Your Nose Is Growing

Exodus 20:16

Exodus 20:16 You shall not bear false witness against your neighbor.

Introduction:

1. When We Lie, Our Nose Actually Shrinks

- We often refer to Pinocchio's nose growth when someone is telling a lie
- But one doctor observed that our nose actually shrinks when telling a lie.
- "Dr Emilio Gómez Milán and his team developed a lie detector test that used thermography to tell if people were lying, and found that whenever participants in their research were being untruthful, the temperature of the tip of their nose dropped up to 1.2 degrees Celsius, while the temperature of their forehead increased up to 1.5C. Scientist also found that drop in temperature at nose level actually caused it to slightly shrink, although the difference is undetected by the human eye."

https://www.odditycentral.com/news/reverse-pinocchio-researchers-find-that-your-nose-shrinks-when-you-lie.html

2. The Definition Of Lying

• "Lying" = "an assertion of something known or believed by the speaker to be untrue with intent to deceive" (Webster Dictionary)

3. Statistics on Lying

From https://brandongaille.com/24-nose-growing-statistics-on-lying/

- Slide: The average child begins to tell lies between the ages of 2 and 3
- Slide: When meeting someone new, the average person will lie 2 to 3 times in 10 minutes
- Slide: Most people lie an average of 4 times a day which equate to 1,460 lies every year.
- Slide: A man can lie twice as much as a woman in a single day.
- Slide: The number one reason for lying is to get out of trouble or make ourselves look good.
 - To make ourselves look good: 33% admit to lying on their resumes
 - To get out of trouble: 40% of patients say they've lied to their doctors about following a prescribed treatment plan
 - To avoid hurting someone's feelings: 80% of women say they sometimes tell harmless white lies

4. The Target Of Lies

Who Gets Lied to the Most

- 1. Parents 86%
- 2. Friends 75%
- 3. Siblings 73%
- 4. Spouses 69%

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Where the Most Lies are Seen

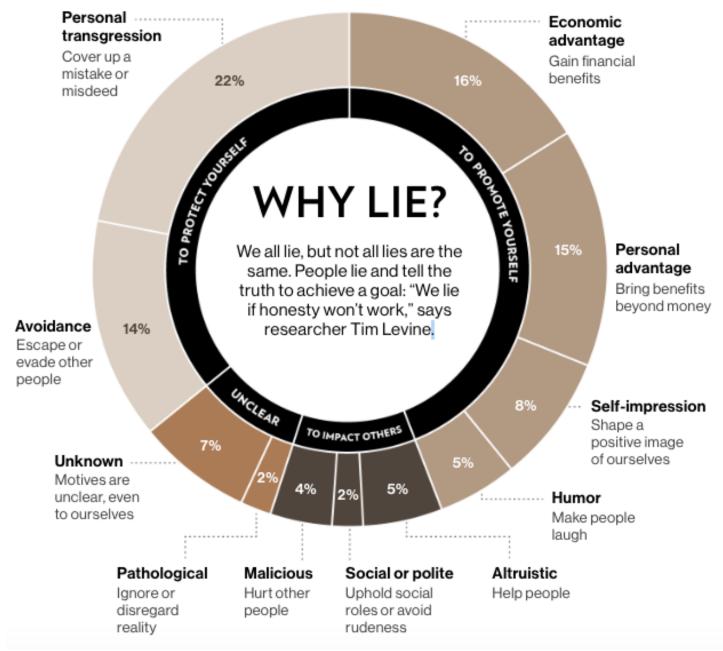
- 1. Resumes 40%
- 2. Dating Site 90%

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iThe 4 most common lies at work:

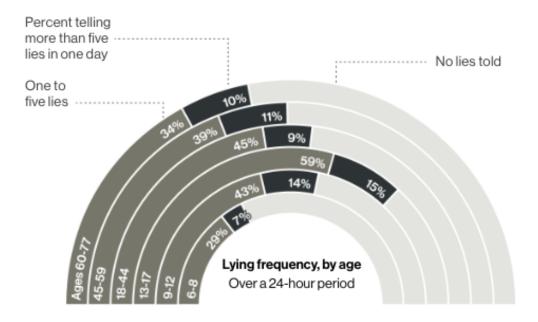
- 1) Exaggerating accomplishments
- 2) Not admitting a failure when called on the carpet
- 3) Lying to make a buck or avoid an expense
- 4) Not correcting a misperception when it is to your benefit (Doug Sherman, *Your Work Matters To God*)

5. Why We Lie



BENDING THE TRUTH

"The truth comes naturally," says psychologist Bruno Verschuere, "but lying takes effort and a sharp, flexible mind." Lying is a part of the developmental process, like walking and talking. Children learn to lie between ages two and five, and lie the most when they are testing their independence.



