

Resolving Hypocrisy

Name: _____

Check each way, either in the past or presently, that you have pretended outwardly something that is not true inwardly

Prayer

Lord, I acknowledge attitudes of hypocrisy in my heart. I have focused primarily on what others think and I have failed to be authentic and real in my life.

I ask You, Heavenly Father, to open my heart so that I can respond with true authenticity as Jesus would do if He were in my place. I also ask that you help me open my heart with all its defects to others so that my weakness and victories may encourage others. I choose to be authentic and real and I acknowledge each of the following areas of hypocrisy in my life to You.

Hypocritical Attitude

Truthful/Authentic Attitude

You	Your Spouse	Towards Others	
		Pretending to obey/honor my parents while being inwardly rebellious	Obeying/Honoring my parents with a joyful submissive spirit
		Criticizing other's failures/problems which are similar to mine	Acknowledging my failures/problems to encourage others in their struggles
		Pretending to care for others when inwardly I am bitter, resentful and angry	Taking my bitterness and resentment to Jesus for healing so I can respond to others from the heart
		Saying one thing and thinking differently in my heart	Either keeping quiet until directed to speak by God (<i>you</i>) or by speaking the truth in love
		Saying I love someone when inwardly I really hate them	Taking my anger and hate to Jesus for healing so I can genuinely love another from the heart
		Telling others only the things about myself I want them to know instead of what is true	Being open hearted with others about my true weaknesses and failures
		Being afraid of what others would think if they knew what I am like on the inside	Identifying with others by fearlessly revealing my true self when it can encourage another
		Projecting myself as having it all together (no problems) out of fear of rejection from others	Loving others willingly taking the risk of being hurt or rejected by others just like God does (<i>You do</i>)
		Dishonesty in sharing my weaknesses with others for fear of being rejected	Truthfully and fearlessly sharing my weaknesses with others when it is appropriate to share
		Lying about things that happen to cover up what I do	Being truthful and honest about what I do or have done
		Lying to gain the acceptance of others	Being truthful with others whether they accept me or not
		Identifying the problems of others but not seeing my own problems Matt. 7:5	Identifying my problems which are similar to other's problems and treating others with grace
		Asking others to do things I am unwilling to do (i.e., clean house, wash dishes).	Being willing to have a servant's heart and serve others with a willing spirit

Towards God

Pretending to be close to God (<i>You</i>), when not desiring or enjoying a relationship with Him (<i>You</i>)	Being authentic with my relationship with God (<i>you</i>) not being worried about what others think
Practicing religious activities to be seen and praised by others Matt. 6:2,5,16	Practicing spiritual activities in private from a heart that wishes to make God happy
Pretending to be excited about fellowship with other believers, when I only want to impress them with my spirituality	Genuinely caring about others and authentically rejoicing in their spiritual growth
Giving money for show or to gain the praise of men Matt. 6:2	Giving money to God's (<i>your</i>) work without others knowledge
Praying to impress others with my spirituality Matt. 6:5	Praying from the heart without any concern for what others are thinking about what I am saying
Fasting to impress others with my spirituality Matt. 6:16	Fasting in private from a sincere heart
Pretending to be excited about service for God (<i>You</i>), when merely doing it out of obligation	Serving the Lord (<i>you</i>) from a thankful heart which has been set free
Pretending to live a holy life, but inwardly wishing I didn't have to	Renouncing sin in my life and taking my struggles to God (<i>you</i>) for healing
Pretending to be a spiritual person when I'm really not	Letting God (<i>you</i>) manage my spiritual reputation for His glory
Saying I love God (<i>You</i>), but not obeying what He (<i>You</i>) command(s) in His (<i>Your</i>) Word Luke 6:46	Making every effort to be obedient to God (<i>you</i>) in all things privately from the heart
Saying I have an intimate relationship with God (<i>You</i>) but seldom talking to Him (<i>You</i>) in prayer	Being real about my walk with God (<i>you</i>) including the struggles I have with Bible study and prayer
Obeying God (<i>You</i>) because of a fear of what others will think of me	Obeying God (<i>you</i>) with any concern for what others might think of me
Making spiritual decisions based on other's expectations of me	Making spiritual decisions based on what God (<i>you</i>) thinks and what His will is for my life

Moral Hypocrisy

Pretending to have pure moral thoughts while yielding to lustful thoughts	Letting God (<i>you</i>) heal my thought life and renouncing all lustful thoughts
Telling my spouse I am morally pure when being unfaithful in desires, thoughts or actions	Being open hearted and honest with my spouse with regard to my unfaithful desires, thoughts or actions

“Lord, I acknowledge and renounce my hypocrisy as evidenced by my _____ (*Hypocritical Attitude from above*).
 I ask Your forgiveness and I choose to live an authentic life by _____ (*Authentic Attitude from above*).
 I ask You to break that stronghold in my life. I ask you, Lord Jesus, to take back the ground I gave to Satan through my hypocrisy and I yield that ground to you.”