



## The Lies We Tell Ourselves

1 John 1:5-2:2 (pew Bible p. 1129)

- I. Did you play hide-and-seek as a child? When we grew up, we stopped playing—or did we? In Genesis 3:10, we find Adam trying to play that game with God.

This sets the scene for 1st John 1:5 – 2:2 when we face three lies that we tell ourselves to try hide from reality.

**A. Lie #1: The Lie that says sin doesn't exist: (verse 6)**

1. The seduction lies in privatization, we see life in bits and pieces. It causes the breakup of our wholeness.

**B. Antidote #1: We move from deception to honesty.**

1. Any real change in our lives must begin with honesty. In the light of God we see things as they really are. This is the cry of David in Psalm 139:23-24.

**C. Lie #2: Sin doesn't exist: (verse 8)**

1. There is probably doctrine denied more than that of original sin. Yet we see evidence for it every day! From Nietzsche, Hitler and Dostoevsky, we have tried to do away from God. This is another game of hide and seek.

**D. Antidote #2: We move from Denial to Confession (Verse 9)**

1. Confession means to agree with; we stop pretending.

**E. Lie #3: It is the Lie that sin isn't personal (verse 10)**

1. It is the unwillingness to face our own sins and struggles. We are not sinners because we sin; we sin because we are sinners.

**F. Antidote #3: We move from Guilt to Forgiveness.**

1. True Guilt – which touches us at the very core of our being, sears us and heals us.
2. Forgiveness is more than pardoning. It brings healing. Christ forgives me and then works in me to change and transform me through his love to be a different kind of person.



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**Honesty leads to confession; confession leads to forgiveness; forgiveness leads to change.**

3. God did not sent Christ because He was mad at us! He sent Christ because of his great love for us.
4. 2 Cor 3:18 invites us to come to God “with unveiled face” – that means as we really are. If we think God can only see us when we are at our best, He will never be able to change some of the parts we try to hide. The old hymn, “Just as I Am” invites us to meet God just as we really are! Can you do that this morning?

**II. Reflection & Discussion:**

- What are some of the ways we try to play hide and seek with God?
- What are some of the way we try to play hide and seek with other people – and also with ourselves?
- What does this lead to?
- Why do we find honesty and confession difficult?
- Where in your life have you had to be honest with God and yourself? What caused that honesty? What healing did it bring?
- How does Psalm 139:23-24 speak to you today?