

MONDAY NIGHT SOLUTIONS

TRUE LIES
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What do you do when people who matter to you tell “almost the truth, the partial truth, and a few things besides the truth”? Oh, there is some truth in their statements, enough to make the little lies easy to swallow—that’s what’s so confusing. Or perhaps they keep things from you, and you know it, but when you bring it up, they consistently react in a defensive manner. One thing is sure: intimacy can only happen if people are being truthful about what’s going on inside their hearts, minds, and souls. To get intimacy we must give honesty. What about you? Think you’re an honest person? You may be surprised to learn of the ways in which even you are not being totally honest.

OUTLINE

I. Introduction

II. What is the Big Deal About Honesty and Love?

a. Presence and Substance

b. Trust

III. How Truthfulness Breaks Down

a. Fear of consequences

b. Value issue

c. Shortcut character

d. Little is not little

IV. Why You Put Up With It

- a. Investment in the person
- b. Compartmentalized thinking
- c. Crazy hope

V. Clearing the Deck

- a. Deal with your own avoidance
- b. Have the "zero tolerance" talk
- c. Consequences and benefits

VI. Conclusion

Discussion questions:

1. Why is it impossible to have a great relationship without honesty?
2. Which kind of problem motives for untruthfulness have you experienced?
3. Why have you put up with it?
4. What can you do this week to clear the deck?