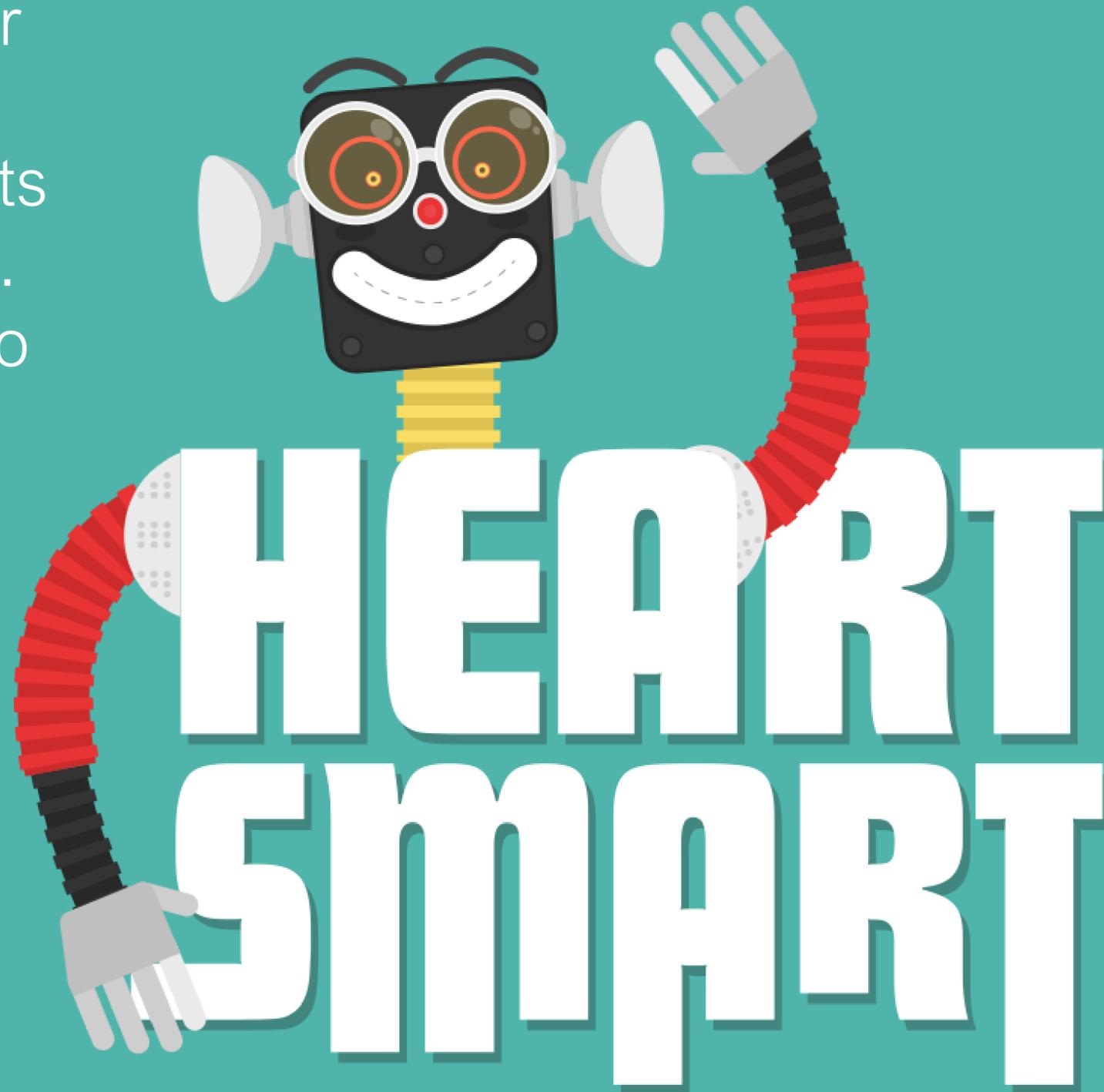
