

How do I know what's true?

If the promises in the Bible are true, when we have [faith](#) and act as if they are true, we will receive our answer. 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](#). God promises that if we just ask with authentic intent to know the truth, He will give it to us. When our decisions and actions are based on God's truth, we will feel 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 [still](#) and listen for what is often a subtle voice or feeling inside of us that will confirm truth.



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*

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*

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*

