

# 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**



Your *story* matters.



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

PASTOR TOM LUNDEEN  
SEPTEMBER 19TH, 2021

**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 [Psalm 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](#) or text riverside to 94000*