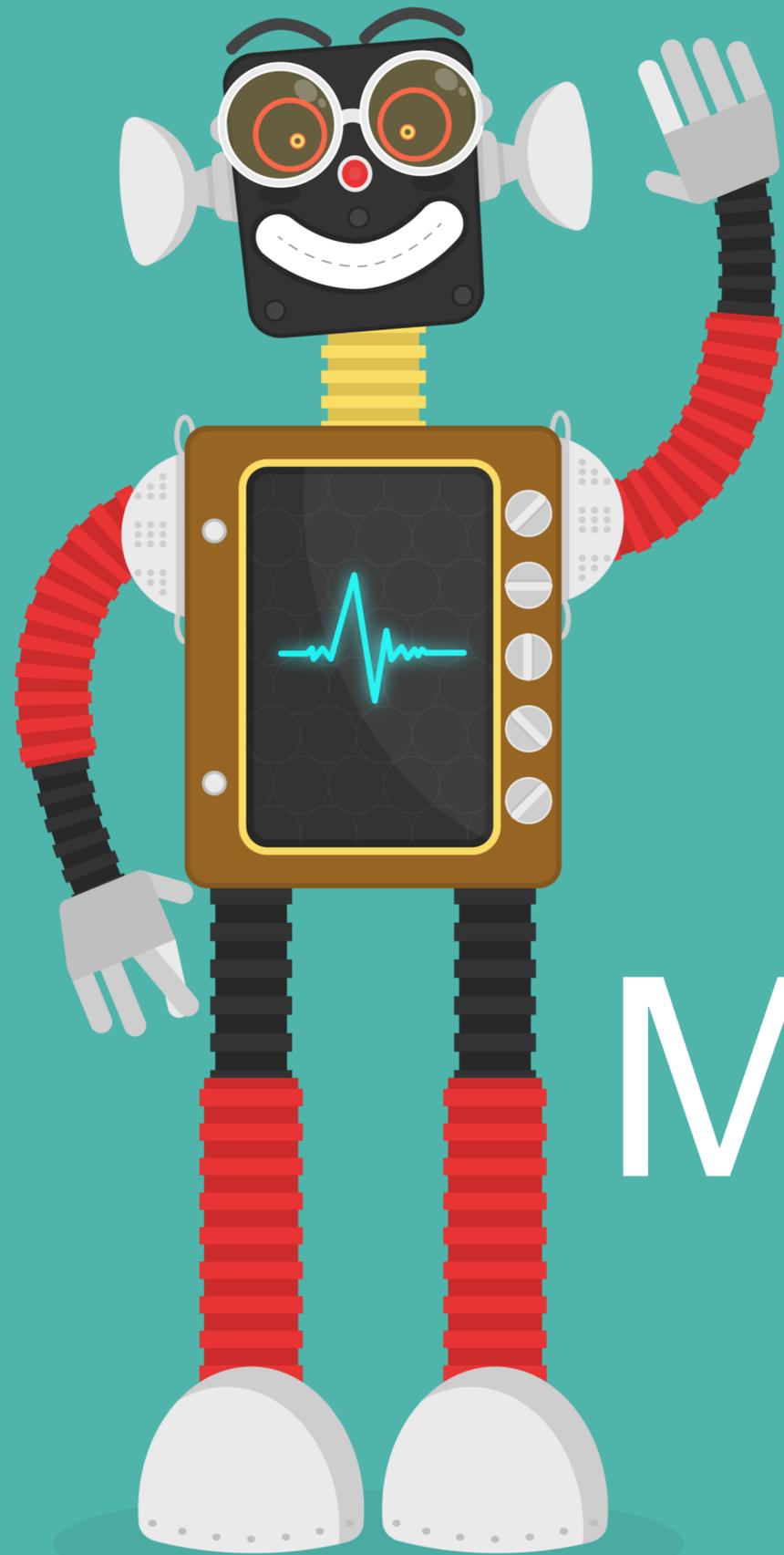


