



Bible Study Notes on Truth & Lies

According to American Psychiatrist M. Scott Peck, one root of mental and emotional ills and neurotic symptoms is an interlocking system of lies—a negative belief system—embedded deep within us. God made us for truth—not for lies.

What the Bible says about speaking truth and lies

1. The importance of speaking truth

- These are the things which you should do: speak the truth to one another; so love truth and peace (Zechariah 8:16; 19b).
- Lord, who may live in Thy holy hill? He who walks with integrity and works righteousness and speaks truth in his heart (Psalms 15:1-2).
- Speaking the truth in love we are to grow up in all aspects into Him, who is the head, even Christ (Ephesians 4:15).
- The opening of my lips will produce right things. For my mouth will utter truth and . . . all the utterances of my mouth are in righteousness; there is nothing crooked or perverted in them (Proverbs 8:6-8).

2. The dangers of speaking lies

- He that speaks lies will perish (*wither, dry up*) (Proverbs 19:9).
- Constant friction between men of depraved mind and deprived of the truth. . . (1 Timothy 6:5a).

3. Research verifies what the Bible says

A study at the University of Notre Dame verifies the teachings of the Bible. The researchers found that honesty can boost our health: telling fewer lies benefits us physically and mentally.

The more lies participants told, the more their health declined. When they told less lies, their health improved. For example, people who told three fewer minor lies, had an average of four fewer mental-health complaints, such as feeling tense or melancholy, and three fewer physical complaints, such as sore throats or headaches.

A professor at Loyola University in Chicago said, “When you find that you don’t lie, you have less stress. Being very conflicted adds an inordinate amount of stress to our lives.”



What do we mean by truth & lies?

1. Truth is that which is real

- Truth is that which is true, real, and genuine and honest – not concealing anything.
- Truth is the quality of keeping close to the facts or to things as they are, and avoiding such distortions as lies, fictions, or misrepresentations.

2. Truth is reality; that which is false is unreal.

- Truth signifies the reality lying at the basis of an appearance.
- Reality is the quality of being true to life—not merely seeming, pretending, imagining.

3. A lie is anything less than truth

When we believe something that is not true, we call it a lie. Here are some words used for lies.

Deception	Delusions	Distortions
Fiction	Illusions	Ignorance
Acting	Imaginings	Misperceptions
Half-truth	White lies	Pretensions

4. Three sources of lies and deception

According to the Bible, there are three sources of lies and deception: Satan & demonic influences, others, and ourselves.

1. Satan & demonic influence – Satan is called a liar, and the father of lies: he deceived the whole world. *The god of this world has blinded the minds of the unbelieving ...* (2 Cor. 4:4). (See John 8:44; Rev. 12:9; 13:14). Demonic lying spirits often plant seeds of lies in our minds during traumatic moments and vulnerable experiences.
2. Others – other people can deceive us. *Let no man deceive you* (Eph. 5:6; 2; 2 Thes. 2:3; 2 John 7). Many times the original lie was implanted by another person, either telling us we were somehow to blame or by living a lie themselves. And we absorb the lie into our own mind.
3. Ourselves – we can deceive ourselves (1 John 1:8; 1 Cor. 3:18; 2 Pet. 2:13; 1 John 5:7, 19), from our own thinking and personal interpretation of what happened. Children will almost always misinterpret life; they are incapable of making true interpretations about life unless they have a godly source of truth.



God is the source of truth

1. God cannot lie

- It is impossible for God to lie (Hebrews 6:18).
- God is light, and in Him there is no darkness at all (1 John 1:5-7).

2. What God says is truth

- Thy Word is truth (John 17:17b).
- Every good thing bestowed and every perfect gift is from above, coming down from the Father of lights... in the exercise of His will He brought us forth by the word of truth (James 1:17-18).

3. Jesus says He is the “Truth”

- Jesus said to him, ‘I am the way, and the truth, and the life, no man comes to the Father, but through me’ (John 14:6).
- Jesus answered... ‘For this I have been born, and for this I have come into the world, to bear witness to the truth’ (John 18:37b-38).

4. We are created in the image of God

We are called to be like Him

- God created man in His own image (Genesis 1:27-28a, 31a).
- Therefore be imitators of God, as beloved children (Ephesians 5:1).
- The one who says he abides in Him ought himself to walk in the same manner as He walked (1 John 2:4-6).
- Walk in the light as He Himself is in the light ... (1 John 1:7).

We were made to function and live in truth

- He brought us forth by the word of truth, so that we might be...the first fruits among His creatures (James 1:17-18).
- Be diligent to present yourself approved to God... handling accurately the word of truth (2 Timothy 3:14).
- We have renounced the things hidden because of shame, not walking in craftiness . . . but by the manifestation of truth (2 Corinthians 4:2).
- Do not let kindness and truth leave you; bind them around your neck, Write them on the tablet of your heart... (Proverbs 3:3).
- Stand firm therefore, having girded your loins with truth . . . (Ephesians 6:14).



Twenty blessings of truth

Truth deeply impacts our sense of well-being. It is essential for our relationship with God and good emotional and mental health. It also affects our relationships with others and our capacity to love others honestly.

