

**Better Decisions, Fewer Regrets**  
**5 Questions to Help You Determine Your Next Move**

**Session 2**

**Question #1 – The Integrity Question – Am I Being Honest With Myself?**

**Session Overview**

You can't make the best decision for *you* unless you are honest *with* you. To decide our way into a better future, we must develop the uncomfortable habit of telling ourselves the uncomfortable truth regarding *why* we are choosing to do what we are choosing to do.

**Watch the video**

**Group Discussion**

1. What's an example of a "Plastic Truth" you've embraced over time? How has that false premise recently resulted in a faulty decision?
2. Why is self-control so difficult if we generally want what's best for ourselves?
3. Are you aware when your brain shifts a "want" to a "need" in order to justify doing or having whatever it is you desire? Can you share how that experience played out?
4. In Jeremiah 17:9, the prophet describes how the heart is deceitful. Based on your own heart experiences, do you agree or disagree? Why?
5. Jesus says, "You will know the truth, and the truth will set you free" (John 8:32). How might being honest with yourself free you to make better decisions?

**Making Better Decisions**

We often avoid being honest because the truth makes us feel bad. But there are worse things than feeling bad. For starters, clinging to something bad about ourselves or refusing to address it. That's truly bad for our hearts, souls and relationships.

Take a few minutes to answer these questions. Then, if you'd like, you can share them with the group.

1. What's something you're currently struggling with?
2. On this issue, are you being honest with yourself . . . really? In what ways?

The Integrity Decision is making up your mind to not lie to yourself even when the truth makes you feel bad about yourself. Will you commit to that now?

**Session Wrap Up**

Once you start being absolutely honest with yourself, it's gonna be a bit harder to be dishonest with everybody else. And while being honest with ourselves can be a bit terrifying, being honest with ourselves, telling ourselves the truth, can be . . . liberating. In fact, it's almost always liberating.

Jesus made a powerful statement in this regard. You may not know Jesus said it because politicians say it all the time . . . without giving Jesus credit. Apparently, it's okay to mention what Jesus says as long as you don't mention Jesus.

Jesus said, *"You will know the truth, and the truth will set you free."*

The truth really will set you free. But the opposite is true as well: dishonesty will imprison you. And if we're not careful, we'll imprison ourselves when we're less than honest with ourselves.

Telling yourself the truth, owning up to the real reason you're considering what you're considering, will bring immediate clarity. You will see better. It will be harder to deceive yourself. That is why the Integrity Question empowers you to make the right decision for now . . . and the future.

### **Between – Session Personal Study**

To enhance this week's group study, this section will help you experience personal growth in practical ways.

#### **Do**

Write down the insights or ideas from this lesson that stood out most to you.

Commit to spend an entire day being kind yet completely honest with everyone you come in contact with, especially when it comes to you. If you're late for a meeting because you overslept, admit it. If you're checked out at dinner, confess that to your family. How easy or hard will this be for you?

#### **Reflect**

The three categories of decisions (3 Ds) that create the majority of regrets are purchases, relationships and habits. Sometimes they are related. List a regret from each category.

- \* Dumb purchases
- \* Doomed relationships
- \* Destructive habits

We rarely have to sell ourselves on a good idea. But what's an example of when you've been guilty of selling yourself on a bad idea? Once you started down that slippery slope, how did logical reasons give way to self-serving justifications?

#### **Decide**

Integrity is more than just a good idea. God says integrity guides us – but those without it are destroyed by their duplicity (Proverbs 11:3). How might seeing the importance of integrity through God's eyes strengthen your decision to pursue it?

It's pretty much impossible to lead a liar. When people lie at work, they are fired. Now it's your turn. Will you fire the dishonest version of you and hire a new you – an honest you – that will tell the truth even when it's hard or when it makes you feel bad? How might this decision change your life going forward?