

The High Cost of Self-Deception
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Broadcast Dates: 8/20/25-8/22/25
Message Dates: 2/2/25 ● 10:00 A.M.

Scriptures:

- James 1:22-24
- Jeremiah 17:9
- Galatians 6:3
- Isaiah 30:10-13
- Ephesians 4:18, 19
- Psalm 51:6
- Proverbs 28:13
- Proverbs 14:12
- 1 John 8, 9
- Romans 1:25
- Proverbs 27:6
- 2 Timothy 3:13
- Romans 7:19, 20

Summary:

Deceiving ourselves comes with serious consequences. Telling ourselves a lie so often that we eventually believe it blinds us to the truth by producing a false view of our circumstances. Personally, it damages relationships and stunts our growth; in leadership, it leads to poor decision-making because leaders may overlook problems or crucial feedback. Failing to deal with self-deception keeps us from growing and developing spiritually. By comparison, seeing the truth of God's love and how it applies to us gives us our lives back. A willingness to face our real selves just as we are, despite the pain involved, is how we avoid being deceived. Accepting our authentic selves without buying into a cheap copy of ourselves lets us be who God made us to be.

Notes:

1. Self-deception makes it harder to grow and develop because we haven't seen our flaws clearly. It detracts from our mental and emotional clarity, and causes us to lose sight of who we really are and what's real.
2. It aggravates our worry and anxiety because it leads to letting things deteriorate further, and leads to numbing behaviors like binge-watching, overworking, drinking, overeating, etc.
3. It makes us feel like a fraud and exhausts us from all the mental gymnastics of lying to ourselves to try to cover it up.
4. It leads to inaccurate judgments and poor decisions because we're going off of faulty data and makes us feel shame and guilt.
5. It can weaken our relationships and lead us to deceiving others.
6. It keeps us trapped in bad, or even dangerous, habits, situations, or relationships, and becomes a vicious circle and a way of life.

Category: spiritual growth

Keywords: high cost, self-deception, deceiving, consequences, lies, believe, truth, false