



# *The Sins of Withholding*

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- **"SPEAK THE TRUTH IN LOVE"** -

Ephesians 4:15

**Ephesians 4:11-15** - *"Now these are the gifts Christ gave to the church: the apostles, the prophets, the evangelists, and the pastors and teachers.*

*<sup>12</sup> Their responsibility (including ReGroup Leaders) is to **equip God's people** (You, the ReGroup Band of Brothers) to do his work and build up the church, the body of Christ (including your ReGroup Brothers).*

*<sup>13</sup> This will continue until we all come to such unity in our faith and knowledge (*deepen our understanding together*) of God's Son **that we will be mature in the Lord**, measuring up to the full and complete standard of Christ.*

*<sup>14</sup> Then we will no longer be immature like children (*or Emotional Adolescents*). We won't be tossed and blown about by every wind of new teaching. We will not be influenced when people try to trick us (*or even fooling ourselves*) with lies so clever they sound like the truth.*

*<sup>15</sup> Instead, we will **speak the truth in love**, growing in every way more and more **like Christ**, who is the head of his body, the church."*

## **1. The Sin of WITHHOLDING TRUTH vs SPEAKING TRUTH**

Do you own your recovery like a badge of honour - \_\_\_\_ Days of no acting out - GREAT! But is that the whole story? But what about the rest of you? What aren't you telling us? What are you NOT sharing about what is going on inside you? Around you? At home? Are you being selective about what you tell your WINGMAN or BROTHERS here in ReGroup? Will you share all that is going on?

- Are you really maturing in your faith?
- Are you honestly becoming more and more like Jesus?
- OR
- Are you a MESS but just not informing others?
- You talk about the BOXES you can check.
- You avoid topics where you are NOT addressing, not working and not winning.
- It's what you won't or don't say that will eventually kill you!
- There are **LIES of Commission** - what you intentionally say that you KNOW is not the truth.
- There are **LIES of Omission** - what you intentionally withhold that HIDES the truth as it is.
- You imply you are doing good to keep a good image but you are shading the truth or worse - completely withholding the truth!
  
- Remember:

# *Power Grows in Secret!*

- Never doubt this truth! The enemy's power over YOU and your addiction grows stronger if you keep your garbage thoughts and inappropriate actions in the DARK!
- EXPOSE the fruitless deeds of darkness (Eph. 5:11)! Don't hide them, don't withhold them, don't keep them a secret or else their GRIP on you gets STRONGER!
- Bring your Dark Side to Light! Volunteer your struggles. Reveal your lack of effort. Admit where you AREN'T doing well!
- Don't withhold the Truth about you and how you are really doing.
- If you're withholding disclosing your battles, not volunteering your personal issues and you're fudging the truth if asked - YOU ARE IN BIG DANGER!
- If you're not making needed character changes, not addressing SOUL WOUNDS that pushed you to your addiction in the 1st place and not actively growing in your faith - MORE DANGER!
- You are ALL CLEAR - sure - but you are simply not doing well in many other areas.
- SPEAK THE TRUTH - the truth about You and what's really going on in the rest of your life.

## **2. The Sin of WITHHOLDING LOVE vs SPEAKING LOVE**

- What if we talked to your spouse, asking her, "*How well is he LOVING YOU?*"
- Do you speak loving and kind words? Do you display a loving, warm and caring attitude? Do you show loving and affectionate actions?  
OR
- Are you treating your wife poorly? Are you withholding your LOVE?
- Are you fighting with your wife? Blaming her? Criticizing her?
- Punishing her with silence or harsh words? Does your angry tone discourage her from getting close to you?
- Are you not talking to her or showing interest in her life? Not hugging or kissing?
- Do you withholding your spiritual life: avoiding faith discussions and praying with her?
- Treating her or even the kids poorly. Do you make no time for her and never date?
- Would she say that you and she are just "ROOMMATES"?
- Are you reactionary, defensive, distancing, pressuring, demeaning, private.
- Are you withdrawing from the one you love and withholding your love from her?
- This is the story of the *Intimacy Anorexic*.

**TELL ALL - LOVE WELL!**