HeartSmart is about being smart with our heart. The life of our heart affects the whole of our life. Today we're going to look at the fourth of the HeartSmart High Five.





Fake is a Mistake

What do you think it means when someone is crossing their fingers?

Part of loving ourselves and loving others is knowing we're enough just as we are.

We don't have to pretend to be someone or something we're not.

Our friends and the people around us deserve to hear true words, it shows love to them but it also shows love to ourselves.

It's all part of being HeartSmart.



Fake is a Mistake!



If you went to open a can of dog food and found it was full of chocolate brownie, it would be a fake.

Sometimes when we hear the word 'fake' it is referring to a trick. Some tricks can be fun.

However, when we say, 'Fake is a Mistake' we are talking about a telling a lie, about pretending to be someone or something that we're not.

We're talking about using a lie to hide something that we've done or who we are.

Fake is a Mistake!



When we feel ashamed or worried because of something that we've done, we are faced with a decision. Whatever we choose to do takes us along one of two paths.

Fake is a Mistake!



Sometimes we might think there's another path, nearly telling the truth.

But that path doesn't really exist.

If we tell the truth we might get in trouble, that's often why we think about telling a lie. But let me show you why telling the truth is better than telling a lie.

If we choose the fake route and tell a lie we might get away with it. If that happens, we're more likely to tell a lie again in the future and again, and again. We end up choosing the fake route over and over again. We might become an expert at it.

The problem is that, if we do this, whenever we're faced with this decision we'll always choose to tell a lie. We end up lying without thinking about it. We form a habit of being fake and people around us begin to notice that we can't be trusted.

'Fake is a Mistake' because it ends up leading us towards loneliness and it's a hard habit to break.'



Fake is a Mistake!

There is another way.
It's the HeartSmart way.
It's the way of the brave.

It's the way of those who love themselves and
love others.

It's to tell the truth.

It's never too late to decide that 'Fake is a
Mistake' and that you're going to start telling the
truth.

Just watch how people start responding
differently to you when they see that you can
be trusted.



Jesus can help us with this.

He describes Himself as “The Truth” in John 14:6 and He gives us courage to tell the truth always.

Knowing that He loves us no matter what, can help too.



George Washington
and the
Cherry tree



There was a little boy who grew up on a farm in Virginia in the USA. His father had planted an orchard of trees and his favourite was a cherry tree that came from across the sea.

It had grown well and one spring it was covered in pink cherry blossom and his father thought about the lovely cherries he would have from it in summer. Around this time George was given a shiny new axe.

When his father was out, George went around the farm cutting up all sorts of things, sticks, old bits of fence until he came to the cherry tree. He wanted to see how good his axe was and was amazed to see how easily it cut through the tree. He chopped the whole tree down and went on with his play.

When his father came home and saw the tree he was very angry and asked George if he knew who had cut it down. George said, "I cannot lie, it was me who cut the tree." He was embarrassed and ashamed.

His father sent him to the house and later came to him saying, "I would rather have a son who is brave enough to tell the truth than a whole orchard full of cherry trees."

Fake is a Mistake!



George Washington grew to be a man who was brave enough to tell the truth.

He became the first American president and the capital city of America is named after him.

Washington DC is famous for its pink cherry blossom.

Fake is a Mistake!

Part of telling the truth is doing what we say we're going to do. **When we say 'yes', let's act 'yes' e.g. if you say you will play with someone at break time, then make sure that you do.** When we say 'no' let's act 'no', e.g. if we say we're not going to join in with nasty behaviour then let's make sure that we don't." **(This is mentioned in Matthew 5:37)**



When do we find it hard to tell the truth?



Are there any lies that we've told that we can put right today?

Fake is a Mistake!

