Table Talk

LIE DETECTOR PART 2

Discussion questions and conversation starters based on this weekend's sermon!

1. What's the difference between feeling guilty about something you did versus feeling like you are the problem?

2. What's the most elaborate lie you've ever told to cover up something embarrassingly small?

3. When you've made a mistake, is your first instinct to fix it, hide it, or find a reason it wasn't your fault?

4. Have you ever blamed a sibling, a pet, or "the algorithm" for something that was 100% your fault?

5. Why do you think shame tends to make people pull away from the people who could actually help them?

6. What's the most creative excuse you've ever heard someone give to avoid accountability — and did it actually work?

7. Is it easier to confess a mistake to God or to another person? Why?

8. What's something you did as a kid that you still haven't fully confessed to your parents?

9. How does blame protect us in the short term — and what does it cost us in the long run?

10. What's the most ridiculous thing you've stress-cleaned or stress-cooked to avoid thinking about a problem?