

## The Ninth Commandment

You shall not bear false witness against your neighbor. . – *Exodus 20:19*

### The toxic lies that I have told myself:

- You are worthless.
- You will never get it right.
- If people knew the real you, they would hate you.

## YOU SHALL NOT BEAR FALSE WITNESS...

### My scriptural road to the truth:

The LORD detests lying lips, but he delights in men who are truthful. – *Prov. 12:22*

God wants me to choose truth – always.

Set a guard over my mouth, O LORD;  
keep watch over the door of my lips. – *Psalms 141:3*

I need to watch my mouth – always.

“Simply let your ‘Yes’ be ‘Yes,’ and your ‘No,’ ‘No’; anything beyond this comes from the evil one. – *Matthew 5:37*

I need to be consistent in my answers and my promises.

### The amazing truth God wants me to know:

- I am precious to God (Isaiah 62:3-5)
- My identity is grounded in Him (1 Corinthians 15:10)
- He knows me and He loves me (Colossians 3:12)

## ...AGAINST YOUR NEIGHBOR

A gossip betrays a confidence; so avoid a man who talks too much. — *Proverbs 20:19*

### Proverbs 26:20-26

- <sup>20</sup>Without wood a fire goes out;  
without gossip a quarrel dies down.
- <sup>21</sup>As charcoal to embers and as wood to fire,  
so is a quarrelsome man for kindling strife.
- <sup>22</sup>The words of a gossip are like choice morsels;  
they go down to a man's inmost parts.
- <sup>23</sup>Like a coating of glaze over earthenware  
are fervent lips with an evil heart.
- <sup>24</sup>A malicious man disguises himself with his lips,  
but in his heart he harbors deceit.
- <sup>25</sup>Though his speech is charming, do not believe him,  
for seven abominations fill his heart.
- <sup>26</sup>His malice may be concealed by deception,  
but his wickedness will be exposed in the assembly.

### Some practical application of the ninth commandment

- Ask yourself: Am I telling the truth?
- "Truth" your way out of tough situations.
- Ask yourself: Why am I talking to *this* person about *that* person?
- Refuse to gossip, and call it out when you see it happening.

### My Decision

I will endeavor to tell the truth about my conduct and to reserve judgment about others until I know the facts. I refuse to engage in gossip that would hurt or wound another.

### The Big Ten Challenge

I will commit to convene my most important small group (my family) once a week to discuss this week's commandment. We will discuss the commandment questions with honesty and truthfulness and close our time by praying for each other.

#### Small Group Discussion Questions



- 1) How can you tell if someone is lying? What do you look for as indications of honesty?
- 2) Why do you think people are tempted to lie? What consequences have you hoped to avoid by lying?
- 3) What are some of the blessings that come out of being an honest person?
- 4) What are some of the curses that come from dishonesty and gossip?
- 5) As a group, pray that each person will be a person of truthfulness.
- 6) How can we pray for each other tonight?