



In the Christian life, the Ten Commandments are like signposts on the road that lead us toward a deeper relationship with God and with our brothers and sisters. One of these commandments, which seems so simple but carries a profound and transformative meaning, is the eighth: **“You shall not bear false witness”** or, more simply, “You shall not lie.” This precept, which prohibits false testimony and lies, goes far beyond merely avoiding deceit. It is a call to live in truth and to embrace it as the path to authentic freedom and trust in God.

Today, truth often seems flexible, relative, and sometimes negotiable, especially in a society that often promotes success at any cost. However, for Christians, truth is not just a moral value but an essential aspect of our faith. In this article, we will explore why respect for truth is so important for our relationship with God and others, and how living in truth sets us free and leads us toward deeper trust in God.

1. Truth at the Heart of Christian Faith

For Christians, truth is not simply a set of rules or correct facts; **truth is a Person**. Jesus Himself said, “I am the Way, the Truth, and the Life” (John 14:6). This statement teaches us that the fullness of truth is found in Christ. He is the perfect revelation of the Father, and by following Him, we come into contact with the deepest truth about who God is and who we are.

The pursuit of truth, therefore, is a profoundly spiritual act. When we seek truth in our daily lives, we are seeking Christ, who is the incarnate Truth. Every time we choose truth, we are choosing to draw closer to God, for in Him there is no place for lies or deceit.

Lies and the Break from Divine Truth

When we choose to lie, we not only betray others’ trust but also break our relationship with Truth itself—God. Scripture is clear: “The devil is the father of lies” (John 8:44). This shows us that lying not only distances us from human truth but also draws us into a dynamic of darkness, confusion, and spiritual slavery.

Lies create an environment of distrust and division, eroding our ability to live in the freedom of the children of God. However, when we live in truth, we experience the peace that comes from a clear conscience and the freedom of having nothing to hide.

2. Truth and Inner Freedom

We often associate freedom with the ability to do whatever we want, but true Christian



freedom is much more than that. It is the capacity to **live according to the truth of who we are**: sons and daughters of God, made in His image and likeness, called to live in communion with Him and with one another.

St. John Paul II often said, “Freedom is not about doing what we want, but having the right to do what we ought.” Living in truth is not always easy, but it is the only path to full freedom. When we lie, we entangle ourselves in a web of deceit that eventually traps us and robs us of peace. On the other hand, choosing truth, even when it is uncomfortable or difficult, brings a deep inner freedom—the freedom to live in the light.

The Truth that Sets Us Free

Jesus said, “You will know the truth, and the truth will set you free” (John 8:32). This promise reminds us that truth, although sometimes painful, has the power to liberate us. Lies, on the other hand, imprison us in a cell of deception, where we are always afraid of being discovered or where we must continue lying to sustain the illusion we’ve created.

Living in truth requires courage because it often means confronting our weaknesses, mistakes, or sins. But it is precisely this honest confrontation with our reality that opens us to God’s grace. Only when we recognize who we truly are can we receive the forgiveness and healing that God offers.

3. Truth as a Path to Trust

Living in truth not only sets us free but also strengthens trust in our relationships. Trust is the foundation of any healthy relationship, and truth is the bedrock on which that trust is built. When we are honest, we allow others to know us as we truly are, without masks or disguises. This creates an atmosphere of openness and authenticity, where genuine relationships can grow.

Lying as a Breach of Trust

Lies, on the other hand, destroy trust. Once a lie is discovered, doubt settles into the heart of the other person. “What else might they have hidden from me?” “Can I trust them again?” These questions inevitably arise and can destroy years of relationships built with effort.

God, as a loving Father, calls us to be sincere not only with others but also with ourselves and with Him. Confession, for example, is a sacrament that invites us to confront our faults and tell the truth about our sin. In doing so, we experience God’s unconditional love, which does



not judge but forgives and frees us.

Trusting in God

Living in truth is also an act of trust in God. At times, we may be tempted to lie to protect ourselves or to avoid painful consequences. However, the Christian call is to trust that God is always by our side, even in difficult moments. When we choose to speak the truth, we are trusting that God will uphold us, that His grace will be sufficient to guide us through any situation.

St. Augustine once said that “the path of truth is hard, but when we walk it, we realize we are not alone.” Trusting in God gives us the strength to choose truth, even when the world pressures us to do otherwise.

4. Truth and Love for Our Neighbor

Truth not only affects our relationship with God but also lies at the heart of our relationships with others. To love our neighbor, as Jesus commands, means to be sincere and transparent with them. Relationships based on lies or deception are fragile and doomed to break apart.

Charity in Truth

Sometimes, truth can be difficult to tell, especially when we think it might hurt someone. But true love is not based on hiding or distorting reality; it is based on communicating the truth with charity. Pope Benedict XVI, in his encyclical “**Caritas in Veritate**” (Charity in Truth), reminds us that “without truth, charity degenerates into sentimentalism.” In other words, only when we are honest can we truly love the other person in an authentic way.

Truth is not a weapon to harm but a gift that offers others the opportunity to grow and heal. By telling the truth with love, we help others face the reality of their lives and seek solutions that bring them closer to God.

5. Walking in Truth: A Daily Commitment

Living in truth is a daily challenge. Each day, we face situations where we may be tempted to lie, to hide part of the truth, or to distort the facts for our benefit. But Christ’s invitation is clear: “**You shall not lie.**” This command is not a restriction but a guide to true freedom.



Strategies for Living in Truth:

- **Daily Examination of Conscience:** Reflect each night on your day. Have you been completely honest? Have you told any lies or hidden something important? Recognizing our faults is the first step toward correcting them.
- **Seek the Sacrament of Confession:** Confession is a place of truth and healing. It allows us to be completely honest with God and receive His mercy.
- **Pray for Strength:** Ask God for the grace to be courageous in speaking the truth, even when it is difficult. Trusting in Him will give you the strength to live in the light.

Conclusion

The commandment **“You shall not lie”** is a constant reminder that truth is the path to freedom and trust in God. Living in truth brings us closer to Christ, who is the Truth, and frees us from the chains of lies and deceit. It is a call to live in the light, in the peace of a clear conscience, and in the trust that by walking in truth, we are walking with God.

May the Holy Spirit always grant us the strength to embrace the truth, love it, and live it in our daily