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# DITCHES

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## > *Psalm 7:15-16* <

He who digs a hole and scoops it out falls into the pit he has made. The trouble he causes recoils on himself: his violence comes down on his own head.

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We all do it. You have. I have. And we both will again! We have this incredible ability to get ourselves into trouble. Then instead of doing what is right, we cover it up and dig our pit deeper and deeper. We continue to do this until we have dug a whole so deep that we can't get out. We are stuck in our lies and the mess we made.

See, we're really good at digging ditches. But we're really bad at getting out of them. The problem is that we often believe that it would be better to try to get out of something and cover it up than actually own up to what we've done and face whatever consequences may come with our decision. Neither you nor I like consequences. So we cover up, thus, digging a deeper and deeper ditch.

Every time that I've ever done this, the lies get too confusing, the stories become muddled, and ultimately I get caught. I've realized that instead of digging deeper and deeper, it would have been a lot better to have just come clean and faced the much less severe consequences. Instead I've found myself stuck in a deep mess.

We need to stop digging! Look around you and know that the truth is always better than lies. If it's deep trouble that you've gotten yourself into, talk to someone whom you trust and ask them to help you figure out the best plan. Whatever you do, don't keep up the lying and the covering up. Put down the shovel and reach out for some help. Climb out of that ditch.

### **Go and Do**

There might be areas in your life that you've covered up for so long that the consequences have past. I'd encourage you to think about those times and spend time talking to God about those areas. If there is guilt or other repercussions that you can't handle alone, talk with your parents, a teacher, or minister. Seek out help. We're not meant to deal with these things alone. Find someone you can trust and ask for help.

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