



August 24<sup>th</sup>, 2025  
Bonita

10 Words of Freedom  
**Do Not Bear False Witness**  
Exodus 20:16

You must not testify falsely against your neighbor.  
Exodus 20:16 NLT

“Do not steal.

“Do not lie.

“Do not deceive one another.                      Leviticus 19:11

### Condemnation

Therefore, there is now no condemnation for those who are in Christ Jesus  
Romans 8:1

<sup>7</sup>Now if the ministry that brought death, which was engraved in letters on stone, came with glory, so that the Israelites could not look steadily at the face of Moses because of its glory, transitory though it was, <sup>8</sup>will not the ministry of the Spirit be even more glorious? <sup>9</sup>If the ministry that brought condemnation was glorious, how much more glorious is the ministry that brings righteousness! <sup>10</sup>For what was glorious has no glory now in comparison with the surpassing glory. <sup>11</sup>And if what was transitory came with glory, how much greater is the glory of that which lasts!

2 Corinthians 3:7-11

### False God?

- Do you have a false god?
- Have you lied? Why?
- Trying to please others
- Don't want others to be mad at you?

### Slander

- the action or crime of making a false spoken statement damaging to a person's reputation.
- Are you hurt or annoyed?

Whoever slanders their neighbor in secret,  
I will put to silence;  
whoever has haughty eyes and a proud heart,  
I will not tolerate.                      Psalms 101:5

<sup>11</sup> Brothers and sisters do not slander one another. Anyone who speaks against a brother or sister or judges them speaks against the law and judges it. When you judge the law, you are not keeping it, but sitting in judgment on it.                      James 4:11

### Lament - Are you being honest about yourself?

- Jesus the things that happened with me are  
\_\_\_\_\_  
\_\_\_\_\_
- Jesus, I feel..... (tired, hurt, pain, discouraged, despair...)  
\_\_\_\_\_
- Jesus the worst part is  
\_\_\_\_\_  
\_\_\_\_\_
- But I believe (or want to believe because I have heard that) you are...  
\_\_\_\_\_  
\_\_\_\_\_

Ten Steps for Lament  
(Materials adapted from [rhythmsoftheway.org/lament.](http://rhythmsoftheway.org/lament/))

## To begin

Read one (or several) of the Psalms of Lament in the Bible,  
Psalm 6, 10, 13, 17, 22, 25, 30, 31, 69, 73, 86, 88, 102.

1. Where does there seem to be a disconnect between God's promises and the life you lead?
2. Where does there seem to be a disconnect between God's promises and the state of the world?
3. Where do you witness oppression and injustice in the world?
4. How are you personally experiencing loss, hurt, anger, disillusionment, disappointment, failure, sickness, death, broken relationships, and broken dreams?
5. What emotions arise in you as you ponder the questions above? (Having difficulty identifying your emotions? The list of emotions from Thursday may be helpful.)
6. What desires arise in you as you ponder the questions above?
7. How do you experience God in this moment? Anger? Trust? Disappointment? Hope?
8. How would you like God to help you in this moment?
9. As hard as it may be to ponder this in this moment: How have you seen God be trustworthy towards you in the past? Does that give you any hope for the situation you are lamenting at the moment?
10. As hard as it may be to ponder in this moment: Name all the ways that God is worthy to be praised.



## [Event Details](#)