



Think Zone

Welcome to the Think Zone for this All-In Reflection. This Zone does exactly what it says- it allows you to have time to think. Many of us lead busy lives – even in the midst of this lockdown- and finding time to pause and think is hard.

In our Think Zone we allow some time for God to speak to us as well as spend time talking to him. This Think Zone has 2 parts to it and it is up to you if you do both or one or other.

The first part is a series of questions that allow you to spend some time thinking and reflecting on what you have heard in the reflection. They give you some time to think over the subject of lying, our response to it and what the Bible says. You might want to write down your answers in a journal.

Read this quote from *The Good and Beautiful Life* by James Bryan Smith:

According to a study conducted by Robert Feldman, in a ten-minute conversation we tell an average of 3.3 lies- once every three minutes or so. The most shocking study I have ever seen concluded that we are lied to every five minutes, or an average of two hundred times a day. Author Ralph Keyes, who has written an excellent book on lying, concludes that "some form of deception occurs in nearly two thirds of all conversations". American parents admitted to lying to their children on a regular basis. (p.105)

How often do you think you lie?

How do you feel about being regarded as a serial liar? Discuss

There are some interesting 'lies' quoted in the book

- Yes, I have read that book.
- Yes, let's definitely get together soon.
- He's in a meeting.
- She's not home
- No, that outfit doesn't make you look fat. (p.104)

These might be seen as small, as 'white' lies.

Are there different degrees of lies?

Does the intention or outcome make a difference?



Are we following a false view or narrative? James Bryan Smith refers to this as 'I need to lie to get by' He says:

Given that we need to think well of ourselves, when we lie we need an excuse.

- I don't want to deal with someone else's hurt feelings.
- It was just a white lie; I meant no harm.
- If I told the truth I would get in trouble.
- The end justifies the means. (p.106)

Do we need to?

Enough negative, let's move on to the positive! Look at what Jesus says in today's Bible passage:

Matthew ch.5 v.37: Simply let your yes be yes and your no be no anything beyond this comes from the evil one.

How can we turn that so-called 'white' lie into a positive reply?

James Bryan Smith asks the next question:

Look at Ephesians ch.4 v.29

Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear.

How does living in the kingdom help us to stop lying to or deceiving others?

He refers to kingdom encouragement (p.113) and kingdom kindness (p.114).

What do you think these mean and how do we put them into practice?

To think about.

Who can I encourage or be kind to today?



The second part of the Think Zone is based on the Soul Training as suggested by James Bryan Smith in his book 'The Good and Beautiful Life'. He is suggesting that you should plan and carry out a day without words. His reasoning behind this is this:

'If we do not speak, we cannot lie. We cannot gossip. We cannot hurt others with our words. So, we practise silence to have better control over our tongues.'

We are suggesting that you might like to use this Think Zone to plan an extended time where you will be silent. This is particularly challenging. Here are a few things you might like to think about.

- 1) When is the best time for you to do this? Think about the day and the time.
- 2) How long do you think you should go without speaking?
- 3) Where do you think you should spend the time period?
- 4) Who do you need to tell you are doing this? If you are normally a Chatty person who enjoys texting or phoning people, it's important to let people know what you are doing as if you suddenly go silent then it might cause concern!
- 5) What circumstances during the time allocated might speaking be beneficial?
- 6) How might you communicate with people if the need arises- hand gestures? Written notes?

If you decide to try this soul training then please do let us know at Christ Church so that we can support you in prayer.

