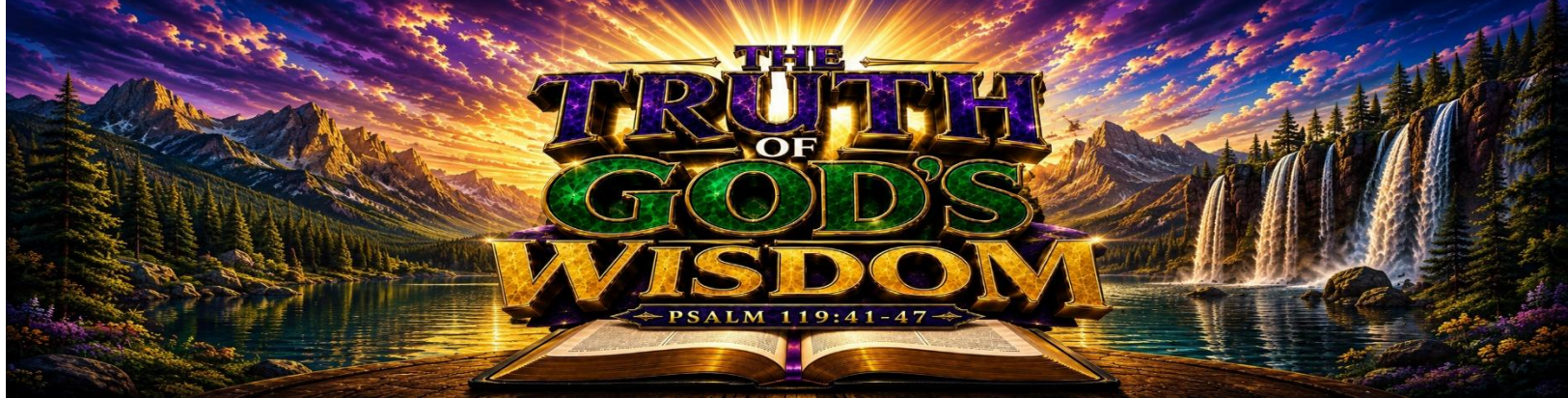




Read: Psalm 119:41–47

“May Your unfailing love come to me, Lord, Your salvation, according to Your promise; then I can answer anyone who taunts me, for I trust in Your word. Never take Your word of truth from my mouth, for I have put my hope in Your laws. I will always obey Your law, for ever and ever. I will walk about in freedom, for I have sought out Your precepts. I will speak of Your statutes before kings and will not be put to shame, for I delight in Your commands because I love them.”

Vital Truth: Jesus is the Messiah, and He is real.

John 1:1 says, ***“In the beginning was the Word, and the Word was with God, and the Word was God.”*** Biblical scholars generally understand **“the Word” (Logos)** in this passage to refer to Jesus, which John makes clear as the chapter unfolds. Jesus is the **Word made flesh**, and His life fulfilled the prophecies concerning the coming Messiah.

This is foundational to our faith: **Jesus is not simply a historical figure or a good teacher—He is the Messiah, the Son of God.**

Jesus is **real**, Jesus is **true**, and Jesus is **the Truth**. Once we accept Jesus as the Truth, we are better positioned to receive and embrace the truth of God's Word. Our faith is not built on an idea, philosophy, or personal opinion; **it is built on the person of Jesus Christ, who is the living Word of God.**

“And the Word became flesh and dwelt among us.” — John 1:14



I. His Word Is Truth

A. All His Words Are True

“All your words are true; all your righteous laws are eternal.”
— **Psalm 119:160**

God's Word is completely true and dependable. His truth does not change with circumstances, culture, or opinion. Because His righteous laws are eternal, we can build our lives on what He has spoken.

Reflect:

- Do you believe all of God's Word is true, even when it challenges you?
- Where do you need to trust God's Word more fully?

B. God's Word Sanctifies Us

“Sanctify them by the truth; Your word is truth.” — John 17:17

Jesus identified God's Word as truth and prayed that His followers would be sanctified by it. God uses His truth to shape our hearts, correct our thinking, and make us more like Him.

