

“Speaking from the Heart”

Lesson Three: The Heart Speaking Truth

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🕊️ *“What is truth?”* (John 18:38)

Throughout civilization’s chronicles “truth” has been 🕊️ constantly attacked (Genesis 3:4; Isaiah 36:15). In our modern culture we constantly hear about 🕊️ “gaslighting.” This term was introduced in the political realm but it is practiced in all aspects of communication. This is pervasive, dangerous and destructive.

Gaslighting is a form of emotional abuse where someone manipulates a person into doubting their own sanity, memory, or perception of reality. It is a way to gain control by making the target question their own thoughts and beliefs, causing them to feel confused and dependent on the gaslighter. A more detailed explanation:

- **Manipulation and Control:** Gaslighting is a deliberate attempt to distort reality and control the victim's thinking.
- **Doubt and Confusion:** The gaslighter uses tactics like denying events, twisting words, or making the victim feel overly sensitive to create doubt and confusion.
- **Impact on Self-Esteem:** Repeated gaslighting can significantly damage a person's self-esteem, leading them to question their own judgment and reactions.
- **Common Tactics:** Gaslighters often urge you to deny reality, minimize feelings, make you feel like you are overreacting, or isolate you by claiming everyone else disagrees with you.
- **Control and Power:** The goal is to control the situation and maintain power over the target by eroding their confidence and sense of reality.
- **Impact on Mental Health:** Gaslighting can have serious long-term mental health consequences, including depression, anxiety, and identity issues.

A tragic reality of communication is how people 🕊️ play games with the truth. Truth is 🕊️ contorted for selfish purposes. Politicians 🕊️ deftly craft their positions as “truth” so constituents will continue voting for them—and even when the devilish political lies are exposed, the spokesman for the politician spins the situation to be much less an evil.

A 🕊️ compromised truth erases a nation, corrupts culture, and even destroys a congregation! (1 Corinthians 14:8). In the waning years of Judah’s existence, the Prophet lamented, 🕊️ “Justice is turned back, and righteousness stands far away; for truth has stumbled in the street, and uprightness cannot enter” (Isaiah 59:14).

How confident are we in hearing truth today? Do you always tell the truth? Do you believe everyone who tells you something? 🕊️ One study found that most people tell as many as FIFTY lies a day! Here are some of the more common:

“The check’s in the mail.” “I was only kidding.” “I’ll get right on it now.” “I’m sorry.”

“I didn’t mean to hurt your feelings.” “No, you didn’t wake me up.”

It is frightening how easily an untruth (lie) can slip through our lips! One of the most memorable sayings about truthful speaking that I remember: “Always tell the truth because you don’t have to remember so much!”

🕊️ **Communicating Truth by the Divine**

Jesus Christ was truth in the flesh. The phrase “verily, verily” was used by the Lord and can be translated as “this is absolute truth.” “No man ever spoke like this man!” (John 7:46).

The primary objective of Christ’s mission was to reveal truth to mankind.

- Truth about God’s grace and Judgment
- Truth about man’s limitations
- Truth about man’s sinful choices

- Truth about the unbelievable possibilities man can achieve.

Jesus Christ lived truth; He embodied truth. “I AM the truth” (John 14:6). He was not only one who always spoke truth but He was truth incarnate—the true Word of God (John 1:14).

God always communicated with truth. “All your words are true” (Psalm 19:9). There is no other position than truth when God is involved. “God must be true” (Romans 3:4).

A commonsense conclusion—☞ If God is always true and if His Son was truth incarnate, then it is only reasonable that those professing devotion to them should communicate with absolute truth!

☞ Mis-Communicating Trust in Truth

The Devil’s cunning design is to “cover up” lies by a pretended truth.

The trust that should be ☞ absolute in Truth is under attack. In the legal systems one expects truth to be dominant. ☞ But truth is being “covered up” by AI so that legal cases will be won on “hallucinations.” Note the following... June 8, 2025 ... There is NO TRUTH in the British Judicial System!

“British courts are raising the alarm over an unsettling trend in the legal profession: the use of artificial intelligence to fabricate legal arguments and case law...judges issued a stern warning to legal practitioners who rely on generative AI tools like ChatGPT without verifying the information they submit to courts.

At the center of the ruling is Justice Victoria Sharp, president of the King’s Bench Division, who stressed the growing concern over “hallucinations”, She noted that such fabrications pose a direct threat to the integrity of judicial proceedings and the credibility of the legal system itself...She said lawyers have a duty to verify all AI-assisted research against authoritative legal sources before introducing it into court proceedings. Failure to do so could attract penalties ranging from formal reprimands to contempt proceedings or even police referral...

