



RELATIONSHIP MATTERS

PARTICIPANT WORKBOOK

Five Pillars for Christians: Relationship Foundations for a Flourishing Life

Every relationship needs a solid foundation to flourish. When we live these 5 principals out, we build a healthy foundation that will easily carry the weight of our relationships.

- Trust
- Communication
- Authenticity
- **Honesty**
- Honour

Watch the video lesson on Honesty in the online course and then complete the daily exercises. Plan to spend about 15 minutes each day. You may wish to print this workbook in order to easily refer to the key points and best practices and to complete the exercises.

The following exercises will give you what you need to break through your honesty barriers and start building flourishing relationships!

LESSON 4: HONESTY

Why do we lie?

- ❖ Fear of reaction
- ❖ Guilt/Shame
- ❖ Pride
- ❖ Wanting our own way

Fear of Reaction

- We assume how someone may react to the truth
- We assume based on past experiences
- We get angry over assumptions and withhold

FEAR: **F**alse **E**vidence **A**ppearing **R**eal

Fear can drive you to dishonesty:

- ❖ Fear of failure
- ❖ Fear of rejection or abandonment
- ❖ Dis-honesty is a self-esteem problem

Guilt/Shame – for doing or not doing something

- Guilt is “I did something wrong”
- Shame is “I am something wrong”
- Shame prevents honesty
- Shame causes you to cover up truth – Omission

Shame defenses include:

- ❖ Perfectionism – denial
- ❖ Rage/Anger – defensiveness
- ❖ Arrogance – insecurity
- ❖ Exhibitionism -- deflection

Note: Pride – either puffs up (you think too much of yourself) , **or covers up** (you think to less of yourself) – both lead to dis-honesty

Wanting Your Own Way – When you lie to get your own way...

- You withhold love (The opposite of love is not hate, it is selfishness)
- Trust equity is eroded
- You are removing strength in your foundation
- You create instability in all your relationships

How to Overcome Dishonesty:

- ❖ Be Aware of the damage it causes
- ❖ Humble Yourself – Humility is not thinking less of yourself it is thinking of yourself less
- ❖ Come Clean in Detail
- ❖ Let go of entitlement
- ❖ Put others first
- ❖ Choose Forgiveness

To overcome dishonestly we need to build the kind of confidence that removes fear, so that even if you make a mistake, it does not define you so you can be completely honest with yourself and others! God's perfect love casts out all fear.

RELATIONSHIP CHALLENGE: HONESTY

For the next week, set aside 15-30 minutes each day to complete the daily activities. You may prefer to do this first thing in the morning to help you become more aware and intentional about your communication throughout the day. Or try it in the evening as a way to reflect upon your day and set your intentions for how you can make more trust deposits the following day.

Day 1 – Look inside your heart

Look inside your heart. What lies have you told lately? Even to yourself. Make a list of those dishonest moments and beside them the reasons you think caused you to be dishonest. Look for the cause and effect to gain understanding of the why. Then based on this lesson, write a list of ways it has hurt you and others. Repent and recommit to total honesty!

Lie	Rationale	Trust Impact

Honesty guides good people: dishonesty destroys treacherous people. Proverbs 11:3

May integrity and honesty protect me, for I put my hope in you. Psalms 25:21

Add to your Declarations any word that comes to mind, as well as these I AM Statements:

I AM Honest. I am Forgiving. I AM Whole

Day 2 – Humble Yourself and Confess

Humble Yourself and Confess – Looking at your journal entry from yesterday, create a list of people you been dishonest with in the last 3 months. Reach out and confess and ask for forgiveness. This is difficult to do so you may want to prepare by reminding yourself that they may not respond positively – you need to be willing to be honest and ask for how to rebuild their trust. It is incredibly worthwhile and freeing. Only do this with safe people at first

Click or tap here to enter text.

