



December Bible Study Series

Avoiding Toxic Talk

Lesson Four

‘Liar, Liar, Pants on Fire!’

**Exodus 20:16, “Thou shalt not
bear false witness against your
neighbor.”**

WHAT DOES THE BIBLE SAY ABOUT THE FIRST LIE?

Genesis 3:1-5, Now the serpent was craftier than any of the wild animals the LORD God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?" The woman said to the serpent, "We may eat fruit from the trees in the garden, but God did say,

You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die. "You will not certainly die," the serpent said to the woman. "For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil."

SATAN, THE FATHER OF LIES

John 8:37-44, I know that you are Abraham's descendants. Yet you are looking for a way to kill me, because you have no room for my word. I am telling you what I have seen in the Father's presence, and you are doing what you have heard from your father." "Abraham is our father," they answered. "If you were Abraham's children," said Jesus, "then you would do what Abraham did. As it is, you are looking for a way to kill me, a man who has told you the truth that I heard from God.

Abraham did not do such things. You are doing the works of your own father." "We are not illegitimate children," they protested. "The only Father we have is God himself." Jesus said to them, "If God were your Father, you would love me, for I have come here from God. I have not come on my own; God sent me. Why is my language not clear to you? Because you are unable to hear what I say.

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.

GOD HATES LYING

Proverbs 6:16-19 (NLT), “There are six things the Lord hates – no, seven things he detests: haughty eyes, a lying tongue, hands that kill the innocent, a heart that plots evil, feet that race to do wrong, a false witness who pours out lies, a person who sows discord in a family”

Proverbs 25:18 (NLT), “Telling lies about others is as harmful as hitting them with an ax, wounding them with a sword, or shooting them with a sharp arrow”

“Hitting with an ax” (destroying one’s reputation)

“Wounding with a sword” (remaining silent)

“Shooting with a sharp arrow” (withholding the truth)

John 14:6 NLT, “I am the way and the truth and the life. No one comes to the Father except through me.

**God is truth, and Satan is
the father of lies.**

FOUR WAYS PEOPLE LIE

1. GOSSIP IS A WAY PEOPLE LIE.

Gossip is a way of talking about someone behind his or her back that creates a negative image of the one being talked about.

Proverbs 20:19, A gossip betrays a confidence; so, avoid anyone who talks too much.

How to Shut Down Gossip:

- 1. How do you know it's true?**
- 2. What is your source?**
- 3. Have you gone to the person you are talking about and asked for their perspective?**
- 4. Can I quote you on this?**

2. BACKBITING IS A WAY PEOPLE LIE.

Backbiting is saying mean or spiteful things about someone else. Talking maliciously about someone who is not present.

**Proverbs 25:23, As surely as a
north wind brings rain, so a
gossiping tongue causes anger!**

Flattery is saying things to a person's face that we would never say behind his or her back.

**Proverbs 26:28, A lying tongue hates
its victims, and flattering words
cause ruin.**

Romans 16:17-19 (NKJV), Now I urge you, brethren, note those who cause divisions and offenses, contrary to the doctrine which you learned, and avoid them. For those who are such do not serve our Lord Jesus Christ, but their own belly, and by smooth words and flattering speech deceive the hearts of the simple. For your obedience has become known to all. Therefore, I am glad on your behalf; but I want you to be wise in what is good, and simple concerning evil.

**4. EXAGGERATION IS
ANOTHER WAY PEOPLE LIE.**

Exaggeration is an overstatement of something, usually relating to its importance or value, the act of describing as larger or greater than what is true, a statement that has been enlarged beyond what is true.

"Everyone loves a clown, but no one wants to be his best friend."

**Psalms 120:2, Deliver my soul, O
LORD, from lying lips, [and] from a
deceitful tongue.**

FIVE POSSIBLE REASONS WHY PEOPLE LIE

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- 1. To Take Advantage of Others**
 - 2. To Avoid Punishment**
 - 3. To Manipulate**
 - 4. To Avoid Conflict**
 - 5. To Preserve Self-Esteem**

POTENTIAL LIES:

I'll do it.

I'll pick you up.

I'll bring it over.

You can have it.

You're like family to us.

POTENTIAL LIES:

I'll meet you there.

I'm going to help you.

I'll be there.

I'm going to give you this.

The Holy Spirit told me...

HOW TO OVERCOME THE SIN OF LYING

**Proverbs 19:22, “Better to be
poor than a liar.”**

1. Recognize Lying For What It Really Is.

Proverbs 12:22 - Lying lips [are] abomination to the LORD: but they that deal truly [are] His delight.

2. Turn to Christ And Confess It to Him.

I John 1:8-10, If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. If we say that we have not sinned, we make Him a liar, and His word is not in us.

3. Meditate and Obey God's Word.

Ephesians 4:25, Therefore, putting away lying, let each one of you speak truth with his neighbor for we are members of one another.

Colossians 3:9-10, “Do not lie to each other since you... have put on the new self.

4. Follow Christ's Example.

1 Peter 2:21-22, “For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps: Who did no sin, neither was guile found in his mouth”

What is guile?

The inclination or practice of misleading others through lies or trickery.

5. Pray for Help.

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

“A lie may take care of the present, but it has no future.”

“Big or small, lies are lies.”

Follow Up Chat

- 1. Why is lying one of the most common sins?**
- 2. “A little inaccuracy sometimes saves tons of explanation.”**
- 3. What is bad about lying if it doesn't hurt people?**
- 4. While all lying is reprehensible, some lies are more serious than others. Agree or Disagree?**
- 5. Why does twisting the truth seem enticing to us?**
- 6. Is lying ever okay?**