The warning followed two troubling cases recently brought before the High Court. In one, a lawyer filed documents citing 45 cases, of which nearly half did not exist. Others were either misquoted or misrepresented. In the second case, a lawyer representing a man evicted from his home in London submitted legal arguments based on five entirely fictional precedents.” (<https://coincident.com/british-judges-crack-down-on-lawyers-using-ai-generated-legal-documents/>)

An interesting example in the history of “cover-ups,” is seen in Russia’s ☞ “Potemkin villages.” Grigory Potemkin was an ☞ immoral crony of the Russian empress, Catherine the Great. He wanted to impress Catherine regarding the prosperity of Russia. Potemkin is said to have asked that there be ☞ painted large boards along the trail that Catherine would travel. These boards were meant to present a near-perfect illusion that would represent flourishing villages. However, these masked the fact that there was rampant underdevelopment and misery in those areas. Potemkin’s format has been repeatedly copied. As Russian big wigs and International Delegations visited various locations, the local administration would hang fabric over the structure with fake images of well-kept buildings.

In 2013 President Putin was visiting a town in Russia, which was on a downward trend in terms of real estate occupancy. It is said that the administration in these towns used screens on the exterior to disguise the buildings decay and boards inside the buildings to create the illusion of residency. The cars drove past quickly so that all was blurred and the media filmed a thriving town!

One, aware of the scheme said, ☞ “[But these] facades no longer speak the truth. They are not what is painted on them, they never were and never will be.” ☞

A sad tragedy in today’s culture, ☞ very little trust is held that people will be truthful. The ☞ majority of the world’s population will ask with Pilate, “What is truth?” ☞ Confidence in truth has cratered for the politicians, news media, and basically any person or institution. Tragically, even churches have lost trust because it has accepted a fluid truth in doctrinal issues. Too many people have been burned by careless, deceptive words and promises.

☞ A tragic historical cycle, ☞ the crumbling civilization shuns truth: "Truth is lacking (nowhere to be found), and one who turns aside from (shuns; repudiates; confronts) evil makes himself a prey (Isaiah 59:15).

Adding to the failing confidence in truth are the advertisers beckoning us to trust their product for impossible results and grand promises if we only invest our trust in their product.

We are justified in being cynical and suspicious of what we hear. We no longer have business deals "sealed with a gentleman's handshake." Now we have multi-page contracts that bind commitments. It is no longer acceptable to conclude an agreement on "the word" of those involved.

Our culture has devolved from those times when absolute assurance was held "because so-and-so gave me his word." ☞ This degenerate culture is now passed to our children and grandchildren. Are they being taught to "honor their word" even if it is going to cost them financially?

So...exactly whom do you trust? Who are the "truth-tellers" with integrity in their speech and life? ☞ How can absolute truth be communicated so we emulate God and Christ in telling the truth?

Jesus Christ was "full of grace and truth" (John 1:14). If I wear the name of Christ I should also be "full of grace and truth." Ask yourself these uncomfortable questions: Am I full of grace? Am I full of truth? Perhaps the query should be asked of those with whom you have association and business dealings. What would they say about your truthfulness?

☞ Communicating Truth Verbally

Christ directs His followers to govern their communication by a simple principle.

"Again, you have heard that the ancients were told, 'You shall not make false vows, but shall fulfill your vows to the Lord.' But I say to you, take no oath at all, neither by heaven, for it is the throne of God, nor by the earth, for it is the footstool of His feet, nor by Jerusalem, for it is the city of the great King. Nor shall you take an oath by your head, for you cannot make a single hair white or black. But make sure your statement is, 'Yes, yes' or 'No, no'; anything beyond these is of evil origin (Matthew 5:33-37).

This text is interesting because Christ rebukes the "oaths" of His day. The need for an oath presumes that the person is known for two kinds of statements—one backed by an oath is true and the other, not backed by an oath is not necessarily true! The one making an oath backed statement is saying, "Ordinarily you can't take me at my word, but this time it is different!"

We have amended this: "This is true—I PROMISE!" What is such a phrase saying about the speaker? The same inconsistency is seen with "pinkie promises," "cross my heart and hope to die" statements, or "I swear on ..."

