

Deception Fractures Relationships | Part 1

Reflection Guide

Questions:

1. Self-Check: Have I been completely honest in my recent interactions with those closest to me?

Why or why not?

2. Root Issue: Are there fears (e.g., rejection, failure) or prideful tendencies driving my behavior?

3. Trust Assessment: Where is trust fractured in my relationships right now? What role has

deception played?

4. Biblical Perspective: Which Bible character's story of lying and redemption resonates with me

most, and why?

Practical Steps:

a) Journal Honestly:

Write down any deceptions you may have participated in or been affected by recently. Ask God for clarity and courage to bring truth into those areas.

b) Pray: Ask God to help you become a person of truth and give grace to those who've hurt you with deception.

c) Scripture for Meditation:

"The heart is deceitful above all things, and desperately sick; who can understand it?" – Jeremiah 17:9

"Therefore, having put away falsehood, let each one of you speak the truth with his neighbor..." Ephesians 4:25

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." - Psalm 34:1