RYAN MORRIS, NGM STAFF; SHELLEY SPERRY
SOURCES: TIMOTHY R. LEVINE AND OTHERS, JOURNAL OF
INTERCULTURAL COMMUNICATION RESEARCH, 2016; EVELYNE DEBEY
AND OTHERS, ACTA PSYCHOLOGICA, 2015; KIM SEROTA, OAKLAND
UNIVERSITY

"Why We Lie," by Yudhijit Bhattacharjee http://www.nationalgeographic.com/magazine/2017/06/lying-hoax-false-fibs-science/

Six Types Of Lies: (Joseph Tecce at Boston College)

- · Protective lie which shields liar from danger.
- Heroic lie that protects someone else from danger.
- Playful lie that enhances the story.
- Ego lie that prevents embarrassment.
- Gainful lie that enriches the liar.
- Malicious lie that hurts someone.
 http://www.learnbodylanguage.org/body_language_lying.html

5 Ways We Lie

- 1) The Fisherman exaggeration
 - report card, pay raise, type of profession, where you are on the pecking order
- 2) The Actor/Actress cover up/hypocrisy
 - Gr. word for actor *hupocrites* hide behind mask
- 3) The Used Car Salesman slant the truth for our purposes

- my apologies if you're a used car salesman
- heard on radio that car salesmen, lawyers and politician are 3 of the most distrusted professions
- I think nurses were the most trusted
- 4) The Magician deception
 - shove placebos and misdirection
- 5) The Mime conceal the truth through silence
 - you don't have to talk to be untruthful

Q: How do you most frequently lie?

I. Die Lie, Why?

A. God Is Truth, Life Outside Of Him Is Just A Lie

Deuteronomy 32:4 ⁴He is the Rock, His work is perfect; For all His ways are justice, A God of **truth** and without injustice; Righteous and upright is He.

- "Truth" In The Old Testament ('emet) = dependable, faithful, reliable
 - o Hebrew: *¬emet*
 - same word is translated "truth" and "faithfulness"
- "Truth" In The New Testament (alētheia) = open, revealed, accurate

Romans 3:4 Certainly not! Indeed, let God be **true** but every man a liar. As it is written: "That You may be justified in Your words, And may overcome when You are judged."

Jeremiah 10:10 But the Lord is the **true** God; He is the living God and the everlasting King. At His wrath the earth will tremble, And the nations will not be able to endure His indignation.

B. Christ Is Truth, Salvation Outside Of Him Is Fraudulent

John 14:6 Jesus said to him, "I am the way, the **truth**, and the life. No one comes to the Father except through Me."

- Christ is the True God, not false religion
- Christ is the basis of truth, the standard of truth
- Ie/ If truth was a ruler (measuring stick) he determined the measurement and is to be measured against
 - o He put the lines on the ruler and is the ruler Himself
- Christ was put to death because they believed He was lying about being God
- Jesus was either a Liar, Lunatic or Lord

Ephesians 4:21 ²¹if indeed you have heard Him and have been taught by Him, as the **truth** is in Jesus

C. Society Depends On Trust, Dissolving Truth Corrupts Life

1 Timothy 3:15 ¹⁵but if I am delayed, I write so that you may know how you ought to conduct yourself in the house of God, which is the church of the living God, the pillar and ground of the **truth**.

Isaiah 59:14-15 ¹⁴ *Justice* is turned back, and *righteousness* stands afar off; for **truth is fallen** in the street, and *equity* cannot enter. ¹⁵So **truth** fails, and he who departs from evil makes himself a prey. Then the Lord saw it, and it displeased Him that there was no justice.

- **Business**: stealing intellectual property, plagiarism, scams, forgeries, false marketing
- **Personal**: rumors, gossip, slander, flattery, false charges
- **Government**: trust vs. lies
- Sin repeals justice, reverses righteousness, abandons truth and denies equity with self.
- The postmodern movement of making truth relative means that man can determine their own standard of justice, righteousness and truth.
- Do we want justice for George Floyd? Absolutely! But we must arbitrate what is true, not perceived by bias. We have an opinion, but the jury must analyze facts and not be biased.

