

## Message Notes:

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## Next Steps:

1. Is there an area of your life you need to be open and honest about? Find a trusted person and share that with them.
2. Do you tend to be a “private person” or “too open”? Be more open with people or use discretion when sharing about yourself.
3. Read *The Heart Attitudes* by Harold Bullock (Scan QR Code).



For more information  
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## Speak Truth to One Another

October 29, 2023

**Ephesians 4:25** *Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.*

1. Put off \_\_\_\_\_.

\_\_\_\_\_ comes from \_\_\_\_\_.  
*John 8:44*

2. Put on \_\_\_\_\_.

\_\_\_\_\_ comes from \_\_\_\_\_.  
*John 16:13*

## **Growth Group Homework – October 29, 2023**

### **Warm-Up**

1. Tell a story from your childhood when you lied about something and got caught.

### **Talk it Over**

2. What in the message did you find challenging or helpful?

3. What are some of the common things in people's lives that they tend to keep hidden?

4. Has there been a time in the past when you had been struggling and you chose to hide it? What happened?

5. Read the following verses: Colossians 3:9-10, Ephesians 4:25, 1 John 1:7. What are some of the benefits of being open and honest with others from these verses?

- Given the benefits of being open and honest with others, why do you think people struggle to do this?

6. Lance said that the person we present on the outside should reasonably match the person we really are on the inside. How do we build the kinds of relationships where we are truly known?

7. If you were looking for a person to be open and honest with, what characteristics would you look for in that person?

8. Can you think of a time when you were open and honest with someone and it really benefited you?

### **Take It Home**

9. What is one step you could take this week to put this Heart Attitude into action? This could be committing to get to know a group of people at Seabreeze (like a growth group or serving team on a Sunday morning), choosing one or two people to get dinner or coffee with to get to know better, or sharing a struggle you are experiencing with a trusted friend you already have.