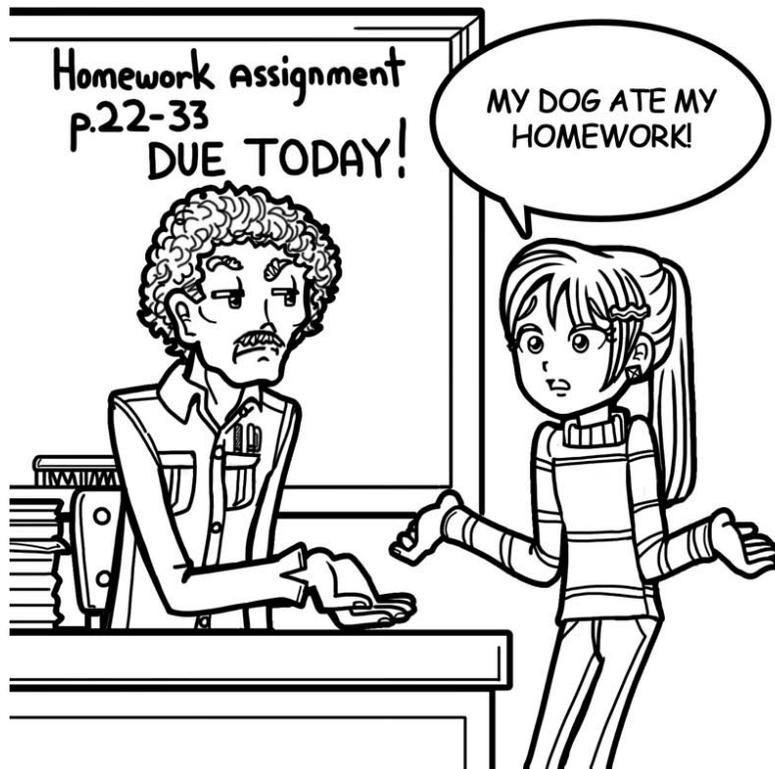


We often excuse our pet sins by giving them more acceptable names. Our bad temper we call "nerves"; our untruthfulness, "exaggeration"; our dishonesty we call "good business." In seeking to overcome these sins, we need to bring them out in the open, call them honestly by name, and sincerely repent (Proverbs 28:13).

A man entered a dentist's office and sat down to have his teeth fixed. "I can feel a huge cavity with my tongue," he said. The dentist examined the man's teeth and said, "It'll only be a small filling." "But why does it feel so large?" asked the patient. "Just the natural tendency of the tongue to exaggerate," replied the dentist with a twinkle in his eye. We may smile, but aren't we all prone to blow things out of proportion? Indeed, "the tongue is a little member and boasts great things" (James 3:5).

Lord, forgive us for misusing our tongues. —Henry Bosch

**To stretch the truth is to tell a lie.**



## Central Mountains Baptist Church

# SEPTEMBER 9, 2018

## Exaggeration

**He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy. —Proverbs 28:13**

A woman said to a preacher, "I have a habit that I know is hurting my testimony—the habit of exaggeration. I start to tell something and I go on and on enlarging the story. People suspect that it's not true, and they lose confidence in me. I'm trying to get over it. Could you help me?"

He responded, "Let's talk to the Lord about it."

She prayed, "Lord, You know I have this habit of exaggeration . . ." At this point the preacher interrupted, "Call it lying and you may get over it!" The woman was deeply convicted and confessed her wrong.



# Insights for Living

## Standfast in Gentleness 3



- #1. Standfast in harmony, v2-3
- #2. Standfast in joy, v4
- #3. Standfast in gentleness, v5**
- #4. Standfast in peace, v6-7
- #5. Standfast in thought, v8
- #6. Standfast in action, v9



**(Proverbs 28:13)** "He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy."  
**(Philippians 4:5)** "Let your gentleness be known to all men. The Lord is at hand."

We can make multiple Biblical suggestions for having victory over anger:

**1. \_\_\_\_\_ my behaviour and \_\_\_\_\_ of it,**  
**(Psalms 51:1-5)** "Have mercy upon me, O God, According to Your lovingkindness; According to the multitude of Your tender mercies, Blot out my transgressions. {2} Wash me thoroughly from my iniquity, ... {3} For I acknowledge my transgressions, ... {4} Against You, You only, have I sinned, And done this evil in Your sight; ... {5} Behold, I was brought forth in iniquity, And in sin my mother conceived me."  
**(Luke 15:18-24)** "'I will arise and go to my father, and will say to him, 'Father, I have sinned against heaven and before you, {19} 'and I am no longer worthy to be called your son. Make me like one of your hired servants.'" {20} "And he arose and came to his father. But when he was still a great way off, his father saw him and had compassion, and ran and fell on his neck and kissed him. {21} "And the son said to him, 'Father, I have sinned against heaven and in your sight, and am no longer worthy to be called your son.' {22} "But the father said to his servants, 'Bring out the best robe and put it on him, and put a ring on his hand and sandals on his feet. {23} 'And bring the fatted calf here and kill it, and let us eat and be merry; {24} 'for this my son was dead and is alive again; he was lost and is found.' And they began to be merry."  
**(1 John 1:9)** "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."



## 2. The \_\_\_\_\_ principle,



**(Ephesians 4:22-24)** ".. put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, {23} and be renewed in the spirit of your mind, {24} and that you put on the new man which was created according to God, in true righteousness and holiness."

**(Ephesians 6:2)** "'Honor your father and mother," ...:"

## 3. \_\_\_\_\_ thoughts, Numbers 20:1-2, 6-8, 10-11

**(Philippians 2:14)** "Do all things without complaining and disputing,"

**(Acts 16:18)** "..Paul, greatly annoyed, turned and said to the spirit, "I command you in the name of Jesus Christ to come out of her." And he came out that very hour."

**(Genesis 4:3-8)** "And in the process of time it came to pass that Cain brought an offering of the fruit of the ground to the LORD. {4} Abel also brought of the firstborn of his flock and of their fat. And the LORD respected Abel and his offering, {5} but He did not respect Cain and his offering. And Cain was very angry, and his countenance fell. {6} So the LORD said to Cain, "Why are you angry? And why has your countenance fallen? {7} "If you do well, will you not be accepted? And if you do not do well, sin lies at the door. And its desire is for you, but you should rule over it." {8} Now Cain talked with Abel his brother; and it came to pass, when they were in the field, that Cain rose up against Abel his brother and killed him."

**(1 Peter 5:6-8)** "Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, {7} casting all your care upon Him, for He cares for you. {8} Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour."



## 4. \_\_\_\_\_ the Lord, Numbers 20:12

**(Exodus 17:4)** ".. "What shall I do with this people? They are almost ready to stone me!""

**(Psalms 103:19)** "The LORD has established His throne in heaven, And His kingdom rules over all."

**(Colossians 2:3)** "in whom are hidden all the treasures of wisdom and knowledge."

**(Jeremiah 29:11)** "For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope."

**(Romans 8:28)** "And we know that all things work together for good to those who love God, to those who are the called according to His purpose."