II. Deceive Leave, Achieve!

- How do we stop our habit of lying to become a person of integrity?
- How do we teach our kids to stop lying?
- How do we start a trend of righteous living, biblical ethic and God's worldview?
- **A. Swap Complex Lies For Simple Honesty** (Ex 20:16; Lev 19:11; Col 3:8-9, Zech 8:16-17, Col 3:9; Eph 4:25; Mt 5:33-37)

Exodus 20:16 You shall not bear **false witness** against your neighbor.

- God commanded "Obey your parents" to protect family structure
- God commanded "Do not murder" to protect human life
- God commanded "Don not steal" to protect personal property
- God commanded "Don't bear false witness" to protect the fundamental justice system
- Bearing false witness or lying in court destroys the integrity of the judicial process
- How many people are in jail after being falsely accused? How many people aren't in jail who have gotten away with crimes because of lying?
- This is why we put our hand on the Bible and take oaths in the court of law.
- How may laws have been enacted because of false information?
- How many people have been cheated or scammed because of lies?
- Ie/ I've watched people under oath tell lies it's painful.

- The **Heidelberg Catechism** on the 9th Commandment
 - Q.What is required in the ninth commandment?
 - A.I must not give false testimony against anyone, twist no one's words, not gossip or slander, nor condemn or join in condemning anyone rashly and unheard.
 - Rather, I must avoid all lying and deceit as the devil's own works, under penalty of God's heavy wrath.
 - In court and everywhere else, I must love the truth, speak and confess it honestly, and do what I can to defend and promote my neighbour's honour and reputation. http://www.heidelberg-catechism.com/en/lords-days/43.html

Leviticus 19:11 You shall not steal, nor deal falsely, nor **lie** to one another.

Colossians 3:8-9 *But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. ***Do not lie** to one another, seeing that you have put off the old self with its practices

Ephesians 4:25a Therefore, putting away lying

Zechariah 8:16-17 ¹⁶ These are the things that you shall do: **Speak the truth to one another**; render in your gates judgments that are true and make for peace; ¹⁷ do not devise evil in your hearts against one another, and **love no false oath**, for all these things I hate, declares the Lord."

Matthew 5:33-37 33 "Again you have heard that it was said to those of old, 'You shall not swear falsely, but shall perform to the Lord what you have sworn.' 34 But I say to you, Do not take an oath at all, either by heaven, for it is the throne of God, 35 or by the earth, for it is his footstool, or by Jerusalem, for it is the city of the great King. 36 And do not take an oath by your head, for you cannot make one hair white or black. 37 **Let what you say be simply 'Yes' or 'No'**; anything more than this comes from evil.

- **B.** Love The Truth And Be Saved (2 Thess 2:10, 1 Jn 1:8; Rom 1:18,25; 1 Jn 5:20-21)
 - **2 Thessalonians 2:10** and with all wicked deception for those who are **perishing**, because they **refused to love the truth** and so be saved.
 - **1 John 1:8** If we say we have no sin, we deceive ourselves, and the **truth is not in us**.
 - **Romans 1:18** For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who **by their unrighteousness suppress the truth**.

Romans 1:25 because they exchanged the truth about God for a lie and worshiped and served the creature rather than the Creator

- God wants us to forsake false idols for the True Christ
- **1 John 5:20-21** ²⁰ And we know that the Son of God has come and has given us understanding, so that we may **know** *him who is true; and we are in him who is true, in his Son Jesus Christ. He is the true God and eternal life. ²¹ Little children, keep yourselves from idols.

C. Hate Lying Like God Hates Lying (Prov 6:16-19; 12:22, 19:5; Rev 21:8)

- This is our starting point our attitude to the truth
- This is our teaching point with our kids

Proverbs 6:16-19 ¹⁶These six things the LORD hates, Yes, seven are an abomination to Him: ¹⁷A proud look, **A lying tongue**, Hands that shed innocent blood, ¹⁸A heart that devises wicked plans, Feet that are swift in running to evil, ¹⁹A false witness who speaks lies, And one who sows discord among brethren.

Proverbs 12:22 Lying lips are an abomination to the Lord, but those who deal faithfully are His delight.

