telling influenced the Pope's decision to return to Rome, showing her deep commitment to both honesty and faith.

### V. Prayer Requests

Spend some time sharing prayer requests with each other. As the small group leader, we ask that you do two things:

1. write them down
2. ask someone to pray

### IV. Challenge

Be a truth-teller this week and refuse to accept the normalization of lies.

### III. Discussion Questions

- In what ways do you see untruths or half-truths being accepted or spread in society? How can we as Christians stand out as people of truth in such a culture, and what practical steps can we take to ensure we uphold honesty in our own lives?
- Rev Whitton suggests that fear often leads us to lie. What are some fears that might prevent us from being truthful in our relationships or even with ourselves? How does trusting in God help us to face these fears and choose honesty?
- Ephesians 4:15 calls us to "speak the truth in love." Can you think of a time when someone spoke truth to you in a loving way? How did that experience affect you? How can we practice this balance of truth and compassion in our relationships and daily interactions?