



Your story matters.



AM I BEING HONEST WITH MYSELF...REALLY?

PASTOR TOM LUNDEEN
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MYRC.CHURCH

better decisions
fewer regrets

"AM I BEING HONEST WITH MYSELF...REALLY?"

Pastor Tom Lundeen

Note Ephesians 5:15-17

Throughout my life I have _____ more to me than any other person.

1. Why is it so _____ to be Honest with Ourselves?

Truth and honesty were some of the first _____ of human nature when sin entered the picture.

Throughout human history, the truth, even when obvious, has often been obfuscated, _____, or misshapen into almost unrecognizable forms.

The largest and most consistent source of honesty _____ is the person we see in the mirror every day (note Jeremiah 17:9).

...so often the biggest problems we end up having to navigate in our lives are because of partial truths or _____ we both end up believing and then acting on.

2. The _____ of the Matter

Note Mark 7:6-9; Proverbs 4:23

It's our _____ that takes us on our life journey...and apart from Jesus, we have a heart with one default setting that has us _____ toward sin and error and falsehood. (note Mark 7:20-23).

3. God's _____ for This *Heart* Problem

So what is God's answer for my sin-stained, _____ heart?

- A. My heart _____ is never a mystery to God (note Acts 1:24a).
- B. I need a spiritual heart _____ (note Jeremiah 31:31-34; Romans 10:9).
- C. I can have a _____ heart (note Psalms 51: 10).
- D. My heart can be a _____ of God's love (note Romans 5:5) - the power of God's love is a much better _____ and more sustainable "life fuel" than duty, obligation, rules, guilt, shame, and manipulation.
- E. A transformed, clean, filled-with-God's-love heart becomes my spiritual _____ that guides me to truth (note Romans 6:17; 2 Corinthians 4:6; John 8:32).

Am I making better decisions so I can have fewer regrets?:

- While the truth is sometimes challenging, difficult to hear, or even at times painful, it is always better to be led, guided, shaped, and make decisions based on what is true and not on what we try to _____ ourselves on.
- But thank God that He specializes...in making our heart new so we can _____ live our life being honest with Him and ourselves, and make better decisions with fewer regrets.

Tell someone about the next step you took today in your spiritual journey! Let us know, too, and fill out our connect card (digital or in person), get your book(s) and other materials, then make sure to sign up for a small group at GroupLink at any of our campuses.*

**[MyRC.link/connect](https://myrc.link/connect) or text riverside to 94000*



SMALL GROUP
guide on the back

SG

Your *group* matters.

DISCUSSION GUIDE

Icebreaker: As fall kicks in, what's a favorite school memory you have? It could be yours, or about one of your kids or friends.

1. What's a "harmless" lie you've told yourself lately?
2. Consider Andy Stanley's statement on page 36 of *Better Decision, Fewer Regrets*, "...most of us want to be proven right more than we want to know what's true." How does this relate to the "harmless" lies you tell yourself?
3. Why do you think it is so easy, even as Jesus followers, to prefer our own version of "truth" instead of God's? How does [Jeremiah 17:9](#) put this into perspective for you?
4. Read [Jeremiah 31:31-34](#) and [Romans 10:9-10](#). What is the significance of God transforming your heart? What does this tell you about who God is, and the kind of relationship he wants with you?
5. Share in your group an area where you need to replace your personal "truths" with God's truth. ([John 8:31-32](#).) Take turns praying for one another and define ways to support one another through the week.

- Better Decisions, Fewer Regrets*—Chapter 2 (pages 19-51)
- [2 Samuel 12:1-25](#); [Psalm 51](#)

WEEKLY READING

better decisions
fewer regrets

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1. Why is it so Challenging to be Honest with Ourselves?

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Throughout human history, the truth, even when obvious, has often been obfuscated, ignored, or misshapen into almost unrecognizable forms.

The largest and most consistent source of honesty issues is the person we see in the mirror every day (note Jeremiah 17:9).

...so often the biggest problems we end up having to navigate in our lives are because of partial truths or untruths we both end up believing and then acting on.

2. The Heart of the Matter

Note Mark 7:6-9; Proverbs 4:23

It's our heart that takes us on our life journey...and apart from Jesus, we have a heart with one default setting that has us bent toward sin and error and falsehood. (note Mark 7:20-23).

3. God's Cure for This *Heart* Problem

So what is God's answer for my sin-stained, dysfunctional heart?

- A. My heart condition is never a mystery to God (note Acts 1:24a).
- B. I need a spiritual heart transplant (note Jeremiah 31:31-34; Romans 10:9).
- C. I can have a clean heart (note Psalms 51: 10).
- D. My heart can be a reservoir of God's love (note Romans 5:5) - the power of God's love is a much better motivator and more sustainable "life fuel" than duty, obligation, rules, guilt, shame, and manipulation.
- E. A transformed, clean, filled-with-God's-love heart becomes my spiritual GPS that guides me to truth (note Romans 6:17; 2 Corinthians 4:6; John 8:32).

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