1. Enables us to hear the voice of Jesus

- Everyone who is of the truth hears my voice... (John 18:38).

2. Brings us the good news of the gospel of Jesus Christ

- Every good thing bestowed and every perfect gift is from above, coming down from the Father of lights... in the exercise of His will He brought us forth by the word of truth (James 1:17-18).

3. Makes us free

- If you abide in My word, then you are truly disciples of Mine; and you shall know the truth, and the truth shall set you free (John 8:31-32).

4. Cleanses and purifies our souls from lies

- Since you have in obedience to the truth, purified your souls for a sincere love of the brethren (1 Pet 1:22).

5. Sanctifies us—making us holy in every dimension

- Sanctify them in the truth; Thy Word is truth (John 17:15-17).
- By loving kindness and truth, iniquity is atoned for (Proverbs 16:6a).

6. Enables us to walk in the light, not in darkness

- If we say that we have fellowship with Him and yet walk in the darkness, we lie and do not practice the truth, but if we walk in the light as He Himself is in the light, we have fellowship with one another (1 John 1:5-7).

7. Produces right things and good actions

- The opening of my lips will produce right things. For my mouth will utter truth ... all the utterances of my mouth are in righteousness; there is nothing crooked or perverted in them (Proverbs 8:7,8).

8. Enables us to obey God

- He who practices the truth comes to the light, that his deeds may be manifested as having been wrought in God (John 3:20-21).

9. Leads us to God's dwelling place, throne, and presence

- Oh, send out Thy light and Thy truth, let them lead me; Let them bring me to Thy holy hill, and to Thy dwelling places, then I will go to the altar of God, to God the gladness of my joy (Psalms 43:3-4).

10. Enables us to worship the Father as He desires us to

- True worshipers shall worship the Father in spirit and truth; for such people the Father seeks to be His worshipers. God is spirit, and those who worship Him must worship in spirit and truth (John 4:23-24).



11. Brings us favor from both God and people

- Do not let kindness and truth leave you; bind them around your neck, Write them on the tablet of your heart. So you will find favor and good repute in the sight of God and man (Proverbs 3:3).
- Be diligent to present yourself approved to God... handling accurately the word of truth (2 Timothy 3:14).

12. Brings us fellowship with others

- Constant friction between men of depraved mind and deprived of the truth... (1 Timothy 6:5).
- If we walk in the light as He Himself is in the light, we have fellowship with one another... (1 John 1:5-7).

13. Enables us to love others in an authentic way

- Since you have in obedience to the truth, purified your souls for a sincere love of the brethren (1 Pet 1:22).

14. Helps us to not discredit our ministry or causing offense in anything

- ...giving no cause for offense in anything, in order that the ministry be not discredited... in the word of truth.... [See entire list] ... (2 Corinthians 6:3, 7).

15. Gives us a piece of armor to resist evil powers & be victorious over the devil

- Stand firm therefore (against the plans of the devil), having girded (to dress, or encircle) your loins (the region of strength and procreative power) with truth... (Ephesians 6:14).

16. Frees us from snares of the devil

- Perhaps God may grant them repentance leading to the knowledge of the truth, and they may come to their senses and escape from the snare of the devil, having been held captive by him to do his will (2 Timothy 2:25-26).

17. Protects us from deception and judgment

- And with all the deception of wickedness for those who perish, because they did not receive the love of the truth so as to be saved (2 Thessalonians 2:10).
- And for this reason God will send upon them a deluding influence so that they might believe what is false, in order that all might be judged who did not believe the truth, but took pleasure in wickedness (2 Thessalonians 2:11-12).

18. Enables us to experience God's blessings of peace, joy, righteousness

- How blessed is the man... in whose spirit there is no deceit (Psalms 32:2).
- ... I will reveal to them an abundance of peace and truth (Jeremiah 33:3).

19. Brings us health and healing

- Behold I will bring to it health and healing, and I will heal them; and I will reveal to them an abundance of peace and truth (Jeremiah 33:3).

20. Frees us from lies causing emotional pain & unrighteous behaviors

- But to those... who do not obey the truth, but obey unrighteousness, wrath, and indignation, there will be tribulations and distress... (Romans 2:8-9).



The Holy Spirit is the “Spirit of truth”

In bringing us to salvation and wholeness, each part of the trinity has its work to do. The Father has His, the Son, Jesus Christ, has His, and the Holy Spirit has His. We need to make room and allow the Holy Spirit to do its work

We need the Holy Spirit to be active in our lives, because He is called the Spirit of Truth. He is the one who will help us to see the truth that will set us free.

- I will ask the Father, and He will give you another Helper, that He may be with you forever; that is the Spirit of truth, whom the world cannot receive, because it does not behold Him or know Him, but you know Him because He abides with you, and will be in you. I will not leave you as orphans, I will come to you (John 14:16-18)
- When the Spirit of truth comes, He will guide you into all the truth; for He will not speak on His own initiative, but whatever He hears, He will speak; and He will disclose to you what is to come (John 16:13).