

There are six things the Lord hates— no, seven things He detests: haughty eyes, a lying tongue, hands that kill the innocent, a heart that plots evil, feet that race to do wrong, a false witness who pours out lies, a person who sows discord in a family. **Proverbs 6:16-19 (NLT)**

With the Lord's authority I say this: Live no longer as the Gentiles do, for they are hopelessly confused. Their minds are full of darkness; they wander far from the life God gives because they have closed their minds and hardened their hearts against Him. They have no sense of shame. They live for lustful pleasure and eagerly practice every kind of impurity. But that isn't what you learned about Christ. Since you have heard about Jesus and have learned the truth that comes from Him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy. **Ephesians 4:17-24 (NLT)**

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

HOW DO I STOP TELLING LIES?

I. Admit _____

A man who refuses to admit his mistakes can never be successful. But if he confesses and forsakes them, he gets another chance. **Proverbs 28:13 (TLB)**

A. Who do you admit too?

1. _____

If we confess our sins to Him, He is faithful and just to forgive us our sins and to cleanse us from all wickedness. **1 John 1:9 (NLT)**

2. _____

3. _____

II. Ask _____

Let the Spirit renew your thoughts and attitudes. **Ephesians 4:23 (NLT)**

III. Practice _____

Wounds from a sincere friend are better than many kisses from an enemy. **Proverbs 27:6 (NLT)**