

## Single & Single-Again TUES NITES Meal, Message & Mixer

### Building Truth Into Your Life

Jane Stolz and Chance Foreman's video teachings, handouts, and audio Mp3 files of messages will be online to share with others at [www.christiansinglesindenver.com](http://www.christiansinglesindenver.com)

### Building Truth Into Your Life

#### Scripture: Ephesians 4:17-25

*17 This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind, 18 Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart:*

*19 Who being past feeling have given themselves over unto lasciviousness, to work all uncleanness with greediness. 20 But ye have not so learned Christ; 21 If so be that ye have heard him, and have been taught by him, as the truth is in Jesus: 22 That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;*

*23 And be renewed in the spirit of your mind; 24 And that ye put on the new man, which after God is created in righteousness and true holiness. 25 Wherefore putting away lying, speak every man truth with his neighbor: for we are members one of another.*

**I. Truthfulness is an E \_\_\_\_\_ character quality for believers.**

We all influence others, so we must be people who know and speak truth.

We must be willing to accept and speak it, even when it causes us discomfort or pain.

**II. Truth is based not on feelings or desires, but on R \_\_\_\_\_.**

Deceit will always catch up to us, whether it is with other people, or just having to deal with it within ourselves

**III. How can we tell if we're H \_\_\_\_\_?**

Self-examination is crucial

**A.** Do I consider myself to be a truthful person?

**B.** Do I have a tendency to slightly alter the truth?

**C.** Do I sometimes feel threatened by the truth?

**D.** Do I think it's acceptable to lie as long as I don't hurt anyone?

**E.** How do I feel when I don't tell the truth?

**F.** How do I feel when I know someone isn't telling me the truth?

**G.** Do I want people to be honest with me?

**IV. What are the B \_\_\_\_\_ of building truth into our lives?**

The Bible is our source of T \_\_\_\_\_.

A Foundation of T \_\_\_\_\_ helps us live according to God's will

**1.** Guidance to know what to do in any situation.

**2.** Wisdom to know the best way to go in our lives

**3.** Strength to enable us.

## Single & Single-Again TUES NITES Meal, Message & Mixer

### Building Truth Into Your Life

Jane Stolz and Chance Foreman's video teachings, handouts, and audio Mp3 files of messages will be online to share with others at [www.christiansinglesindenver.com](http://www.christiansinglesindenver.com)

4. Courage to motivate us to do what God asks.
5. Comfort to assure us the Lord will handle the consequences.
6. Faith to help us act on the truth.

#### V. What happens when we fail to build truth into our lives?

- A. Believe **E** \_\_\_\_\_.
- B. Develop evil habits.
- C. Live in **E** \_\_\_\_\_ bondage.
- D. Lack spiritual growth.
- E. Be thrown off balance **E** \_\_\_\_\_.
- F. Destroy our testimonies.
- G. Grieve **G** \_\_\_\_\_ heart.
- H. Suffer continual disappointment.
- I. Can affect our **R** \_\_\_\_\_ with others.
- J. Hurt our self-image.
- K. Dwell on past **F** \_\_\_\_\_.
- L. Fail to reach our full potential.

#### VI. How can we build truth into our lives?

Understanding truth's importance is not enough.

- A. What do we **S** \_\_\_\_\_ for?
- B. Examining past failures and understanding dishonesty is never worth the **C** \_\_\_\_\_.
- C. Accepting the Bible as the ultimate guidebook to practicing **T** \_\_\_\_\_.
- D. Choosing to speak the truth and carefully **O** \_\_\_\_\_ the results.
- E. Being **H** \_\_\_\_\_ about our failures and why we veered from the truth.
- F. Asking God to give us an ever-increasing desire for truthfulness. **D** \_\_\_\_\_ a solid prayer life.
- G. Identifying any areas of weakness, finding applicable Scriptures, and **R** \_\_\_\_\_ them daily.
- H. Filling our **M** \_\_\_\_\_ with God's Word.
- I. Purposing in our hearts to be **T** \_\_\_\_\_.

## Single & Single-Again TUES NITES Meal, Message & Mixer

### Building Truth Into Your Life

Jane Stolz and Chance Foreman's video teachings, handouts, and audio Mp3 files of messages will be online to share with others at [www.christiansinglesindenver.com](http://www.christiansinglesindenver.com)

#### Discussion Questions:

1. Have you ever had to tell somebody the truth in love and it ended up affecting your relationship with them?
2. **Are there any habits that you have developed or are developing that as you look at them you wish you could change them?**
3. What actions can you take in your life to be more truthful with yourself and others regarding challenges that you may face on a daily basis?
4. **Are you willing and open to let people tell you the truth in love, (even if it is something that you do not want to hear) so that you can grow in your character and walk with God?**

#### HELPFUL TIPS for Great Table Discussions

**Each table should have a designated  
Table Host.**

#### Use God's ear-to-mouth ratio:

Listen two times more than you speak. 1 or 2 people should not dominate the time, and EVERYONE should contribute during the discussion.

1. **Smile and be friendly.**  
Avoid excessive complaining about people or personal problems.
2. **God's grace rules the day**  
Recognize that everyone will not always agree – be gracious and give grace to one another. People are at different places in their spiritual walk and in their life journey.
3. **Moving the discussion along.**  
Table host/facilitators are to move the discussion along. They have permission to limit any negative comments, to invite people to answer a question, to ask someone for their perspective, to limit the amount of time some people speak, and to move on to the next question.
4. **Help for the hurting:**  
This is a supportive group, but it is not a support group or a therapy session. But if someone is really hurting, take a moment and have someone in the group specifically pray for them.