

Date: _____

Lying Journal

Memory Verses

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

Sanctify them in the truth; Your word is truth. (John 17:17)

A truthful witness saves lives, but he who utters lies is treacherous. (Proverbs 14:25)

When was I tempted to lie?

What did I say that was untrue or what was I tempted to say that was untrue?

What was the truth?

Why I was tempted to lie, what I was trying to accomplish?

What was the heart motive that was revealed by my action?

Prayer of thanks for God's help for resisting temptation or prayer of confession, repentance and request for God's help with future temptations:

When and how will you tell the truth to those you have deceived?
