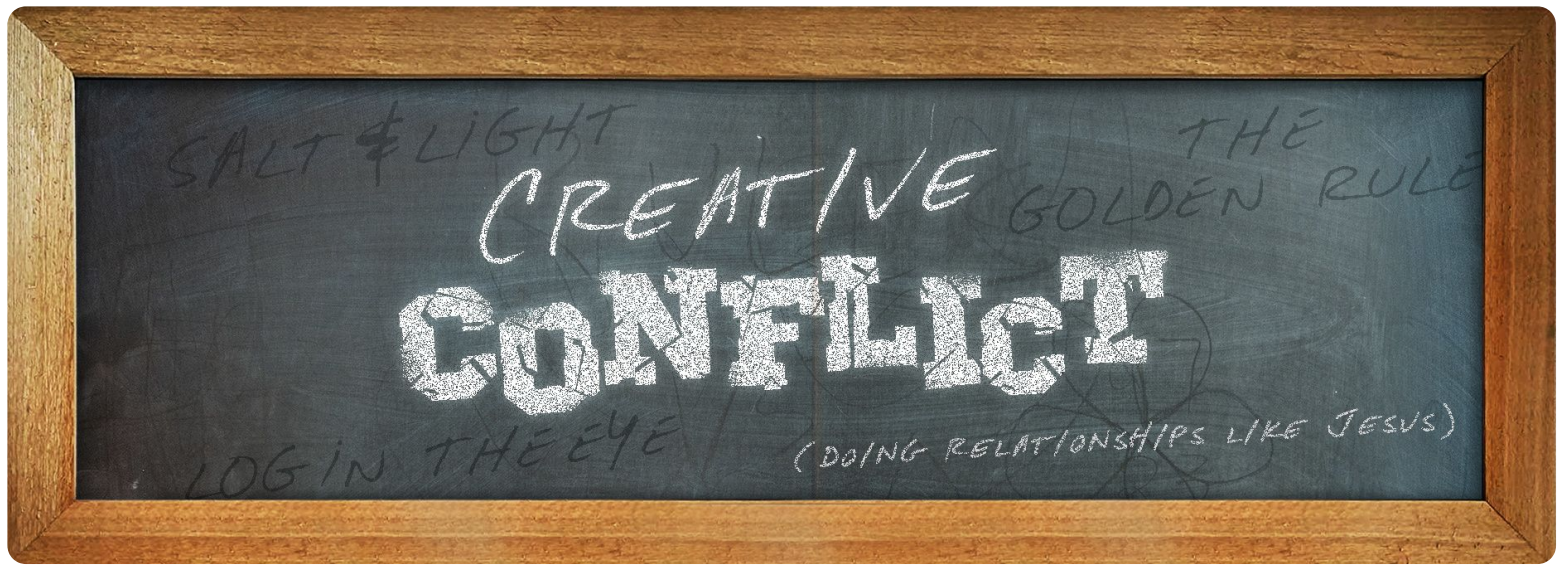




DEVOTIONAL STUDY GUIDE

Week 5: Matthew 5:33-37 and Ephesians 4:14-15

Getting Started

What is one thing you value most in your relationships and why?

Discussion Questions

- What is the significance of **honesty and integrity** in personal relationships?
- What is the relationship between honesty and trust? **How does one build trust?**
- How do **societal and cultural expectations** affect a person's commitment to honesty and integrity?
- How can a **lack of safety or trust** in a relationship lead to dishonesty and manipulation? Can there be situations where it is okay to be dishonest? If so, what are they?
- How do we **balance our desire** to be truthful with the need to show kindness and compassion to others?
- How can we **cultivate a culture** of honesty and integrity in our personal relationships, workplaces, and communities?
- How does our commitment to honesty and integrity affect our **reputation and credibility** with others?
- How do we navigate situations where honesty may cause **conflict or discomfort** in our relationships?

- According to Ephesians 4:14-15, what is the importance of **speaking the truth in love**?
- How does living with a **radical commitment to honesty and integrity** help us to avoid being swayed by false teachings or deceptive people?
- What steps can be taken to build a **foundation of safety and trust** in relationships, especially for those who have experienced trauma or past betrayal?
- How can parents create a **safe and open environment** for their children to be honest and share their thoughts and feelings?
- In what ways can the **stakes be too high** for someone to be honest in a relationship? How can this be addressed?
- **How can parents respond** when they discover that their child has lied to them, in a way that promotes honesty and healthy communication?
- **How can we balance** the need to speak truthfully with the need to show compassion and understanding towards those who may hold different views or beliefs than us?

"As You Go" Application Activity

Take some time to reflect on your own relationships and consider how honesty and freedom from manipulation contribute to their health and vitality. *Ask yourself the following questions:*

- In which relationships do I feel the **safest to be honest and vulnerable**, and why?
- Are there any relationships in my life where I have **struggled to be honest** due to a lack of safety or trust? If so, how can I work to address those issues?
- Am I **holding onto any secrets** or withholding the truth in any of my relationships? If so, what is preventing me from being honest and how can I work to address those barriers?
- In what ways can I **prioritize honesty and integrity** in my relationships moving forward, even when it may be difficult or uncomfortable?

- How can I ensure that I am not using **manipulation or dishonesty** as a means of control or power in my relationships?

After reflecting on these questions, consider taking action to promote honesty and safety in your relationships.

This might include having an honest conversation with a loved one, setting clear boundaries around what is and is not acceptable behavior in a relationship, or seeking the help of a therapist or counselor if you are struggling to address issues of trust or safety.

By prioritizing honesty and freedom from manipulation in your relationships, you can cultivate deeper connections and build relationships that are truly healthy and fulfilling.