

AHA
(Awakening / Honesty / Action)

(2) Brutal Honesty

~ AHA ~

**A SUDDEN RECOGNITION... THAT LEADS TO AN HONEST
MOMENT... THAT BRINGS LASTING CHANGE!**

THREE KEY INGREDIENTS to AHA...

- 1. Sudden AWAKENING**
 - 2. Brutal HONESTY**
 - 3. Immediate ACTION**
-

~ DISTANT COUNTRY ~

Luke 15:17...

“HE CAME TO HIS SENSES”

Second Ingredient to a SPIRITUAL AHA...

BRUTAL HONESTY!

Luke 15:17-19...

*“When he came to his senses, **HE SAID TO HIMSELF**, ‘How many of my father’s hired servants have food to spare, and here I am starving to death! 18 I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. 19 I am no longer worthy to be called your son; make me like one of your hired servants.’*

CONVICTION MUST ALWAYS LEAD TO CONFESSION!

A BRUTALLY HONEST Moment happens when **NO ONE ELSE IS AROUND...** and you **TELL YOURSELF** the **TRUTH** about **YOURSELF!**

When that happens...

You'll discover the **DIFFERENCE** between **REGRET** and **REPENTANCE!**

**HAVE YOU FOLLOWED UP YOUR "AWAKENING"
BY BEING "BRUTALLY HONEST" WITH YOURSELF?**

Three Primary Reasons we struggle with BRUTAL HONESTY...

1. DENIAL...

"IF I IGNORE IT... MAYBE IT WILL GO AWAY!?"

DENIAL is nothing more than **PRETENDING** that **EVERYTHING** is **OKAY...** even though **EVERYTHING** is **NOT OKAY!**

Sigmund Freud...

DENIAL is a **Defense Mechanism** in which a person is faced with a **FACT** that is **TOO UNCOMFORTABLE** to **ACCEPT...** so they **REJECT IT** despite the **OVERWHELMING EVIDENCE!**

DEFINE THE "REALITY" OF YOUR CIRCUMSTANCES?

Three Tactics of DENIAL...

1. DISAGREE

Instead of being **HONEST** about the **REALITY** of things in our lives... we tell ourselves a **LIE!**

Blasé Pascal...

People almost invariably arrive at their **beliefs** not on the basis of **PROOF...** but on the basis of **they find most ATTRACTIVE!**

In Other Words...

Most of us are willing to **LIE** to ourselves about our **REALITY** and about **WHAT WE BELIEVE...** if it means we can have **SOMETHING WE WANT!**

Three Tactics of DENIAL...

2. DEFEND

DEFENDING YOUR TRUTH means you... **AVOID** the **PEOPLE** and **PLACES** that might **CONFRONT YOU** with the **TRUTH** about **WHERE YOU REALLY ARE!**

Three Tactics of DENIAL...

3. DISTRACT

CONFESSION IS THE ONLY CURE FOR DENIAL!

Three Primary Reasons we struggle with BRUTAL HONESTY...

2. PROJECTION...

“IT’S NOT MY FAULT... SO IT’S NOT MY RESPONSIBILITY!”

PROJECTION is actually **admitting the REALITY** but **refusing to OWN IT...** so you **BLAME SOMEBODY ELSE!**

I... AM... A... SINNER!

Three Primary Reasons we struggle with BRUTAL HONESTY...

3. MINIMIZATION...

“WHAT’S THE PROBLEM... IT’S NOT THAT BIG OF A DEAL!”

MINIMIZATION is **acknowledging the REALITY** of the **situation...** even **OWNING RESPONSIBILITY** for it... (Buuuuut...) **DENYING ITS SERIOUSNESS!**

Luke 15:18-19...

I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. 19 I am no longer worthy to be called your son; make me like one of your hired servants.’

***SIN will always TAKE YOU...
FARTHER than you want to GO...
COST YOU... MORE than you want to PAY...
KEEP YOU... LONGER than you want to STAY!***

MINIMIZATION Phrases...

“I’M JUST HAVING FUN...”

“THINGS WILL GET BETTER...”

“IT’S NOT THAT BIG OF A DEAL...”

WHAT IS THE TRUE COST OF YOUR SIN TODAY?
