

**Bringing Back The Joy**  
**Session 3 - "Removing the Masks that Hinder Relationships"**  
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Have you ever worn as mask and pretended to be someone else? We normally associate the wearing of a mask with having fun.

When masks of hypocrisy are worn in relationships it damages the relationship. In this session, we are going to consider the **joy killer of hypocrisy** and how it harms and undermines a relationship or a marriage, and what must be done to overcome this spiritual problem in our lives

**I. WHAT IS HYPOCRISY?**

A. Define

1. Dictionary –

2. Biblical Usage

a. O.T. – The Hebrew word refers to “one defiled in mind or conscience, yet concealing it and pretending to be outwardly what they are not inwardly, to have zeal and affection towards God, when their heart is far from Him, or dividing their heart between God and the world.”

b. N.T. – “Hupokrisis” – “play acting, pretence”

1. How is this word associated with drama?

c. The Greek. Word “anupokritos” means the opposite of “hupokrisis”. Used in the N.T. to refer to “sincere” love. (2 Cor. 6:6, 1 Pet. 1:22, Rom. 12:9) and “sincere” faith (1 Tim. 1:5, 2 Tim. 1:5).

1) What is sincere love or faith?

B. Illustrations of Hypocrisy In The Bible

1. Adam & Eve – Gen. 3:7-10

a. What did they do?

2. Rebekah and Jacob – Gen. 27

a. What painful experience did Isaac and Rebekah have?

b. What did Isaac do for his wife? Gen. 25:21

c. When Rebekah realized she was going to have twins, and the babies wrestled in her womb she asked the Lord about it. - Gen. 25:23

1) What did God tell her?

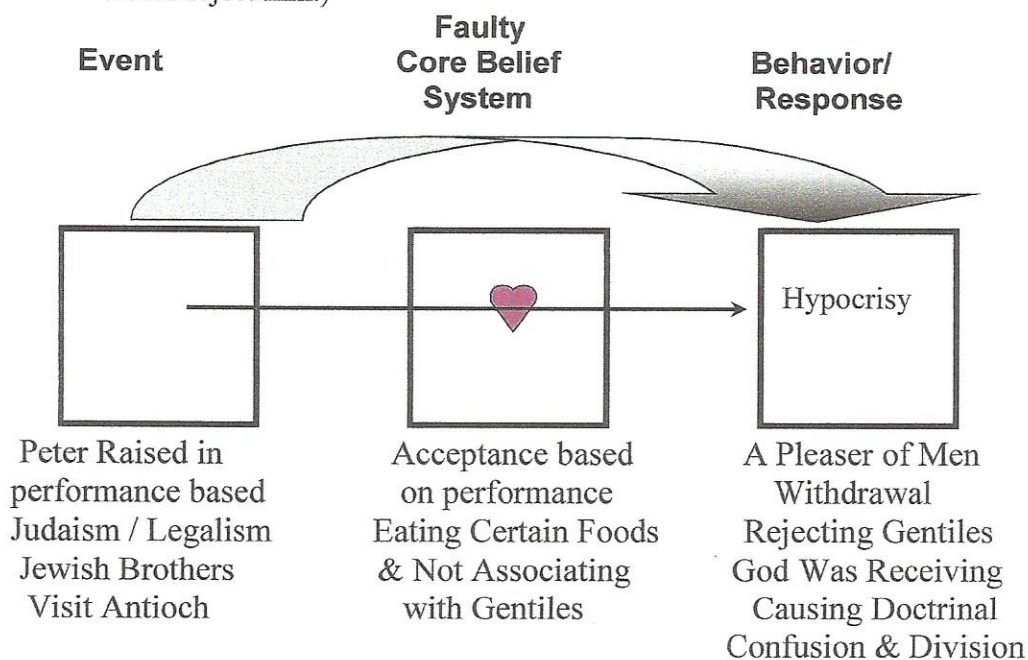
2) How was this contrary to custom?

