

How We Change: The Practice of Truthfulness

February 26-27, 2022: Dary Northrop

This provides about one hour of readings, discussion, and music.

This is a springboard for discussion and further study, so use the portions you find most valuable.

1. The Truth of the Bible

- In the weekend message, which ideas about the Bible really stood out to you?
- Read and discuss these passages: **2 Timothy 3:16-17, John 1:14-17, John 8:31-32, John 17:17, Psalm 119:160, and Ephesians 1:13-19.**

2. I must **make a decision** about "my" Truth.

- Read **Ephesians 4:14-15, 1 Peter 5:8, Titus 1:1-2, John 14:5-7.**
- How can I learn to treasure the Truth, not my version of a truth?
 - What are my beliefs about God based on?
 - What strategies do you use to determine spiritual Truth?

3. Will I **speak** the Truth?

- Read **Ephesians 4:25 + 29-30, 2 Timothy 2:24-26, and Psalm 19:14.**

4. Will I **live** the Truth?

- In the weekend message, which ideas interested you about living truthfully?
- **Proverbs 4:5-18, Matthew 5:16, 1 John 3:18, James 1:22-25, Colossians 4:6, Philippians 3:14-21, 1 Peter 2:12.**
 - When I live in the Truth of these verses, what costs might I encounter?
 - What are the benefits of living in the Truth? Share examples.
 - Discuss this idea: *Even though scripture teaches us how to interact with others, there is also a role that the Holy Spirit plays by advising us in the moment.*

5. Will I **accept** the Truth?

- Read **John 10:22-30** and **1 John 4:6.**
- How can I develop the humility I need to accept the truths that I find uncomfortable?

This week:

- Think before **you speak**.
- Identify areas where you might be **living a lie** and offer them to God.

Close with **Psalm 43:3** and this **song**/video:

- **"Is He Worthy?"** <https://www.youtube.com/watch?v=YtC-Fnsy4es>

If you have a prayer need, please ask a friend here to pray with you, and to support you in prayer this week.