

# Don't Talk About My Sin

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Be Alert and Cautious to Discern Deception / Sin; Deceit; Dishonesty; Lie; False Teaching / Lamentations 2:14

We should be alert and discerning to identify and reject deceptive influences in our lives, take responsibility for discerning truth from falsehood, and embody courage and integrity in standing for truth as guided by God's Word.

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## DON'T TALK ABOUT MY SIN

Be Alert and Cautious to Discern Deception

Lamentation 2:14

### **Lamentations 2:14 ESV**

<sup>14</sup> Your prophets have seen for you  
false and deceptive visions;  
they have not exposed your iniquity  
to restore your fortunes,  
but have seen for you oracles  
that are false and misleading.

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## I. Recognize deceptive influences in our lives.

### **Proverbs 14:15** *ESV*

<sup>15</sup> The simple believes everything,  
but the prudent gives thought to his steps.

### **Ephesians 5:15** *ESV*

<sup>15</sup> Look carefully then how you walk, not as unwise but as wise,

## II. Know that it is our responsibility to discern truth from falsehood and to stand for truth.

### **Proverbs 12:17** *ESV*

<sup>17</sup> Whoever speaks the truth gives honest evidence,  
but a false witness utters deceit.

### **Ephesians 6:14** *ESV*

<sup>14</sup> Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness,

## III. Be an example of courage and integrity when discerning the truth.

### **Proverbs 11:3** *ESV*

<sup>3</sup> The integrity of the upright guides them,  
but the crookedness of the treacherous destroys them.

### **Philippians 4:8** *ESV*

<sup>8</sup> Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

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## Reflection Questions

1. What are some deceptive influences that you have encountered in your life?
2. When you find yourself in a difficult situation, how do you discern truth from falsehood?
3. What lessons have you learned about discerning deception?
4. What can you do to stay alert and be better prepared for deceptive influences?
5. How does trusting in God help protect us from being deceived?
6. Are there any areas where you need to take a bold stand for the truth? If so, what will it require of you?
7. How can we become courageous examples of integrity in our efforts to discern truth from falsehood?
8. How can you support others when they struggle to discern the truth?
9. What other reflections have you had about discerning deception and staying alert and cautious?
10. How will this sermon help shape your life moving forward?

## Action Steps

1. Spend time in prayer, asking God to reveal His truth and protect from deception.
2. Make a list of deceptive influences you have encountered in your life and reflect on how to be alert and cautious when encountering these situations.
3. Take the time to read God's Word daily, so that you can discern what is true and false.

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4. Seek wise counsel from trusted individuals who can help guide you in discerning the truth.
5. Create a plan of action to take bold stands for what is true and right, even when it isn't easy or popular.
6. Reach out to others who may be struggling with deception and provide them with support and guidance in their efforts to discern the truth.
7. Seek ways to be a courageous example of integrity in your community and beyond.
8. Spend time reflecting on the sermon and how it applies to your life, so that you can continue discerning deception.
9. Pray for protection from deceptive influences and for strength to stand up for what is right even when it isn't easy.
10. Take time to thank God for His truth and for the protection He provides from deception.
11. Lastly, commit to being vigilant in discerning deception by staying alert and cautious!

## Additional Resources after using the Bible

*The following sources are helpful but are not the word of God. Chew the meat and spit out the bones.*

<https://www.fraud-magazine.com/article.aspx?id=4294971184>

<https://bible.org/seriespage/33-recognizing-false-teachers-matthew-715-20>

<https://www.gotquestions.org/spiritual-discernment.html>