



1

***The “Joy” of Masks***  
Why not protect ourselves and elevate our external “image” by hiding from others our true thoughts and feelings? We all are actors on the stage of life.

2

***Transparent Relationships Create Intimacy***  
How many people know your inner thoughts and feelings well? What will you not share even with your closest friends?

3

***Lying to Others***  
A lie is “a statement intended to deceive.” It requires both words and intentional deception. Is it a lie to say that we are “fine” when we aren’t?

4

- TEN REASONS WE LIE**
1. To protect our pride
  2. To hide our destructive actions
  3. To save face
  4. To circumvent punishment
  5. To retain control
  6. To exploit others
  7. To avoid admitting failure
  8. To maintain relational harmony
  9. To spare others from expressing their feelings
  10. To prevent harm/embarrassment to others and self

5

***Lying Destroys Trust***  
The greater the distrust in our relationships, the weaker the love of God, others, and self. Whom do you really trust—and is it mutual?

6

***Can We Trust Others  
Enough to be Transparent?***

**Not everyone is  
trustworthy. Are we?  
Should we grow trust  
gradually, being more  
transparent and picking  
friends carefully?**