- 3) Unger's Bible Dictionary – "The firstborn was the priest of the whole family. The firstborn male was also entitled to the "birthright" which gave them peculiar advantages, privileges, and responsibilities of the firstborn among the Israelites. The firstborn also received a double portion of the estate."
- a) What responsibilities came with the birthright?
- d. There is no record that Rebekah shared what God had told her with Isaac.
- 1) Why is this significant?
  - 2) They both needed to understand God's plan for their sons and help them prepare for that plan.
- e. What problems gradually developed in this marriage & family over the years? Why? – Gen. 25: 27-28
- 1) Why? There was a lack of healthy \_\_\_\_\_
  - 2) They began to emotionally \_\_\_\_\_ with their children instead of with each other.
  - 3) What is a child centered marriage?
  - 4) Cmp. Gen. 2:24  
Husbands and wives, is your relationship with each other stronger than your relationship with your children? Does your spouse sense they are the priority over your children or others in your life?
- f. As Isaac & Rebekah emotionally disconnected they began to live in hypocrisy and deception. Cmp. Gen. 26:1-10
- 1) What was one of their core beliefs?
- g. What did Rebekah and Jacob do many years later? Gen. 27
- h. Long before this sin, with all of it's consequences, manifested itself in this family, there was a kettle, with the ingredients of marital dysfunction, favoritism, rejection, and selfish ambitions, all covered with a lid of hypocrisy that had been cooking for years.
- 1) Poison was cooking in the kettle. – Cmp. Rom. 6:23
  - 2) What did the meals served from this kettle cause? - Gen. 27:41
  - 3) What happened to Jacob?
  - 4) Esau's bitterness and its results are spoken of in Heb. 12:15-16.
3. The Pharisees (religious leaders) of Jesus' day were masters at religious hypocrisy. - Matthew 23

#### 4. The Apostle Peter – Gal. 2:11-13

a. What fear did Peter struggle with? What did his actions cause?

Gal. 2:11-13, Paul speaking “But when Cephas (reputed to be a pillar in vs. 9), came to Antioch, I opposed him to his face because he stood condemned. For prior to the coming of certain men from James, (in Jerusalem) he used to eat with Gentiles, but when they came, he began to withdraw and hold himself aloof fearing (rejection from) the party of the circumcised.” (Peter feared that if the Jews knew he was not practicing all the dietary laws, they would reject him.)



b. What was Peter’s sin doing to joy and fellowship in this church body?

c. What did Paul do?

## II. WHO MOTIVATES HYPOCRISY IN PEOPLES LIVES?

### A. Satan

1. What does Satan and his workers do? - 2 Cor. 11:13-15
2. What does Satan use to influence believers and destroy godly relationships. - 1 Pet. 2:1, 3:8-10

### B. Demons - 1 Tim. 4:1-3

## III. WHAT DOES SATAN USE TO MOTIVATE HYPOCRISY IN RELATIONSHIPS?

### A. The Power of Negative Emotions

1. Fear
  - a. Of \_\_\_\_\_
    - 1) How will this fear affect people?
    - 2) We must become safe loving people full of grace so people can share without fear that we will reject them.
  - b. Of Abandonment
    - 1) How will this fear affect people?
  - c. Of Losing \_\_\_\_\_ or Being Shamed
  - d. Of \_\_\_\_\_ Someone
  - e. Of Conflict
    - 1) How will this fear affect people?
2. Guilt
  - a. What should this emotion lead to?
    - 1) What is the difference between true guilt and false guilt?
    - 2) False guilt means you feel you are worthy of blame but in reality you are not worthy of blame because you have not done something wrong or you did something wrong but confessed it and it has been forgiven. – Cmp. 1 John 1:9
  - b. Satan will tempt a person to use hypocrisy to cover true or false guilt.
    - 1) Example - King David - Ps. 51:1-2, 6, Ps. 32:3-5
3. Shame
  - a. How is it different than guilt?
  - b. Toxic shame is the all-pervasive sense that I am flawed and defective as a human being. It becomes one's core identity. This can feed feelings of worthlessness, emptiness and loneliness.
  - c. What will a shame based person or family or church resort to? Why?
  - d. Shame may temporarily change behavior, but doesn't change the heart.
  - e. Learn to test negative emotions with the truth by allowing yourselves to feel the feeling. Then ask does this feeling reflect truth?
    - 1) Is the feeling coming out of a core belief lie from the enemy, or is it based on the unchanging truth of God's Word?
    - 2) Test the emotion like you would test teachings that might sound true.
 

1 John 4:1
  - f. What did Jesus do with our shame? - Heb.12:2

### B. Satan Uses Pride to Motivate Hypocrisy

1. The Lord Jesus repeatedly referred to the Pharisees as hypocrites (religious play actors).
  - a. What did the Lord warn his disciples of in Luke 12:1?
2. Jesus told a parable that illustrated how pride was motivating the Pharisees hypocrisy. - Luke 18:9-14
  - a. The Pharisees had an image to protect.
  - b. Is our struggle with hypocrisy motivated by pride or negative emotions or both?