- If we lie to get on someone's good side why do it if it automatically puts on someone's bad side
- If we're faithful/truthful, we delight the Lord Himself

Proverbs 19:5 A false witness will not go unpunished, And he who speaks lies will not escape.

Revelation 21:8 But the cowardly, unbelieving, abominable, murderers, sexually immoral, sorcerers, idolaters, and all liars shall have their part in the lake which burns with fire and brimstone, which is the second death."

D. Categorize Lying As The Devil's Strategy (Jn 8:44; Gen 3:1,4; Rev 12:9)

John 8:44 You are of your father the devil, and the desires of your father you want to do. He was a murderer from the beginning, and does not stand in the truth, because there is no **truth** in him. When he speaks a **lie**, he speaks from his own resources, for he is a **liar** and the father of it.

- We learned since we were kids the power of telling lies avoid punishment, blame someone else, pretend there's nothing wrong
- The devil's strategy

Genesis 3:1 Now the serpent was more crafty than any other beast of the field that the LORD God had made. He said to the woman, "Did God actually say, 'You shall not eat of any tree in the garden'?"

- When we **Twist Words** of someone else, we are using the tactic of the devil
- Heidelberg Confession application: "twist no one's words"
- Eve's Twist

Genesis 3:2-3 ² And the woman said to the serpent, "We may eat of the fruit of the trees in the garden, ³ but God said, 'You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die."

1. Leaving Out Part Of God's Word

- She left out God's generous provision "You may freely eat"
- She **minimized** the concept by merely saying "We may eat"

2. Adding To God's Word

- Next, she **added** "neither shall you touch it"
- Adding to God's Word

3. Minimizing God's Word

- God: "You shall surely die"
- Eve: "lest you die"
- She weakened God's penalty
- Eve's minimization, adding and subtracting was feeding into the Devil's strategy

Genesis 3:4 But the serpent said to the woman, "You will not surely die.

- The serpent was Satan deceiver and enemy of God
- "more crafty" outsmart Adam, Eve and any other animal in the garden
- when that kind of intellect is combined with being the "father of lies" (Jn 8:44) and one who tried to usurp himself over God (Isa 14, Ezek 28), then he's dangerous
- "Did God actually say?"
 - o Is it really true?
 - o Can you really trust God?
 - Satan inserts doubt
 - Doubting God's Word

Revelation 12:9 So the great dragon was cast out, that serpent of old, called the Devil and Satan, who deceives the whole world

- "Satan is a deceiver. He has to operate in the realm of denial of the truth or in the realm of a lie. It was impossible for Lucifer to persuade the angelic hosts to follow him by telling them the truth that if they did so they would end up with him in the lake of fire separated from the Creator forever. When Satan came to Eve it was not possible for him to tempt her by saying that, if she obeyed him rather than God, she would join him and the fallen angels in the lake of fire forever. He had to lie." (Dwight Pentecost, *Your Adversary The Devil*, p. 48)
- "With lies you may get ahead in the world but you can never go back." (Russian proverb)

E. Remember That Half-Truths Are A Whole Lie (Acts 5:1-4)

• "A half truth is a whole lie." (Yiddish Proverb)

Acts 5:1-4 ¹But a certain man named Ananias, with Sapphira his wife, sold a possession. ²And he kept back part of the proceeds, his wife also being aware of it, and brought a certain part and laid it at the apostles' feet. ³But Peter said, "Ananias, why has Satan filled your heart to lie to the Holy Spirit and keep back part of the price of the land for yourself? ⁴While it

remained, was it not your own? And after it was sold, was it not in your own control? Why have you conceived this thing in your heart? You have not lied to men but to God."

- Ananias indicated he would sell a possession, but only gave a portion of it
- He and his wife were implicated in their half-truth being judged for a whole lie
- God judged them severely for their lie
- When we lie it's not just to another person, but ultimately we have lied to our Lord
- F. Know The Truth To Recognize A Lie (Ps 101:7; Col 2:8; Ex 1; Josh 2; Heb 11:31)
 - Bankers were taught to recognize the features of a real dollar bill to recognize a counterfeit hill
 - We have to know the Truth if we're going to recognize a lie.

Psalm 101:7 He who works deceit shall not dwell within my house; He who tells lies shall not continue in my presence.

