

How do I know what's true?

How do we know if the promises in the Bible are true? The Bible promises that if we ask God with authentic intent to know the truth, He will give it to us. My first prayer that brought me to accepting Jesus Christ as my Lord and savior was, "God, I don't even know if you are real. If you are, I'm asking you to help me know you. Help me want to know you. I can't do this on my own." That authentic plea that started with hope, lead to baptism, a transformation in my marriage, my family, my career, and my friendships. I've witnessed miracles and felt a peace that surpasses all understanding that comes only from one source, the love from my Father in Heaven. When we come to realize that we are lacking fulfillment in our life and act in faith, with a heart truly wanting to know if Jesus Christ's teachings are true, we will receive confirmation of that truth. We know truth by the fruit that comes from following that principle. Does it bring good things, or does it bring bad things? All [good things](#) come from God and include the [fruit of the Spirit](#). When our decisions and actions are based on God's truth, we will find peace. In contrast, we will feel uneasy, anxious, or depressed when our decisions and actions are not based on God's truth. The truth will bring joy, which unlike fun, carries with it a deep sense of fulfillment and satisfaction. The Holy Spirit, God's Spirit, is inside of us and will testify of truth. We just have to be humble, [still](#) and listen for what is often a subtle voice or feeling inside of us that will confirm truth.



Study the Bible

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.

-2 Timothy 3:16-17

"If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free." – John 8:31-32

"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."

– Romans 12:2

God will testify of truth if we ask

"If any of you lack wisdom, you should ask God, who gives generously to all without finding fault."

– James 1:5

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. -Matthew 7:7-8

Holy Spirit will testify of truth when we slow down and listen

"But when he, the 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." - John 16:13

You will feel peace with what is true and right

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." - Philippians 4:6-7

You will begin to feel real joy in what is right

*"I have told you this so that my joy may be in you and that your joy may be complete."
- John 15:11*

You will know by the fruit it brings

*"By their fruit you will recognize them. Do people pick grapes from thornbushes, or figs from thistles? Likewise, every good tree bears good fruit, but a bad tree bears bad fruit. A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. Thus, by their fruit you will recognize them."
- Matthew 7:16-20*



Are you open to uncovering truth?

- What fruit have your current beliefs produced in your life?
- Are you willing to accept that beliefs you have held could be wrong?
- Do you want to know what's true or what feels better right now?
- If the truth costs you something, do you still want it?

Challenge:

1. Honestly reflect on and answer the questions above.
2. Take time to speak to God in a place that you will not be disturbed and during a time that you are not rushed. Pour your heart out to God, just like you would to a close friend. Ask him to make your heart open to knowing the truth. Ask him to help you know the truth. Ask him if there is anything he wants you to know right now. Be still, listen and wait for an answer. If you don't receive an answer at that time, be patient, it will come in His time.
3. Start studying the Bible. Begin in the New Testament.