May integrity and honesty protect me, for I put my hope in you. Psalms 25:21

Add to your Declarations any word that comes to mind, as well as these I AM Statements:

I AM Courageous. I Am Humble. I AM Integrity

Day 3 – Identify and Share Your Fears

As you look at your past patterns of lying, try to identify what fears may have been driving you. This is deep work, be kind to yourself as many buried emotions are likely to pop up. Be honest with yourself. Look at how you have allowed those fears to control you and your relationships- Remember that Omission is a form of dishonesty. Look at how you defend those fears and ask for help. Ask God to help you experience His love in a deep way. Look up scripture that expresses God’s love for you and declare it out loud. Perfect love casts out all fear!!

When you feel ready, sit down with your partner or a trusted person and share the fears you have that keeps you hiding things. Ask for help and encouragement. Come clean in detail

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And as we live in God, our love grows more perfect. So we will not be afraid on the day of judgment, but we can face him with confidence because we live like Jesus here in this world. Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love. 1 John 4:17-18

Add to your Declarations any word that comes to mind, as well as these I AM statements.

I AM loved completely and unconditionally. I Am Fearless. I AM God’s Masterpiece

Day 4 – Get Honest with Yourself

Get honest with yourself – Make a list of areas of entitlement you may have. Things you think you deserve and don’t have or think that are not fair to you. Beside each item write ways that you could let go of them. Ask yourself, does this entitlement help me or hurt me. If it hurts, let go of them by turning them over to Jesus. He makes all things new! If they help you, communicate them to your partner asking them to support you.

Areas of Entitlement	Does this help or hurt me?	Ways to let go/ Support I need

The godly are directed by honesty, the wicked fall beneath their load of sin. Proverbs 11:5

But you desire honesty from the womb, teaching me wisdom even there. Psalms 51:6

Nothing in all creation is hidden from God. Everything is naked and exposed before his eyes, and he is the one to whom we are accountable. Hebrews 4:13

Add to your Declarations any word that comes to mind, as well as these I AM statements.

I AM Honest. I Am the Lord’s so have everything I need. I AM Complete in Jesus

Day 5 – Put others first

Put others first – Spend this day preferring others in unique ways you normally don't. Put their needs ahead of your own. Embrace the feelings of joy that comes from not getting your own way all the time.

For example, offer to spend an hour with someone you care about and do whatever that person wants to do. Actively participate and stay engaged with the other person. This is a trust-building investment in the relationship.

NOTE: This exercise assumes that you have been working on boundaries and self-care so that you are feeling strong in how you take care of yourself.

Reflection: How was this experience for you? For the other person?

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*Above all, clothe yourselves with love, which binds us all together in perfect harmony.
Colossians 3:14*

Add to your Declarations any word that comes to mind, as well as these I AM Statements:
I AM Generous. I Am a Servant. I AM Giving. I AM Loving

Day 6 – Choose Forgiveness

There's that word again! Forgive those who have caused you pain, or made you feel like you had to hide the truth. Forgive yourself for being dishonest. Remind yourself that you are not defined by your mistakes but by the plans God has for you.

Refer back to your list of people that you've been dishonest to. Speak out loud and say, "I forgive myself for dishonesty and I choose to be honest and trustworthy moving forward.". Now burn or tear up the list you made to represent letting it go.

Reflection:

Click or tap here to enter text.

And as we live in God, our love grows more perfect. So, we will not be afraid on the day of judgment, but we can face him with confidence because we live like Jesus here in this world. 1 John 4:17

Instead, be kind to each other, tender-hearted, forgiving one another, just as God through Christ has forgiving you. Ephesians 4:32

Make allowance for each other's faults and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Colossians 3:13

Add to your Declarations any word that comes to mind, as well as these I AM Statements:

I Am Divinely Designed. I Am Forgiven and Forgiving. I AM Honest.

Day 7 – Day of Rest. Enjoy God’s Creation

Take time to acknowledge the work you have done this week to improve your communication. You have done important work this week and regardless of any specific outcomes, feel proud of the effort and progress you are making.

"Come, therefore, let us enjoy the good things that exist, and make use of the creation to the full as in youth." Song of Solomon 2:6