



TRUTH

I beg you most humbly, Monsieur, if you do not know the basis of these complaints, to be good enough to find out so that we may know the truth in the matter.

Spiritual Writings. Pg. 380 L. 494

Criticism, complaints, disagreements and judgements hurt and we are all capable of hurting others. Seeking the truth and speaking the truth in love is always important when a grievance occurs. Truth spoken in love keeps interactions between people smooth and rewarding. The truth heals what hurts between people as well as what hurts inside them. What a difference it makes when we know what to say, how to say it and when to say it.

- Do I seek or avoid the truth in unpleasant circumstances?
- Do I criticise or judge people or jump to conclusions without knowing the truth of the matter?
- Do I face the truth when I am being challenged or do I become defensive?

God, help me to take a step back to seek the truth in all situations instead of merely believing what I am told and assuming that I know the truth without checking it out, and help me to always speak the truth in love. Amen.