

Monday, September 17th

It's only in honesty that we can see ourselves as we truly are and engage with God in reality. Being honest with ourselves begins with acknowledging our Creator God as the ultimate Truth who can guide us—who sees the most honest version of ourselves and accepts us regardless. These devotionals are created to help you develop an honest view of yourself and to encounter God's freedom in the honest truth.

Read and reflect on the following passages:

John 14:6

⁶ Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me.

When have you been grateful for God's truth in your life?

When have you felt dissonance with God's truth?

John 14:16-17

¹⁶ And I will ask the Father, and he will give you another Helper, to be with you forever,¹⁷ even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you.

What would change if you lived as if John 14 was true, God's truth being a central part of your life?

How would it change your interactions with others? With yourself?

Spend time in prayer, ending with Augustine's prayer of self awareness:

Grant Lord, that I may know myself that I may know Thee.

Tuesday, September 18th

When you think about being honest with yourself, what thoughts or feelings come to mind?

What does it cost you to be dishonest with yourself?

Consider this paraphrase of Psalm 32: 2-6 (The Message)

"Count yourself lucky—God holds nothing against you and you're holding nothing back from him. When I kept it all inside, my bones turned to powder, my words became daylong groan. The pressure never let up; all the juices of my life dried up. Then I let it all out; I said, "I'll make a clean breast of my failures to God." Suddenly the pressure was gone—my guilt dissolved, my sin disappeared. These things add up. Every one of us needs to pray; when all hell breaks loose and the dam bursts we'll be on high ground, untouched."

What might you stand to gain by being honest with yourself? With God?

Wednesday, September 19th

God's truth is liberation for His creation, even as we speak the honest truth to ourselves. Consider what Jesus says in John 8:31-32.

"To the Jews who had believed him, Jesus, said, "If you hold to my teaching, you are really my disciples. The you will know the truth, and the truth will set you free."

1 John 5:6 says, "...and the Spirit is the one that testifies, for the Spirit is the truth." What areas of your life might God be bringing to your attention, calling you to honesty?

Spend time with God as He delights in your honesty:

Psalm 51:6

"Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart."

Thursday, September 20th

Genesis 3:8-10

⁸ Then the man and his wife heard the sound of the LORD God as he was walking in the garden in the cool of the day, and they hid from the LORD God among the trees of the garden. ⁹ But the LORD God called to the man, "Where are you?"

¹⁰ He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."

What "nakedness" do you tend to avoid in your own life and world?

What "nakedness" in your life are you afraid of God seeing?

Reflect on, and thank God for, the truth of 2 Corinthians 12:9-10

⁹ But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so 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.

Friday, September 21st

Practicing honesty with ourselves often starts with growing in our awareness of ourselves and how we interact with the world around us. Consider adding a *daily examen* to your prayer life:

Where in your day/week did you experience desolation? (Feeling far from God, separated, avoidant or dishonest with self, turned inward toward negative emotions and feelings.)

Where in your day/week did you experience consolation? (Feeling near to God, moving toward Him in a posture of honesty, a feeling of restored balance, a feeling of following God's lead.)

IF I WERE HONEST

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