Let Us Pray together

Jesus

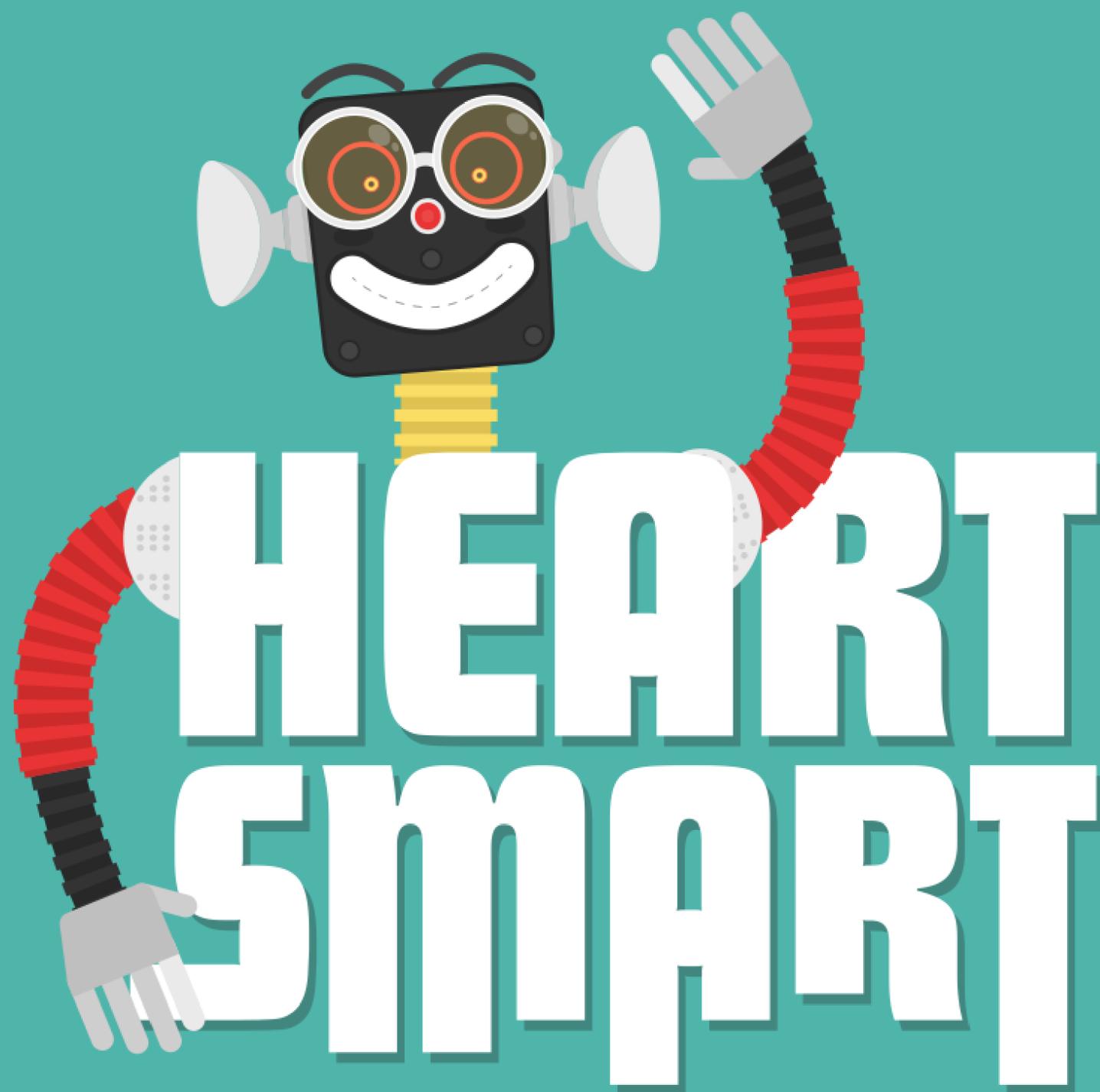
Please help us to be good to one another and tell the truth, even if we think this will get us in to trouble.

Help us to remember that being Fake is a Mistake that others will not like.

Help us to act as you would like us to by being truthful.

Give us courage Lord, to always tell the truth.

Amen



HEART
SMART