Colossians 2:8 Beware lest anyone cheat you through philosophy and empty deceit, according to the tradition of men, according to the basic principles of the world, and not according to Christ.

- Compare all teachings, philosophies, political claims, social norms and morals to the Word of God
- It's easy to blame the other political party for lying, but can we also recognize when our political party is lying?
- Is there a truth about marriage, sexuality, right and wrong?

False Teachers

- **2 Corinthians 11:13-14** For such are false apostles, deceitful workers, transforming themselves into apostles of Christ. And no wonder! For Satan himself transforms himself into an angel of light.
- Satan has succeeded in toppling major denominations, seminaries (Harvard, Yale, Princeton, etc.) and churches that were once biblically sound with an onslaught of liberalism in the last century. The Trojan horse that Satan is attacking the evangelical church with today comes in a variety of theological heresies (Open Theism attacks God the Father, social emphases minimizes Christ's work of salvation, and Charismatic teaching has altered the Holy Spirit's role).
- **1 Timothy 4:1** Now the Spirit expressly says that in latter times some will depart from the faith, giving heed to deceiving spirits and doctrines of demons

False Believers

2 Corinthians 11:26 In perils among false brethren

 False believers populate even evangelical churches. They can play church, play pray and learn how to act like a Christian, but are never really converted.
 Jesus identifies them as those who call Him "Lord, Lord" and do not do what He says.

False Gospel

Galatians 1:8-9 But even if we, or an angel from heaven, preach any other gospel to you than what we have preached to you, let him be accursed. As we have said before, so now I say again, if anyone preaches any other gospel to you than what you have received, let him be accursed.

- Easy believism has altered the Gospel by minimizing sin, eliminating hell and judgment and evading repentance.
- Legalism has altered the Gospel by adding human works to divine grace as a requirement for salvation.
- Other religions focus on other saviors than Christ.

Q: Give an example of a "false religion" and how it assaults the biblical truths of who Christ is and what the Gospel is?

○ False Christ

2 Thessalonians 2:8-10 ⁸ And then the lawless one will be revealed, whom the Lord will consume with the breath of His mouth and destroy with the brightness of His coming. ⁹ The coming of the lawless one is according to the working of Satan, with all power, signs, and lying wonders, ¹⁰ and with all unrighteous deception among those who perish, because they did not receive the love of the truth, that they might be saved.

Q: Is it ever right to tell a lie to protect someone?

- Ie/ The movie "The Farewell" dealt with the question if we should hide a terminal diagnosis from someone. An Eastern vs. Western view conflict brought the tension in this movie. The family wanted to hide the terminal diagnosis from grandma so she could finish her life with joy. But her granddaughter wanted her to know the truth to prepare and take care of herself. Who is correct? Are there times when we can tell a lie?
- Ie/ What if you were hiding Ann Frank and her family in your attic from Nazi soldiers trying exterminate Jews and other people considered inferior?

The Hebrew Midwives

Exodus 1:20-21 – Hebrew Midwives – Was there lying involved to save the babies? What reasons are there that makes this ethically acceptable or not?

Exodus 1:17-21 ¹⁷ But the **midwives feared God** and did not do as the king of Egypt commanded them, but let the male children live. ¹⁸ So the king of Egypt called the midwives

and said to them, "Why have you done this, and let the male children live?" ¹⁹ The midwives said to Pharaoh, "Because the Hebrew women are not like the Egyptian women, for they are vigorous and give birth before the midwife comes to them." ²⁰ So God dealt well with the midwives. And the people multiplied and grew very strong. ²¹ And because the midwives feared God, he gave them families.

- Shiphrah and Puah "feared God" (v. 17).
- They stood up against the order of Pharaoh.
- It's been said that they lied but we don't have the full manuscript of what they said.
- They did state that the Hebrew women were vigorous.
- Perhaps they gave a partial truth.
- Maybe the midwives were there to help or not.
- But they feared God before they feared Pharaoh and God blessed them.
- It was in this time of the murder of babies that Moses would be born.

Rahab

• **Joshua 2 & Hebrews 11** - Was it right for Rahab to protect the Israelites spies by concealing them and lying to the pagan soldiers? Why or why not?

