John 8:31-32 "[31] Jesus said to the people who believe in Him, "You are truly my disciples if you remain faithful to my teachings. [32] And you will know the truth, and **the truth will set you free**." (NLT)

ESSENTIAL TRUTHS ABOUT TRUTH

1. Truth is NOT OURS.

Psalm 25:5 "Lead me toward **your truth** and teach me, for you are the God who saves me. All day long I put my hope in you." (NLT)

John 14:6 "Jesus told them, "**I am** the way, **the truth**, and the life. No one can come to the Father except through me." (NLT)

2. Truth comes PIECE BY PIECE.

Proverbs 18:17 "The first to speak in court sounds right—until the cross-examination begins." (NLT)

3. Truth is a prerequisite for PERSONAL GROWTH.

Ephesians 4:14-15 "[14] Then we will no longer be immature like children. We won't be tossed and blown about by every wind of new teaching. We will not be influenced when people try to trick us with lies so clever they sound like the truth. [15] Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of His body, the church." (NLT)

4. Truth has BARRIERS.

2 Corinthians 4:4 "The god of this age has **blinded the minds** of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God." (NIV)

Dr. Albert Mohler, President of Southern Baptist Theological Seminary

a) Ignorance
b) Incomplete knowledge

c) Distractedness
d) Intellectual
e) Forgetfulness
f) Intellectual laziness
g) Drawing wrong conclusions
h) Closed-mindedness and dogmatism
i) Intellectual fatigue
j) Inconsistencies
k) Faulty perspective

5. Truth often leads to PAIN.

Ephesians 5:5-6 "[5] You can be sure that no immoral, impure, or greedy person will inherit the Kingdom of Christ and of God. For a greedy person is an idolater, worshiping the things of this world. [6] Don't be fooled by those who try to excuse these sins, for the anger of God will fall on all who disobey Him. [7] Don't participate in the things these people do. [8] For once you were full of darkness, but now you have light from the Lord. So live as people of light! [9] For this light within you produces only what is good and right and true." (NLT)

6. Truth requires DOUBT.

John 20:24-25 "[24] Now Thomas (also known as Didymus), one of the Twelve, was not with the disciples when Jesus came. [25] So the other disciples told him, "We have seen the Lord!" But he said to them, "Unless I see the nail marks in His hands and put my finger where the nails were, and put my hand into His side, I will not believe." (NIV)

John 20:27 "Then Jesus said to Thomas, "Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe." (NIV)

7. Truth will STAND FOREVER.

Isaiah 40:8 "The grass withers and the flowers fall, but the word of our God ensures forever." (NLT)

THE TRUTH MODEL

Proverbs 23:23 "Buy the truth and do not sell it—wisdom, instruction and insight as well." (NLT)

1. **T**rigger Event

2. **R**uined Thoughts

3. **U**nhealthy Response.

Cognitive Distortions – **The Feeling Good Hand Book**, David Burns

1) All-or-nothing thinking
2) Overgeneralization
3) Mental filter
4) Discounting the positives
5) Jumping to conclusions:
    a) Mind reading
    b) Fortune-Telling
6) Magnification or minimization
7) Emotional reasoning
8) Should statements
9) Labeling
10) Personalization and blame
11) Catastrophizing

4. **T**ruthful Thoughts.

Philippians 4:8-9 "And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely and admirable. Think about these things that are excellent and praiseworthy. 9 Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you." (NLT)

John 16:13 "But when He, the Holy Spirit of truth, comes, He will guide you into all the truth. He will not speak on His own; He will speak only what He hears, and He will tell you what is yet to come." (NLT)

Numbers 23:19 "God is not human, that He should lie, not a human being, that He should change His mind." (NLT)

5. **H**ealthy Response.

Philippians 4:6-7 "6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." (NLT)

Galatians 5:22-23 "22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit. 26 Let us not become conceited, provoking and envying each other." (NLT)

Luke 10:27 "He answered, 'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind'; and, 'Love your neighbor as yourself.'" (NLT)

BOTTOM LINE

Romans 12:2 "Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect." (NLT)

John 10:10 "The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life." (NLT)

John 14:1 "Don't let your hearts by troubled. Trust in God, and trust also in me." (NLT)