



SELF-DECEPTION:

"It's Not Really Porn"

and other BS that Addicts Tell Themselves

Dr. Dave Currie

KEY SCRIPTURE on Self-Deception:

Jeremiah 17:9,10 (NIV) – “The heart is **deceitful** above all things and beyond cure. Who can understand it? “I the LORD search the **heart** and examine the **mind**, to reward each person according to their **conduct**, according to what their **deeds** deserve.”

Jeremiah 17:9,10 (NLT) – “The human heart is the most **deceitful** of all things, and desperately wicked. Who really knows how bad it is? But I, the LORD, search all hearts and examine secret motives. I give all people their due rewards, according to what their actions deserve.”

Jeremiah 17:9,10 (MSG) – “The heart is hopelessly dark and **deceitful**, a puzzle that no one can figure out. But I, God, search the heart and examine the mind. I get to the heart of the human. I get to the root of things. I treat them as they really are, not as they pretend to be.”

Jeremiah 17:9,10 (TLB) – “The heart is the most **deceitful** thing there is and desperately wicked. No one can really know how bad it is! Only the Lord knows! He searches all hearts and examines deepest motives so he can give to each person his right reward, according to his deeds—how he has lived.”

Jeremiah 17:9,10 (AMP) – “The heart is **deceitful** above all things and it is extremely sick; Who can understand it fully *and* know its secret motives? I, the LORD, search *and* examine the mind, I test the heart, to give to each man according to his ways, according to the results of his deeds.”

Psalms 36:1-4 – “I have a message from God in my heart concerning the sinfulness of the wicked: There is no fear of God before their eyes. *In their own eyes they flatter themselves too much to detect or hate their sin. The words of their mouths are wicked and **deceitful**; they fail to act wisely or do good. Even on their beds they plot evil; they commit themselves to a sinful course and do not reject what is wrong*”

Psalms 120:2 (ESV) – “Deliver me, O LORD, from lying lips, from a **deceitful** tongue.”

Ephesians 4:20-25 (ESV) – “But that is not the way you learned Christ!— assuming that you have heard about him and were taught in him, as the truth is in Jesus, to put off your old self,[¶] which belongs to your former manner of life and is corrupt through **deceitful desires**, and to be renewed in the spirit of your **minds**, and to put on the new self, created after the likeness of God in true righteousness and holiness. Therefore, having **put away falsehood**, let each one of you **speak the truth** with his accountability partner (neighbor), for we are members one of another.”

Hebrews 3:13 (NIV) – “But encourage one another daily (dah, phone calls), as long as it is called “Today,” so that none of you may be hardened by sin’s **deceitfulness**.”

1 Peter 3:9-11 (NIV) – “Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing. For “Whoever would love life and see good days, must keep their tongue from evil and their lips from **deceitful** speech. They must turn from evil and do good; they must seek peace and pursue it.”

Self-Deception Defined: *The action or practice of allowing oneself to believe that a false or unvalidated feeling, idea, or situation is true.*

WHAT DECEIVERS USUALLY DO: *The more of these are true about how you operate, the more you're fooling yourself!*

- They lie to themselves. They lie to others.
- They talk themselves into believing that bad behaviour is OK.
- They keep secrets. They hide behaviour.
- They refuse to be accountable. They have no one that they are honest with.
- They don't volunteer mess-ups or delay in acknowledging relapses.
- They feel they don't need a Recovery Group – They can do it alone.
- They feel they don't need to do Recovery Work – they've got this!
- They bury guilt and shame to embrace to addictive behaviour
- They tell half-truths to others, misrepresenting the story of their purity
- They give the impression that "things are good"
- They do not live accountable to their "wingmen"
- They don't volunteer what we are doing as it may be "banned" by others as wrong
- They believe what they want to believe so that they can continue to act out
- They make excuses to justify poor choices and bad behaviour. They rationalize compromise.
- They maintain the practice of self-justification.

BEST STEPS AT OVERCOMING SELF-DECEPTION

1. **Beware of the Slippery Slope of Compromise.** We slide inch by inch making OK what wise and Godly others would question us on. If you justify, minimize, bargain with ourselves to allow bad behaviour we are already in a mess. Come clean to others. Walk in truth.
2. **Be Bravely and Ruthlessly Honest with Yourself.** Stop lying to yourself and others. You can't lie to God. He sees it ALL. Knows it ALL. He knows your thoughts. Come clean to others.
3. **Reach Out to Others for Clarity.** If you are weighing in your mind about whether something is good or bad, right or wrong in your recovery, ASK SOMEONE. Come clean to others. Don't trust yourself. Let them speak into your life. Stop fooling yourself.
4. **Left God "Tighten Your Sieve".** Be on a journey toward HOLINESS – not just not acting out. Let the Holy Spirit convict you in greater measure to begin to see your life become purer and purer.
5. **Be in the WORD Daily.** God's Word has a way of cleaning up your life – convicting you of sinful actions, thoughts and desires. There's no short-cut to growth. Do hard recovery work for a 2–3-year season followed up with a new routine of seeking the Lord daily in prayer and Bible study. "Be transformed by the renewing of your mind..." Romans 12:2.

Psalm 119:9-11 – "How can a young person stay on the path of purity? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you."

In what ways are you deceiving yourself?