The Lord says "Do not swear at all!" The Lord's Disciples do not need external guarantees of integrity. Your personal integrity is what your word stands upon! Do not play word games that in reality are truth games. Speak truthfully at ALL times!

Communicating A Compromised Truth

There are five ways by which our truthfulness can be compromised and the integrity expected by God's People is ruined.

☞ First, Satan's native language—a deliberate lie (John 8:44, "You are of your father the devil, and you want to do the desires of your father. He was a murderer from the beginning, and does not stand in the truth because there is no truth in him. Whenever he tells a lie, he speaks from his own nature, because he is a liar and the father of lies").

The lie is for Satan while the truth is for God. Lying is the most flagrant violation of communication's integrity. To lie is to make a deliberate statement intended to deceive. It uses words to take the hearer away from the truth.

Satan's evil cunning devised lying in the Garden and continues with his evil purpose to lead people to forsake God's truth. When we lie, we allow ourselves to become Satan's co-worker and evil fills our hearts (Acts 5:3).

Why do people lie?

- 📖 *Pride*—it seeks to create a false impression in others that we are important. Pride seeks to cover up selfishness or mistakes.
- 📖 *Laziness*—to avoid responsibility
- 📖 *Defense*—there is an automatic defensiveness that prods lying. “I didn’t mean to hurt your feelings.” “I didn’t know that bothered you.”
- 📖 *Fear*—we are afraid to accept responsibility for our words or actions.

Lies begin a destructive chain reaction. Damage compounds as one lie leads to another.

📖 Proverbs 12:22, “Lying lips are an abomination to the Lord, but those who deal faithfully are His delight.”

📖 Second, the “white” lie—most agree that a “bold-faced lie” is immoral. It is a really “BIG” sin. But Christians have embraced a curious species of untruth that is christened “the little white lie.”

The white lie is sanctioned socially. It is supposedly “victimless.”

At what point does the “fib or white lie” become a full-fledged lie? If all areas of the Christian’s speech must be directed by God’s sovereign truth, then even the “fibs” are immoral.

“White lies are silken threads that bind us to the Enemy; invisible webs that are woven in hell.” (Herman Bezzel)

The careless use of falsehood in our relationships may seem innocent and benevolent, but their use exposes our untruthful ways. Eventually our characters will be discredited, and we move closer to the darkness of the Evil one.

📖 Third, the empty promises—The Christian is NOT to be wishy-washy and undependable. The Christian is known as one whose word is his unbreakable bond. Contractors are required to be “bonded” so their work is assured. But the Christian is bonded by his word!

The Christian emulates Paul. “I was not vacillating when I intended to do this, was I? Or...*do I decide according to the flesh*, so that with me there will be yes, yes and no, no at the same time?” (2 Corinthians 1:17).

- “According to the flesh” is an important phrase in Paul’s language. It is often repeated and is contrasted with “according to the Spirit.”
- The point—making empty or idle promises is characteristic of the worldly person and not the one living according to the Spirit.
- When one’s word cannot be trusted, then person is NOT speaking from a heart controlled by God.

A blunt truth—when a person’s “yes” is really a “no” he is a liar “and the truth is not in him.”

Good intentions will commit to something but are quickly redirected. Good words and promises are made but no follow-through occur. This is illustrated in very practical ways:

- “I’ll take care of that” is quickly forgotten (“Oh yes, I forgot about it but will do it!”)
- “I know I’m late” even though promises had been made to be on time. Appointments are often forgotten or broken.

📖 Such are not devious, just undependable—they are untruthful! They make promises to do things but are not committed to keeping those promises. As a result, their word loses credibility—they are untruthful! These soon earn the tragic reputation as “well you know so-and-so and you cannot depend upon him.”

Again, I am reminded of 📖 Matthew 12:36-7, “I tell you that for every careless word that people speak, they will give an account of it on the day of judgment. For by your words, you will be justified, and by your words you will be condemned.”

The Greek term translated “careless” is from ἀργός and communicates a very blunt, harsh reality. It has the negative participle ᾶ, combined with the word for “work” (ἐργον). Thus literally, one whose words do “not work” to honor God’s truth, will be held in divine contempt at the Judgment!

- This Greek term is also translated as: idle, lazy, useless. Whatever is said by such a person using "careless words" is "worthless"!
- This action is NOT truthful speaking from the devout heart!
- "Words must be not only not evil, but they must be actively good."
- "An idle word is a non-working word; an inoperative word. It has no legitimate work, no office, no business, but is morally useless and unprofitable."