Joshua 2:2-7 2 And it was told to the king of Jericho, "Behold, men of Israel have come here tonight to search out the land." 3 Then the king of Jericho sent to Rahab, saying, "Bring out the men who have come to you, who entered your house, for they have come to search out all the land." 4 But the woman had taken the two men and hidden them. And she said, "True, the men came to me, but I did not know where they were from. 5 And when the gate was about to be closed at dark, the men went out. I do not know where the men went. Pursue them quickly, for you will overtake them." 6 But she had brought them up to the roof and hid them with the stalks of flax that she had laid in order on the roof. 7 So the men pursued after them on the way to the Jordan as far as the fords. And the gate was shut as soon as the pursuers had gone out.

- There's been a lot of debate about Rahab's lie
- Was Rahab's lie to protect the spies a sin? Is it ever right to lie?
- Some say lying is always wrong even when helping out God's servants
- Others say there was a greater good over the lying protecting the men of Israel from being murdered
- Ethicists call that Graded Absolutism
- R. C. Sproul asserts that it was appropriate because "Truth is due to whom it is deserved" (Tape series on an "Introduction To Ethics"). The Jericho soldiers didn't deserve the truth so Rahab didn't have to give it.
- Others will say that lying is always wrong Daniel's friends didn't lie to get out of the Lion's Den
- Others assert that there is never an appropriate time to lie because God is a God of truth. He could have spared the soldiers if Rahab told the truth.
- Rahab was honored for her faith, not for her lie.
- Rahab would also have been guilty of treason before Jericho.

Hebrews 11:31 By faith Rahab the prostitute did not perish with those who were disobedient, because she had given a friendly welcome to the spies.

EVALUATING LYING ON AN ETHICS SCALE

EVALUATING LITING ON AN ETHICS SCALE									
Ethic	Antino- mianism	Utilitari- anism	Situation Ethics	Conflicting Absolutism	Graded Absolutism	Non-Conflicting Absolutism			
Defi- nition	No absolutes	Greatest good for greatest number	Right is determined by what is the most loving in a situation	Conflicting divine absolutes have no solution	Conflicting divine absolutes have solution by prioritizing absolutes	Divine absolutes never conflict			
Compa rison	Lying is neither right nor wrong	Lying is generally wrong	Lying is sometimes right	Lying is forgivable	Lying is sometimes right	Lying is always wrong			
Expla- nation	Everything 's relative (whatever I think is right is right) Hedonism pleasure is the highest virtue	Concern for the happiness of the most people.	 Love = Justice The "End" justifies the "Means" Love is the <i>only</i> law – other laws are mere guidelines 	When in moral conflict, choose the lesser evil.	 Love of God over man (ie/Abr & Isaac–Gen22) Obey God over govt. Mercy over truth (lie to save a life) Bible has greater sins & virtues 	 No real conflicts among moral absolutes There are ethical conflicts producing double effects (desirable intended & undesirable unintended) – ethic is based on motive (ie/ kill in self defense, save pregnant mother over fetus) 			
Exam- ples	Lie at work for personal benefit	Lie at work for company's benefit	Lie about affair b/c love someone else	Lie to spouse about terminal illness b/c lying is lesser evil than pain caused	Hebrew midwives lied to protect babies (Ex 1) Rahab lied to protect spies (Josh 2)	Hebrew midwives and Rahab sinned in lying to protect babies and spies			
Criti- cism	No standard for truth.	Who determines what is the greatest good?	Love without ethics is meaningless. Man's judgment is exalted over God's commands.	Does God give us irreconcilable moral conflicts? Is God expecting us to commit a lesser evil?	Does God contradict Himself by grading moral absolutes and placing man in moral conflict between them?	How can one assume there is never ultimately moral conflicts when we face them regularly?			

Antinomianism	Utilitarianism	Conflicting Absolutism	Graded Absolutism	Non-Conflicting Absolutism
No divine absolutes – rightness is relative and personal	Many general guidelines but there are exceptions – resolve conflict with motivation of love	Many divine absolutes that conflict – there is no resolution	Many divine absolutes to do conflict – resolve through prioritizing absolutes	Many divine absolutes that never conflict

Conclusion:

- Tell the truth because we love the God of Truth.
- Embrace the truth because our Savior is the Truth.
- Live the truth because our relationships and society die in deceit.

Discussion:

- Share how a lie or deception hurt or harmed you.
- What are our biggest reasons why we lie?
- Why is God so passionate about truth? Has society lost interest in truth? Why or why not?
- Are there ever good reasons to lie? Why or why not?