## IV. HOW DOES HYPOCRISY MANIFEST ITSELF IN RELATIONSHIPS?

### A. Through A Divided Heart (“Heart” in Scripture refers to the mind, emotions, and the will of a person).

#### 1. Divided \_\_\_\_\_ / Opinions

A person pretends they are in agreement with another person, but were not honest about their true thoughts.

#### 2. Divided Affections / Emotions

#### 3. A Divided Will – Decisions that are the result of hypocrisy

- a. Pretending to be outwardly obedient but are inwardly rebellious.
- b. Pretend to be morally pure morally (sexually) pure, but yielding to lustful thoughts, desires and actions.
- c. Going through the motions of being close to God but having no inner desire to seek or have a close relationship with Him.

### B. Through A Dishonest Heart

1. Dishonesty in marriage or family relationships destroys trust.
2. Dishonesty and hypocrisy shuts down healthy \_\_\_\_\_
  - a. How?
  - b. What does dishonesty with God do to our fellowship with Him?
  - c. What will dishonesty in our relationships do to our fellowship with each other.

## V. HOW ARE WE TO DEAL WITH THIS ROBE OF HYPOCRISY?

### A. Rid Ourselves of It - 1 Pet. 2:1

1. How much hypocrisy and deceit are we to put off?

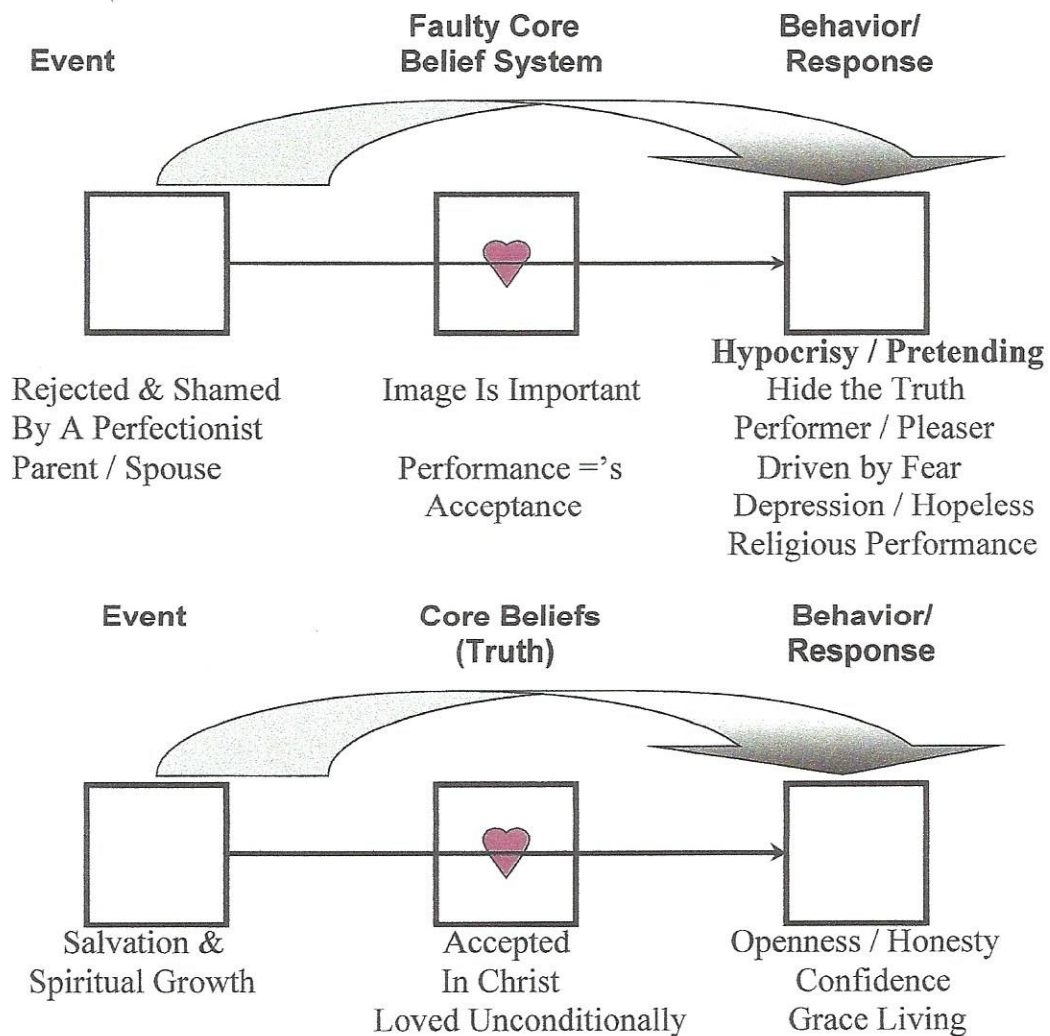
2. Why are we to rid ourselves of these joy killers? – 1 Pet. 1:22-23

