

Authentic Life: Living an Honest and Open Life

Pacific Heart Attitudes- part 2

March 9, 2025

Every day we are tempted “put our best foot forward,” present our “best side,” pretend that we’re doing better than we are and sometimes live in pretense. Do you know what these things produce? PRESSURE, the pressure to “keep up appearances,” to “have it all together.”

No wonder we live with so much stress! Much of it we bring upon ourselves! Jesus offers another way to live. We call it an **authentic life, living an honest and open life**. It is our second Heart Attitude.

An Honest Life

DAY 1: Be honest in your dealings.

*Proverbs 11:3 The **integrity** of the upright **guides** them, but the unfaithful are **destroyed** by their **duplicity**.*

1. Duplicity means two-faced.” We use it to mean being deceptive, dishonest, or misleading. Pretending to be what you aren’t.

2. The contrast is to be honest in your dealings with people.

3. When Joseph was a slave in Egypt, a slave of Potiphar, he was tasked with running the household, and all of Potiphar’s holdings.

Genesis 39:6 So he left in Joseph's care everything he had; with Joseph in charge, he did not concern himself with anything except the food he ate.

4. When Solomon was building the temple in Jerusalem he was paying all the different kinds of workers. It was a massive building project for that day. It involved lumberjacks, hewers of lumber, silversmiths, goldsmiths, and workers who dealt in precious gems, fine cloth and silk.

5. If you were running the project how in the world would you keep up with all the payroll, man hours, and materials of such a project? How could you guard against theft, inflated work hours, dishonest time sheets, or inflated prices for materials?

6. It turns out to be far simpler than we can possibly imagine.

2 Kings 12:15 They did not require an accounting from those to whom they gave the money to pay the workers, because they acted with complete honesty.

7. To live honestly in our dealings with others is summarized in the next verse:

Ephesians 4:25 Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.

8. What strikes you from today’s devotional?

DAY 2: Be real about truth.

*Ephesians 4:15 ... speaking the **truth** in **love**, we will in all things grow up into him who is the Head that is Christ.*

1. We all like to believe that we are loving people. We all like to believe that we tell the truth. But somewhere between our good intentions and our actual words, mayhem erupts!

2. Paul gives us two important categories: truth and love.

3. The challenge is to speak the “truth” while the way we are saying it is “loving.”

4. Unfortunately, what is easy to occur is to do one at the expense of the other!
 - a. What happens when we bluntly speak the truth to someone but fail to do it in love?

 - b. What happens when our “love” for someone covers over the need to speak needed truth?

5. We typically fall off on one of two extremes. Either we give people “a piece of our mind,” “read them the riot act,” and blast away because “I just had to get that off my chest.” Or, we hide the truth even if it would be helpful and useful to someone else.

6. Truth without love: being honest is not a license to hurt. People say things that cut deeply and then retreat under the cover of, “I was just being honest.” *That* kind of “honesty” is not a virtue!

- Ephesians 4:29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit **those** who listen.*
7. Paul gives us a three-fold test for being “honest.” What are the three “tests?”
 - a.
 - b.
 - c.

8. You have to consider the impact of your words, not just the “honesty” of your words or feelings. Just because you are *opinionated* and *verbal* doesn’t give you carte blanche to verbalize what’s inside you. You have to speak the truth *in love*.

9. What strikes you from today’s devotional?

An Open Life

The second part of this Heart Attitude is to live an open life

DAY 3: Be real about struggles

1. Before we started PCI, I joined a Tuesday night tennis group made up of attorneys, legal secretaries, and me. I asked them, “Do you know any Christians? What are they like?” Some of the answers I received were: “uptight, plastic and phony.” When something bad happens they rattle off, ‘Praise the Lord’.”

2. Sometimes, pastors imply that mature Christians should never get angry, or that an honest verbalizing of grief, sadness, or hurts are indicators of a lack of spirituality or “give God a bad name.” There’s a theological word for that... “Baloney.”

3. Being a genuine Christian allows you to embrace all of life, to view our world as both wondrous and sometimes awful. There are times to praise God and there are times to grieve.

4. When Jesus prayed in the Garden of Gethsemane, just prior to His arrest, notice how He dealt with the awful events that were to unfold that night.

Matthew 26:37 He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. ³⁸ Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." ³⁹ Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."

5. How did Jesus deal with the suffering that was staring Him in the face?

6. It wasn’t a lack of faith, or spiritual immaturity that led Jesus to verbalize those words. Life was hard!

2 Corinthians 1:3-10 “We despaired even of life.”

7. What strikes you about the great Apostle Paul’s response in the face of debilitating circumstances?

8. Being real about our struggles helps you go to God. And it gives others hope!

DAY 4: Be real about weaknesses.

1. There are pastors that imply that “we should hide our failures. They’ll give God a black eye. Our failures will drive seekers away from God, so we’d better not let anyone find out about them.”

2. Instead, notice how the Apostle Paul learned to think and talk about his weaknesses!

2 Corinthians 12:7 (RSV) And to keep me from being too elated by the abundance of revelations, a thorn was given me in the flesh, a messenger of Satan, to harass me, to keep me from being too elated. ⁸ Three times I besought the Lord about this, that it should leave me;

*⁹ but he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." **I will all the more gladly boast of my weaknesses, that the power of Christ may rest upon me.***

¹⁰ For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities; for when I am weak, then I am strong.

3. How do you normally think about your weaknesses?

4. Do you think your weaknesses put God in a bad light? How *should* you think about your weaknesses?

5. It is refreshing to people when we are honest about our weaknesses. It gives them hope with regard to their weaknesses.

6. This heart attitude is the opposite of what so often see in our secular culture. **No one admits** to wrongdoing. We rationalize our mistakes, cover our “you know what,” and hire big-shot attorneys to get us off the hook without having to admit anything.

7. There are several lessons that strike me from this heart attitude:

a. Our strengths are instructional for people, but our weaknesses give people hope.

b. A sincere apology might be the most gripping and persuasive proof of true Christianity your friends will ever see!

8. What strikes you from today’s devotional?

DAY 5: Use discretion.

1. Living an open and honest life does **not** mean that you are open about *everything to everyone*.

*Proverbs 2:11 **Discretion** will **protect** you, and understanding will guard you.*

2. Discretion mean to have wise reserve. There are people who gossip, who do not have a proper filter over their mouth.

3. There is a difference between being transparent and being authentic. To be transparent is tell everything. To be authentic tells what is really going on in you and around you for the purpose of being a blessing to someone.

4. Our words can be either used for blessing or they can destroy. Write down what you believe is the important point in each of the following verses.

Proverbs 10:19 When words are many, sin is not absent, but he who holds his tongue is wise.

*Proverbs 12:23 A prudent man keeps his knowledge to himself, but the heart of fools **blurts** out folly.*

*Proverbs 17:27 A man of knowledge uses words with **restraint**, and a man of understanding is even-tempered.*

5. As we finish the week, this second Heart Attitude is essential in building the kind of marriage, family, work, and community that:

- a. People long to be a part off
- b. People find hope
- c. People are known and know others,
- d. People are loved and love
- e. Collectively we reflect the body and glory of Christ

6. What strikes you about this second Heart Attitude?

Heart Attitude #1: Put the success of others above yourself.

Heart Attitude #2: Live an authentic life: an honest and open life.