

Permission to Speak Freely: Being Honest With Ourselves © 2007
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In order to speak the truth in love to others, we must first get honest with ourselves.

Being Honest With Ourselves

1) Being honest with ourselves means thinking of ourselves soberly and with faith.

For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. (Romans 12:3)

The answer to insecurity and negative thinking isn't learning to think higher thoughts about yourself. It's learning to think higher thoughts about God.

"The great mistake made by most of the Lord's people is hoping to discover in themselves what is found in Christ alone." (Arthur Pink)

How do we learn to see ourselves as we really are, in accordance with the faith God has given us? **We invite trusted individuals to speak the truth in love to us.**

2) Being honest with ourselves means acknowledging the wrong we've done.

"The alternative to confronting the truth is always some form of self-destruction. For Max there were three options: eventual insanity, premature death, or sobriety. In order to free the captive, one must name the captivity. Max's denial had to be identified through merciless interaction with his peers. His self-deception had to be unmasked in its absurdity." (Brennan Manning)

Being honest with ourselves means acknowledging the wrong we've done, because until we've acknowledge it we can't be free of it.

If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1 John 1:8-9)

The cure for a disintegrated soul is confession. The word “confess” (Greek *homologomen*) means “to say the same thing as.” It means honestly assessing things as they really are.

In confession the break-through to community takes place. Sin demands to have a man by himself. It withdraws him from the community. The more isolated a person is, the more destructive will be the power of sin over him, and the more deeply he becomes involved in it, the more disastrous is his isolation. Sin wants to remain unknown. It shuns the light. In the darkness of the unexpressed it poisons the whole being of a person. This can happen even in the midst of a pious community. In confession the light of the Gospel breaks into the darkness and seclusion of the heart. The sin must be brought into the light. The unexpressed must be openly spoken and acknowledged. All that is secret and hidden is made manifest. It is a hard struggle until the sin is openly admitted. But God breaks gates of brass and bars of iron. (Dietrich Bonhoeffer in Life Together)