B. Embrace the Word of God in all it's Purity - 1 Pet. 1:24-25, and 1 Pet. 2:2

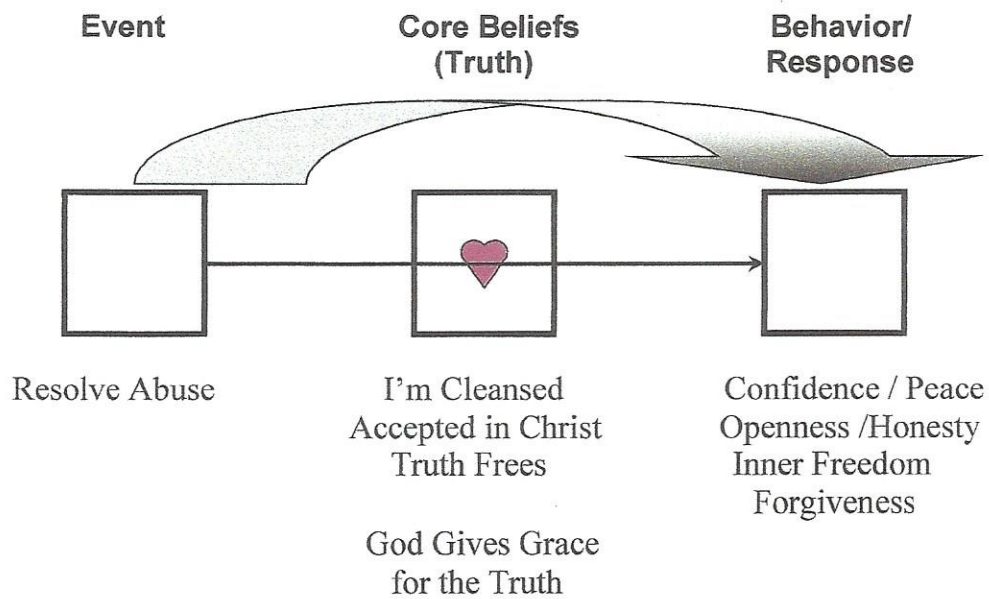
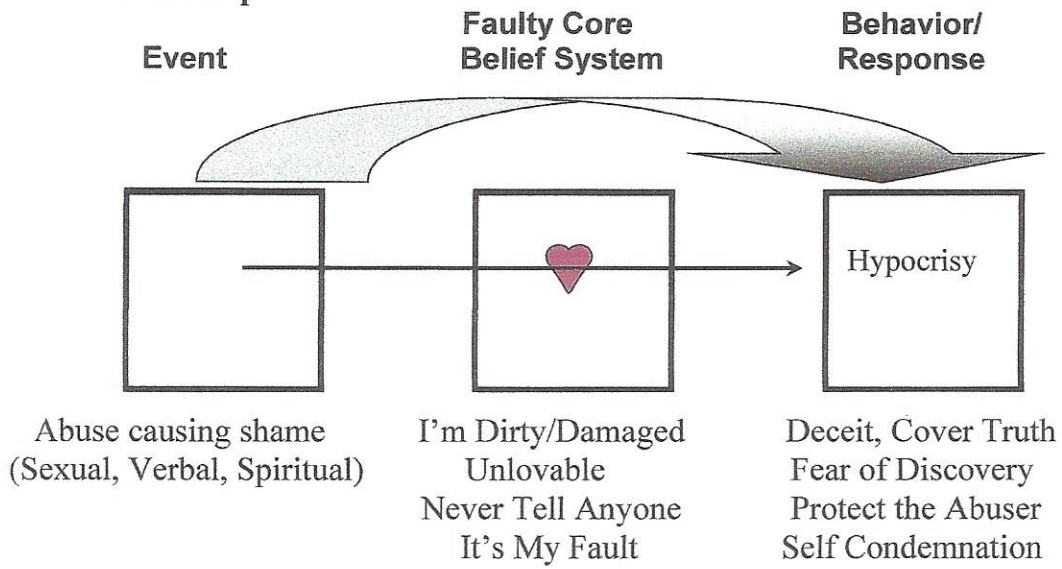
1. How does God purify the dishonest heart?

