



There are expressions in the Gospel that, because of their power, should make us stop in our tracks. They are not mere phrases: they are thresholds. Among them, one resounds with unique solemnity: **“Truly, truly, I say to you.”** It is not a decorative formula or a simple rhetorical introduction. It is a doorway into what is essential, into what is definitive, into that which admits no nuance or relativism.

In a time like ours—marked by confusion, information overload, and constant suspicion toward truth—this expression of Christ becomes more relevant than ever. Because where everything seems debatable, He speaks with absolute authority.

But... what does this phrase really mean? Why does Jesus repeat it? What does it say to us today, in our concrete lives?

1. The weight of a word: “Amen” repeated

The expression “Truly, truly, I say to you” comes from the original Hebrew and Aramaic **“Amen, amen.”** The word *amen* does not simply mean “so be it,” as we often think. Its root implies something much deeper: **firmness, solidity, unshakable truth.**

When Jesus says “amen,” He is affirming: *this is absolutely true.* But when He repeats it—“amen, amen”—He elevates the statement to a unique level: **what I am about to say is a divine truth, definitive, one that demands faith and response.**

This is something completely new. In the Old Testament, the prophets said: *“Thus says the Lord.”* Jesus, however, says: **“I say to you.”** He does not speak as an intermediary. He speaks as God Himself.

2. Christ, the Truth who speaks with authority

This expression appears especially in the Gospel of John. For example:

“Truly, truly, I say to you, whoever believes has eternal life” (John 6:47)



“Truly, truly, I say to you”: the voice that does not deceive in a world full of noise | 2

There is no ambiguity here. He does not say “perhaps,” nor “it depends,” nor “according to your interpretation.” Christ affirms with divine authority a truth that changes human life.

This introduces us to a fundamental theological reality:

Jesus Christ not only teaches the truth; He is the Truth.

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

Therefore, when He speaks, He does not offer opinions. He does not propose theories. **He reveals what is.**

3. A divine pedagogy: awakening the soul

Why does Jesus use this repetitive formula?

Because He knows the human heart. He knows we are distracted, hardened, scattered. We need to be shaken awake.

Every time He says “Truly, truly, I say to you,” it is as if He were saying:

- “Listen carefully”
- “This is key”
- “You cannot ignore this”

It is a deeply pastoral pedagogical resource. He does not seek to impress, but to **awaken**.

4. Truths that unsettle... but save

If we examine the passages where this expression appears, we discover something important:

it often introduces difficult teachings.

For example:



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“Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you” (John 6:53)

This statement caused scandal. Many disciples abandoned Jesus.

Here we see something essential for our spiritual life:

the truth of Christ is not always comfortable, but it is always saving.

In a culture that seeks to adapt truth to personal desires, Jesus does the opposite:

He invites man to conversion in order to enter into the truth.

5. A call to faith in times of relativism

We live in an age where people constantly say:

“everyone has their own truth,”

“it all depends,”

“there are no absolutes.”

In the face of this, Christ’s expression is radically countercultural.

“Truly, truly, I say to you...” means:

- There is an objective truth
- That truth comes from God
- And man is called to receive it in faith

Not as an imposition, but as a path to freedom.

Because only the truth sets free:

“The truth will set you free” (John 8:32)



6. Practical applications: living from the truth

This is not just an abstract theological topic. It has concrete consequences for our daily lives.

a) Listening to Christ above the noise

Today we are surrounded by voices: social media, opinions, ideologies...
But we rarely truly listen to Christ.

The question is direct:

What authority does His word have in your life?

Reading the Gospel not as just another text, but as a living word, changes everything.

b) Forming the conscience in truth

It is not enough to “feel that something is right.”

The Christian is called to form his conscience according to revealed truth.

This implies:

- Studying the faith
- Knowing the Magisterium of the Church
- Discerning with humility

Because not everything that seems good... is good.

c) Living with coherence

If Christ says “in truth,” our lives must respond with authenticity.

One cannot live in faith... and in falsehood.

One cannot follow Christ... and relativize His teachings.



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Coherence is the most powerful witness today.

d) Proclaiming the truth with charity

In a wounded world, truth is not imposed: it is proposed with love.

But **it is not hidden**.

The Christian is called to be a witness to the truth, even when it is difficult.

7. Spiritual dimension: the truth that transforms

Every time Jesus says “Truly, truly, I say to you,” He does not merely inform...

He transforms.

His word has power:

- It enlightens the mind
- It corrects the heart
- It strengthens the will

That is why the Christian life does not consist only in knowing things about God, but in **allowing oneself to be changed by His Word**.

8. A personal invitation

This topic does not end in analysis. It is an invitation.

The next time you read the Gospel and encounter this expression, pause.

Ask yourself:

- Am I truly listening?



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- Do I believe what Christ affirms?
- Do I live according to that truth?

Because in those words, more than a teaching is at stake:
your relationship with God is at stake.

Conclusion: the certainty that sustains life

In a world full of uncertainty, Christ offers an absolute certainty.

When He says **“Truly, truly, I say to you,”** He is saying:

- *You can trust Me*
- *This does not fail*
- *Here is true life*

It is not a cold or abstract truth.

It is a truth with a face: **Jesus Christ.**

And whoever rests on Him, even if the world trembles,
remains firm.