



DECEPTION DATA AND TRUTH PRACTICE

"Arising out of alienation from God, addiction is bondage to the rule of a substance, activity or state of mind, which then becomes the center of life, defending itself from the truth so that even bad consequences don't bring repentance, leading to further estrangement from God." ¹ ~ Ed Welch

Lying can take many forms. Look up and write down what the following verses teach about deception, and about the results of falsehood. Identify in the column those areas where you recognize your neglect of the truth.

Proverbs 6:12-19 _____

Proverbs 10:9-10 _____

Proverbs 11:9 _____

Proverbs 12:19-22 _____

Proverbs 19:5 _____

Proverbs 20:17 _____

Proverbs 21:6 _____

Proverbs 26:18-19 _____

¹ Welch, Ed. *Addictions: A Banquet in the Grave* (Phillipsburg, NJ: P&R Publishing, 2001).

Check off and make a list of ways you have covered up your guilty secret. Keep this list with you for a few days and add to it things that come to mind.

- ☐ Have you lied?
- ☐ Have you been sneaky?
- ☐ Have you hidden things?
- ☐ Have you rationalized behavior?
- ☐ Have you made excuses?
- ☐ Have you isolated yourself from others?
- ☐ Have you blamed-shifted?
- ☐ Have you avoided people?
- ☐ Have you not followed up on commitments?
- ☐ Would your family say you have manipulated them?
- ☐ Do you change the subject when people talk with you about your addiction?
- ☐ Do you keep silent when people talk with you about your addiction?
- ☐ Other ways I have neglected the truth _____

Ways in which I have covered up my secret or neglected the truth:

Practice telling the truth

Recall an experience of the last day or so, something you remember well and can describe. It should be an experience in which you had a definite choice to glorify and honor or dishonor God. Recall it for someone else, telling him or her exactly what happened. Do not exaggerate one way or another. Try this assignment with another even tomorrow, and continue to practice truth-telling until it becomes second nature.