2. To understand the need for this process, we must understand how Satan uses a lie coupled with emotional damage in a person's life to reinforce hypocrisy, and how the lies must be replaced with truth.

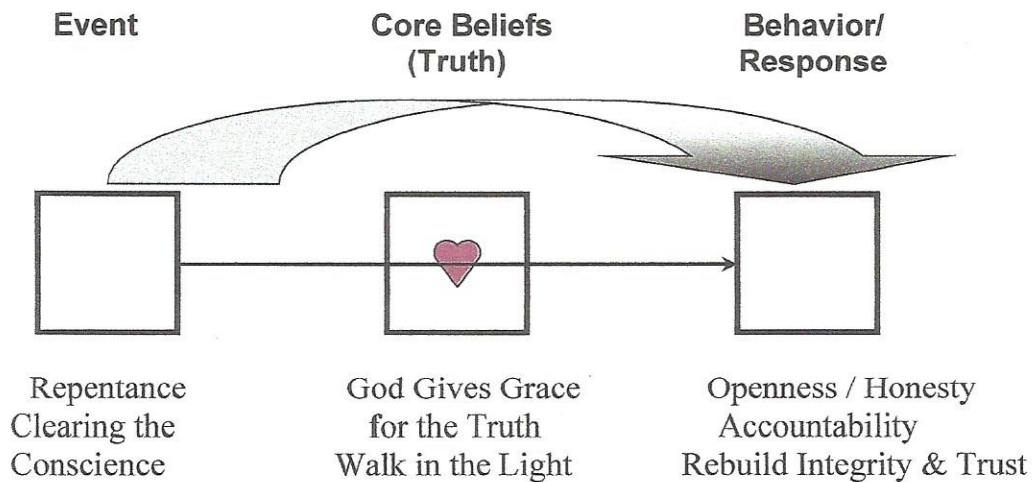
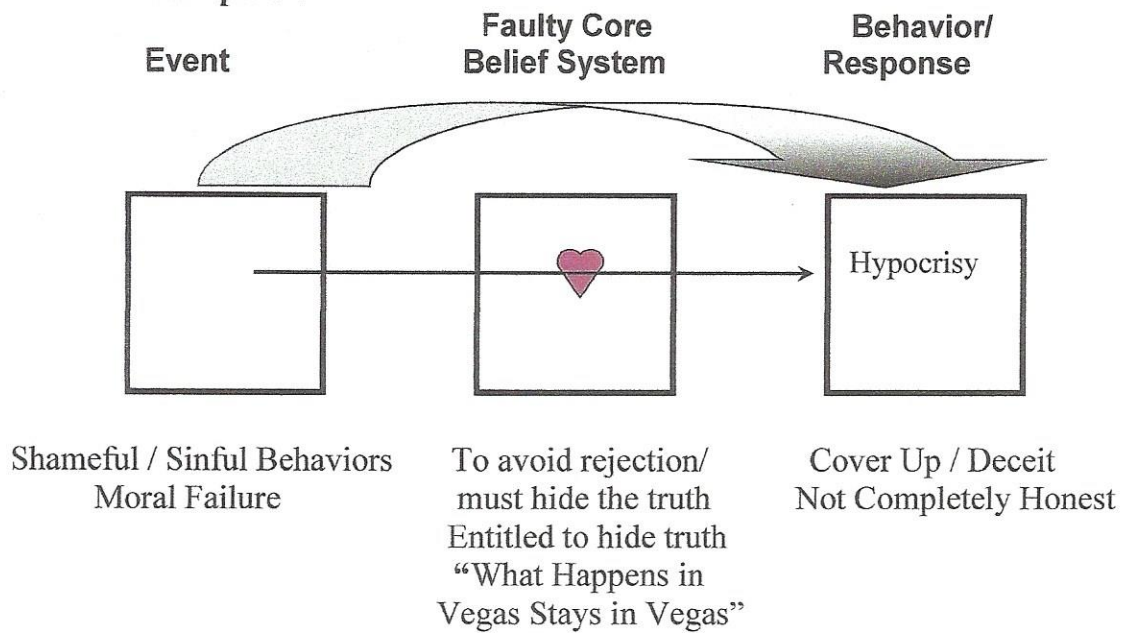
a. Example # 1



**b. Example # 2**



## c. Example # 3



3. As we embrace the truth found in God's Word we will replace our core belief lies and the power of God's Word will begin to transform our lives and relationships. – Cmp. Rom. 12:2

### C. Commit To Speak and Share The Truth With One Another

1. This involves the clearing of one's conscience with God and with those who have been affected directly by the hypocrisy.



