



An urgent call to Christian authenticity in times of confusion

We live in an age where telling the truth often feels like an act of courage. Contemporary culture rewards what is comfortable, acceptable, politically correct... even when it is not true.

The idea has taken root that “not everything needs to be said,” that truth can be adapted, softened, or even silenced to avoid conflict.

But a Christian cannot live like this.

Telling the truth is not a secondary option in the spiritual life: it is a central demand of the Gospel. And not just any truth, but the truth that springs from God Himself. Because, ultimately, **truth is not an idea: it is a Person.**

1. Christ: Truth Incarnate

Jesus did not simply say, “I tell the truth.” He went much further:

▮ *“I am the way, and the truth, and the life” (Jn 14:6)*

Here lies the foundation of all Christian morality regarding truth. Telling the truth is not merely an ethical act: it is an act of communion with Christ. To lie, to conceal, to manipulate... is not simply “to fail,” but to move away from Him.

Christ did not negotiate the truth. He did not soften it to please the crowds. He did not adapt it to avoid His Passion. He proclaimed it clearly even when He knew it would lead Him to the Cross.

And this places before us an uncomfortable question:

Are we willing to pay the price of truth?



2. Lying: A Break with God

From a theological perspective, lying is not just a moral flaw. It is a distortion of the soul.

Original sin has a lie at its root: “You will not die” (cf. Gen 3:4). The devil, whom Christ calls the “father of lies” (Jn 8:44), introduces falsehood as a rupture with God.

Every time we lie:

- We distort the reality created by God
- We break trust with others
- We move away from our own identity

Lies create a double life. And the soul is not made to live divided.

3. Telling the Truth: Virtue and Daily Martyrdom

In Christian tradition, telling the truth is part of the virtue of **truthfulness**, which belongs to justice. It is not only about “not lying,” but about living in accordance with truth.

But there is something deeper: **telling the truth often involves suffering.**

- Telling the truth at work may cost you a promotion
- Telling the truth in your family may create conflict
- Telling the truth in society may lead to rejection

For this reason, in many cases, telling the truth becomes a form of martyrdom. Not bloody, but real.

It is the martyrdom of breaking silence.

The martyrdom of not giving in.

The martyrdom of standing firm when everyone else remains silent.



4. Complicit Silence: A Modern Form of Lying

Today we do not always lie with words. Sometimes we lie through silence.

Remaining silent in the face of injustice, error, or sin... can become a form of betrayal of truth.

Here the Christian responsibility comes into play:

- Not everything should be said at every moment (prudence)
- But there are truths that cannot be silenced without betraying the Gospel

The balance between charity and truth is delicate, but necessary. Because **truth without charity wounds, but charity without truth deceives.**

5. Speaking the Truth in Charity: The Christian Way

Saint Paul expresses it with luminous clarity:

┆ *“Speaking the truth in love” (Eph 4:15)*

This is the Christian ideal. It is not enough to tell the truth: it must be told rightly.

This means:

- Avoiding unnecessary harshness
- Seeking the good of the other
- Speaking from love, not from pride

Telling the truth is not “saying whatever I think.” It is an ordered act of love.

Christ spoke very hard truths... but always with a heart that sought to save, not to condemn.



6. Truth in Times of Relativism

One of the great evils of our time is relativism: the idea that there is no objective truth, but many “truths.”

This has devastating consequences:

- If there is no truth, everything becomes a matter of opinion
- If everything is opinion, nothing is firm
- And if nothing is firm, life loses direction

The Christian is called to be a **witness to truth in the midst of confusion.**

Not as someone arrogant, but as someone who has found a firm rock.

7. Practical Applications: How to Live in Truth Today

This is where everything becomes concrete. How do we live this in daily life?

1. Examine your relationship with truth

Ask yourself honestly:

- Do I lie to avoid problems?
- Do I exaggerate or manipulate?
- Do I remain silent when I should speak?

Conversion begins with interior honesty.

2. Confess your faults

Lying weighs heavily. And it is only freed in confession.

The sacrament not only forgives: **it restores truth in the soul.**



3. Practice coherence

Let your life not be one thing in public and another in private.

Truth is lived, not only spoken.

4. Learn to suffer for the truth

Do not run from conflict when what is essential is at stake.

Sometimes, to lose is to win... if it is for fidelity to Christ.

5. Form your conscience

You cannot tell the truth if you do not know it.

Read, study, go deeper into doctrine. Ignorance is fertile ground for error.

8. Witnesses of Truth: A Church That Does Not Negotiate

The history of the Church is full of men and women who preferred to die rather than lie.

Martyrs, confessors, saints... all understood something fundamental:

Truth is worth more than life.

Today, we may not be asked for our blood, but we are asked for our coherence.

And in a world of masks, the Christian is called to be transparent.



Conclusion: The Truth That Sets Free

Jesus said it with a promise that still resounds today:

┆ *“The truth will set you free” (Jn 8:32)*

Not comfortable.

Not popular.

Free.

To always tell the truth — even when it costs — is the path to that inner freedom that nothing and no one can take away.

Because in the end, it is not only about “telling the truth.”

It is about living in Christ.

And whoever lives in Him... cannot live in falsehood.

A final invitation

The next time you have to choose between silence or truth, between comfort or fidelity...

Remember:

every small act of truth is an eternal victory.

And even when it costs, it is worth it.