



# Addicted to Lying

Dr. Dave Currie

## A Man with Sexual Addiction is Almost Always Addicted to Lying!

### KEY SCRIPTURE

**James 3:1-12** - Not many of you should become teachers, my fellow believers, because you know that we who teach will be judged more strictly. 2 We all stumble in many ways. Anyone who is ***never at fault in what they say is perfect***, able to keep their whole body in check. 3 When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. 4 Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go.

5 Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. 6 The ***tongue also is a fire, a world of evil*** among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell. 7 All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, 8 but ***no human being can tame the tongue***. It is a restless evil, full of deadly poison.

9 With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. 10 Out of the same mouth come praise and cursing. My brothers and sisters, this should not be. 11 Can both fresh water and salt water flow from the same spring? 12 My brothers and sisters, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.

**James 1:26** - If you claim to be religious but ***don't control your tongue***, you are ***fooling yourself***, and your religion is worthless.

**Psalms 119:29** - Keep me from ***lying to myself***; give me the privilege of knowing your instructions.

**Proverbs 12:22** - The LORD ***detests lying lips***, but he ***delights in those who tell the truth***. Acts 5:4 The property was yours to sell or not sell, as you wished. And after selling it, the money was also yours to give away. How could you do a thing like this? ***You weren't lying to us but to God!***"

**Ephesians 4:25** - So ***stop telling lies***. Let us ***tell our neighbors the truth***, for we are all parts of the same body

**Exodus 20:16** - "You must ***not testify falsely*** against your neighbor.

## UNDERSTANDING LYING

A Lie is any Distortion of the Truth – any way – any how – any amount. It is hiding or misrepresenting the truth.

**WHEN YOU KNOW YOU ARE IN TROUBLE:** Keeping secrets. Hiding activities. Demanding privacy. Locking devices. Changing passwords. Hiding tracks. Doing progressive disclosure. Keeping things from your spouse. Lying to those you are “ACCOUNTABLE” to.

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### WAYS THAT WE LIE

1. **Minimizing** – We downplay to severity of what we are actually doing.
2. **Exaggerating** – Giving others the impression regarding how well you are doing.
3. **Withholding** – Give a little of the truth making it appear that its all the truth.
4. **Half-Truths** – Misrepresenting the truth giving the appearance that it is the WHOLE truth.
5. **Boldface Lies** – When asked directly about something, you deny that its true.
6. **Shade the Truth** – Don’t give the full story, you live in the shadows. Not coming clean.
7. **Deflecting** – talking about other things, not answer questions or pointing out their faults.
8. **Gaslighting** – Trying to change reality – telling spouse THEY are not remembering correctly.
9. **Defensiveness** – Blaming the other one. Anger for being asked. Put up a fight. Don’t answer.
10. **Avoid conversations** – Pull away from any conversations where you know you will be asked.

### The HOLY SPIRIT DAILY REQUEST:

*Lord, today, please allow your Holy Spirit to awaken my inner person to full awareness of anytime that I am tempting or starting to lie. Convict me to live the truth, to tell the truth and to come clean as soon as I realize that I misrepresented the truth. I desire to be a person of INTEGRITY – whose WORDS can be trusted.*