2. People often wonder how much should they share?
    - a. They must seek God's wisdom in this.
    - b. Some people share too much, or an offended spouse wants to know more and more details that usually results in more damage.
    - c. Caution: We must be careful in openness that we do not feel or believe that we need to share everything - A husband and wife may need to just take their thoughts and emotions to God and not express what they are struggling with if it is not going to edify their spouse.
      - 1) Wise considerations
        - a) Is it necessary
        - b) Is this the right timing
        - c) Make sure it's done in the right way – softly and gently
  3. When sharing the truth about Sexual Immorality that Has Taken place in a marriage great wisdom must be used.
    - a. It's appropriate to ask for details of the adultery; who, when, where, frequency, and historical time line but it is not appropriate to ask the details of "how". Cmp. Eph. 5:12
    - b. The "how" questions only create greater pain for the injured spouse.
    - c. Seek the help of a wise and godly counselor when working through such a process.
- D. Overcome The Negative Emotions That Feed Hypocrisy
1. Invite the Lord Jesus to bring healing to the emotional wounds that cause fear, shame and guilt.
  2. Create a safe loving environment of grace and acceptance in relationships
    - a. 1 John 4:18
    - b. 1 Peter 3:8-17
- E. Practical Application – See Sheet on Identifying Hypocrisy at end of this session's notes and use the suggested prayer to stand with the Lord against hypocrisy in your life, or relationships.

Removing the Masks That Hinder Relationships  
Discussion Questions

1. In the skit, "The Honest Couple", how did dishonesty cause trouble in the couple's relationship?

Why do you think they were not 100% truthful with each other?

2. Do you sometimes conceal your true feelings or opinions from you spouse? If so, why? How does your honesty or lack of it affect your marriage?

3. If you struggle with honesty in your relationship, what negative emotions does Satan use to tempt you to not be open and honest?

a. Fear

b. Guilt

c. Shame

What is needed to address these emotions in the right way to bring resolution?

4. God commands Christians to be kind and truthful. We are to speak the truth and do it in love (Eph. 4:15a). How would using the Kleenex Method help your communication.

5. What was the most helpful insight you gained from this session?

## Resolving Hypocrisy

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

### Toward Others

- Pretending to obey parents while being inwardly rebellious.
- Criticizing other's failures when my spiritual problems are similar.
- Pretending to care for others while being bitter, resentful and angry.
- Saying one thing with my lips outwardly but thinking differently in my heart.
- Saying I love someone when, in reality, I really hate them.
- Only telling the things about myself that I want others to know, instead of what is true.
- Being afraid of what others would think if they knew what I am like on the inside.
- Projecting myself as having it all together (no problems) out of fear of rejection from others.
- Dishonesty in sharing my weaknesses with others for fear of being rejected.
- Lying about things that happen, to cover up what I do.
- Lying to gain the acceptance of others.
- Identifying the problems that others have but not seeing my own. Matthew 7:5
- Asking others to do things I am unwilling to do ( i.e., clean house, wash dishes).

### Toward God

- Pretending to be close to God, when not desiring or enjoying a relationship with Him.
- Practicing religious activity to be seen and praised by men. Matthew 6:2,5,16
- Pretending to be excited about fellowship with other believers, when in reality only wanting to impress them with my spirituality.
- Giving money to gain the praise of men. Matthew 6:2
- Praying to impress others with my spirituality. Matthew 6:5
- Fasting to impress others with my spirituality. Matthew 6:16
- Pretending to be excited about service for the Lord, when merely doing it out of obligation.
- Pretending to live a holy life, but inwardly wishing I didn't have to.
- Pretending to be a spiritual person when I'm really not.
- Saying I love God, but not obeying what He commands in His Word. Luke 6:46
- Saying I have an intimate relationship with God but seldom talking to Him in prayer.
- Obeying God because of a fear of what others will think of me.
- Making spiritual decisions based on other's expectations of me.

### Moral Hypocrisy

- Pretending to have pure moral thoughts while yielding to lustful thoughts.
- Telling my spouse I am morally pure when being unfaithful in desires, thoughts or actions.

"Lord, I acknowledge and renounce my hypocrisy as evidenced through my \_\_\_\_\_.

(item checked above)

I ask Your forgiveness for my hypocrisy and choose to respond with openness, truthfulness and honesty from my heart."