



The Lies We Tell

Ephesians 4:22-25

02.24.2019

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Ephesians 4:22-25

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.

Ephesians 4:1

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.

Ephesians 4:25

Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.

We don't build our lives on what is true, we build our lives on what we **perceive** to be true.

"It's much easier to live disappointed than to feel disappointed."

- Brené Brown

John 8:44

You belong to your father, the devil, and you want to carry out your father's desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.

Confession & Repentance

James 5:16

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

Vulnerability

Hard Conversations

Ephesians 4:15-16

Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.