

Spirit of Truth: Keeping in Step with the Spirit is Walking in Truth

“Your soul, like mine, is locked in a war with lies.” John Mark Comer.
Being in Step with the Spirit is living in Truth

Main Verses:

“I will ask the Father, and he will give you another Helper, to be with you forever, **even the Spirit of truth** . . . I will not leave you as orphans; I will come to you. John 14:15-17

“When the **Spirit of Truth** comes, he will guide you into all the truth,” John 16:13.

“I am the truth.” John 14:6.

Questions:

- What is truth?
- ~ about God?
- ~ about Myself?
- ~ about Others?

Lies Create:

- Darkness
- Confusion
- Bondage

Truth Creates:

- Light
- Clarity
- Freedom

In the world there are only two things: truth and lies, reality and unreality.

The purpose of the Spirit of Truth, according to Jesus is to be with us forever, continually guiding us into all truth. Jesus sees us in our confusion, darkness, and bondage and offers us a light to the path, a brightly shining revelation of truth.

Please think about what lies you might be hearing:

- About God—
- About Yourself—
- About Others—

1. Slow down

Stop each thought at the doorway to our mind and ask it, “Are you from the father of lies or from the Spirit of truth?”

2. Notice the impact

If we are unsure, we need to notice the impact the thought has in our body. Does it agitate us? Does it make us feel hopeless? Does it scrape or burn at our insides with pain? Then that thought is not from the Spirit of truth.

Please begin to notice, what do you believe that fills you with despair, fear, or shame?

And what have you heard that causes your heart to lift with hope? Does what you hear convict you without shaming you? Does it cause you to love God more? These thoughts are from the Spirit of Truth.

3. Reject lies. Return to the truth.

And then ask the Spirit of Truth to tell you the truth about that lie. What does he want you to know?

When you find it—the verse that speaks truth to your lie—write it down. Memorize it. Set your mind on it in the morning and return to it over and over until the sweet life in it, the gifts of the Spirit of Truth, begin to seep into your heart and fill you with hope.

Quotes:

“I believe in Christianity as I believe that the sun has risen: not only because I see it, but because by it I see everything else,” C.S. Lewis.

“Many voices ask for our attention. There is a voice that says, ‘Prove that you are a good person.’ Another voice says, ‘You’d better be ashamed of yourself.’ There also is a voice that says, ‘Nobody really cares about you,’ and one that says, ‘Be sure to become successful, popular, and powerful.’ But underneath all these often very noisy voices is a still, small voice that says, ‘You are my Beloved, my favor rests on you.’ That’s the voice we need most of all to hear. To hear that voice, however, requires special effort; it requires solitude, silence and a strong determination to listen. That is what prayer is. It is listening to the voice that call us ‘my Beloved,’ –Henri Nouwen.