"The empty promise like the white lie, seems a little thing. But it serves as an indicator of how seriously we take or fail to take the needs, feelings, and schedules of others."

🔑 Fourth, flattery—This communication uses excessive, untrue, insincere compliments or attention.

Christians are expected to encourage each other with sincere words (Hebrews 3:13, "But encourage one another every day, as long as it is still called 'today,' so that none of you will be hardened by the deceitfulness of sin.")

Flattery (insincerity) is condemned by the Scriptures (Psalm 12:3, "May the Lord cut off all flattering lips, the tongue that speaks great things.")

- It corrupts trust because it is focused on the speaker's welfare (2 Peter 2:3, "they will exploit you with false words; their judgment from long ago is not idle, and their destruction is not asleep.")
- It is counterfeit caring (Jeremiah 6:14, "They have healed the brokenness of My people superficially, saying, 'Peace, peace,' but there is no peace.")
- It is manipulative as it tells someone what they want to hear so the speaker will receive something in return (Jeremiah 5:31, "The prophets prophesy falsely, and the priests rule on their own authority; and My people love it this way! But what will you do when the end comes?").
- It is a danger to the one receiving (Proverbs 29:5, "A man who flatters his neighbor is spreading a net for his steps.")
- It creates the illusion of support (Proverbs 29:5, "A man who flatters his neighbor is spreading a net for his steps.")

Paul's communication is our pattern for avoiding 🔑 flattery:

- To the Thessalonians (1 Thessalonians 2:4-5, "(J)ust as we have been approved by God to be entrusted with the gospel, so we speak, not intending to please people, but to please God, who examines our hearts. For we never came with flattering speech, as you know, nor with a pretext for greed—God is our witness").
- To the Galatians (Galatians 4:16, "So have I become your enemy by telling you the truth?").

🔑 Fifth, honesty in combat boots—The Christian has no choice but to be honest in speaking the truth. None are to be exempt from hearing the truth; none are to be coddled so the truth is misunderstood. However, the Christian must discern the most appropriate approach to speak the truth. Combat boots are thick and tough, providing optimum protection for the wearer but they can devastate whatever they walk on!

Honesty will be appreciated IF the appropriate "accent" is spoken (Proverbs 24:26, "An honest answer is like a kiss on the lips").

Inspiration's directive is simple (Ephesians 4:25, "Put off falsehood and speak truthfully").

🔑 The truth must be communicated with love (Ephesians 4:15, "(S)peaking the truth in love, we are to grow up in all aspects into Him who is the head, that is, Christ").

Truth communicated with love is accented with "kindness." In the mid-1980s we were introduced to Lake Wobegon. A fictional town created by Garrison Keillor as the setting of the recurring segment "News from Lake Wobegon" for the radio program *A Prairie Home Companion* broadcast from St. Paul, Minnesota. The fictional town serves as the setting for many of Keillor's stories and novels. It was a small rural town in central Minnesota

that provided a wealth of humorous and touching stories. One couple highlighted in the stories was Florian and Myrtle Krebsbach. Married for 47 years their life was predictable. Every Friday night Myrtle would serve the same meal: breaded fish fillets. Every Friday, Florian takes the first bite, savors it, and says, “Ah, that’s the best you ever did!” He would find something different to compliment, something that he had not previously noticed. He had almost 2,500 servings of breaded fish fillets and with each serving he found something new to compliment! That is kindness!

Beware of one who comes to tell you “the honest truth” about something that has been bothering him that you did (Spoiler Alert: This is the old log and speck rerun! Matthew 7:3). Honest communication neither weakens biblical doctrine nor crushes the spirits of others. Speaking the truth is never a license for rudeness, arrogance, insensitivity.

There is an inescapable fact that ☞ some must be dealt with in harsh terms because they refuse to follow God, repudiate biblical doctrine, and live as blasphemers! The Christian is obligated to communicate with these in restricted directives—and ultimately there is to be no communication.

☞ **Some Concluding Questions**

What are your motives in speaking “truth”? (Romans 12:10; Philippians 2:3)

Have you established the correctness of the “truth” you speak?

Has your mind twisted “truth” so it is different than reality?

Are you presenting “truth” from genuine love?

Do you need to verbalize “truth” at this time? (Proverbs 17:27, “One who withholds his words has knowledge, and one who has a cool spirit is a person of understanding”).

☞ ***“Speaking the truth in love, we will grow up into all things unto Him who is the Head, that is Christ” (Ephesians 4:15).***