Reflect:

- How is God's Word changing the way you think or live?
- Are you allowing Scripture to correct you as well as encourage you?

C. His Word Gives Understanding

"...give me understanding according to your word."

— Psalm 119:169

True understanding comes from seeing life according to God's Word. Rather than depending only on our own reasoning, we ask God to give us wisdom that agrees with His truth.

Reflect:

- Where do you currently need God's understanding?
- Are you looking to His Word for direction?



II. His Commands Are Truth

A. All His Commands Are True

"...all your commands are truth." — Psalm 119:151

God's commands are not merely suggestions. They express His truth and reveal the way He desires His people to live.

Reflect:

- Do you treat God's commands as absolute truth or as optional guidance?
- Is there a command of God you need to obey more faithfully?

B. Scripture Teaches and Trains Us

"All scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness..." — 2 Timothy 3:16–17

Because Scripture comes from God, it teaches us what is right, corrects what is wrong, and trains us to live in righteousness.

Reflect:

- What has Scripture been teaching or correcting in your life?
- Are you willing to receive both instruction and correction from God's Word?

C. His Law Is True

"Your righteousness is everlasting and Your law is true." — Psalm 119:142

God's righteousness never ends, and His law reflects that righteousness. His commands can be trusted because they come from a perfectly righteous God.

Reflect:

- How does knowing God is righteous help you trust His commands?
- Where do you need to submit your thinking to His truth?

III. The Word of Truth Is in My Mouth

A. His Word Must First Be in My Heart

“I have hidden your word in my heart that I might not sin against you.” — Psalm 119:11

Before God’s truth can consistently come from our mouths, it must first be stored in our hearts. What we take into our hearts will influence our choices and our words.

Reflect:

- What are you doing to hide God’s Word in your heart?
- How is His Word helping you resist sin?

B. Our Heart and Mouth Should Please God

“May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord...”

— Psalm 19:14

God cares about both what is in our hearts and what comes out of our mouths. Our words should reflect hearts that are aligned with Him.

Reflect:

- Are the words of your mouth consistent with what is in your heart?
- Is your heart aligned with God’s Word?

C. His Truth Should Remain in Our Mouth

“Never take Your word of truth from my mouth, for I have put my hope in your laws.” — Psalm 119:43

The psalmist desired to keep speaking God’s truth because his hope was rooted in God’s laws. When we believe His Word, we should also be willing to speak it.

Reflect:

- Is God’s truth regularly part of your conversations?
- What keeps you from speaking His truth with others?

Conclusion:

Are you willing to receive the truth? A famous quote from the movie *A Few Good Men* declares, “You can’t handle the truth.” We often say that we want to hear the truth, but what happens when the truth is uncomfortable? What happens when God’s truth reveals that we may be part of the problem?

The truth can challenge us, correct us, and expose areas of our lives that need to change. Yet Jesus tells us, “And you shall know the truth, and the truth shall make you free” (John 8:32 [NKJV]). The challenge is not simply whether we know the truth, but whether we are willing to open our hearts, receive the truth, and allow God's truth to transform us.

Discipline: Ask, “Is It True?”

Reflect and pray on these three questions throughout the week:

1. Are the words of your mouth aligned with your heart, and is your heart aligned with God’s Word? — Psalm 19:14

Examine both what you say and what you are allowing to remain in your heart. Ask God to bring both into agreement with His truth.

2. Are you afraid to share the gospel? — Romans 1:16

Ask God to reveal any fear or shame that keeps you from speaking about Christ, and pray for courage to share the gospel.

3. Is your conversation filled with grace, seasoned with salt, and shared in love? — Colossians 4:6

Consider not only whether your words are true, but also how you speak them. God’s truth should be communicated with grace and love.

Throughout the week, pause before speaking and ask:

“Is it true?”

Prayer:

Lord, thank You for giving us the truth of Your Word and for sending Jesus, the Messiah, into the world. Help us not only to know Your truth but to receive it, live by it, and allow it to transform our hearts. May the words of our mouths and the meditation of our hearts be pleasing to You. Give us courage to share the Gospel without fear or shame, and let our words be filled with truth, grace, love, and wisdom. In Jesus' name, Amen.