

What did Jesus mean when He said that He was the truth?

What is the truth? What does it mean for us and how does it affect and change our lives?

Jesus is the truth

Jesus said: “*I am the way, **the truth**, and the life. No one comes to the Father except through Me.*” [John 14:6](#).

Our attitude toward the truth determines the outcome of our lives. If we don't love the truth, if we resist it, we resist salvation. But if we *do* love the truth then we embrace salvation and we receive the reward: the crown of life.

But what did Jesus mean when He said that He is the truth? What *is* the truth?

The truth about who we are and about who Jesus is

God's Word is true, and the Word became flesh and dwelt among us. ([John 1:14](#)) So the truth is the life of Jesus – which is to be manifested in us. ([2 Corinthians 4:10](#)) When we compare His life to our own lives and see how enormously different the two are, then a light turns on for us. The truth is that light which shines into our lives and reveals what we are really like by nature. It reveals the way that we must walk on in order to be transformed into the image of Christ. ([Romans 8:29](#))

The first step on the way of truth is taken when Jesus shines His light into our lives and we acknowledge that we are sinners in need of forgiveness, atonement, and justification. This causes us to repent.

The next step is that He shows us that, even though we are forgiven, we still have sin in the flesh, and we have to acknowledge that we ourselves are powerless to overcome when we are tempted to give in to the sin that is so rooted in us as human beings. When we humble ourselves to acknowledge this truth about ourselves then the Holy Spirit can fill us, enlightening us, leading us, and giving us the strength and power that we lack in ourselves so that we can keep all that God commands us – we can give up our own will and do His will instead. In other words, we can get victory over the lusts of the flesh which lead to sin.

“And we know that the Son of God has come and has given us an understanding, that we may know Him who is true; and we are in Him who is true, in His Son Jesus Christ. This is the true God and eternal life.” [1 John 5:20](#).

Transformation – the whole point of the truth

“For I rejoiced greatly when brethren came and testified of the truth that is in you, just as you walk in the truth. I have no greater joy than to hear that my children walk in truth.” [3 John 3-4](#).

There is no greater blessing, than to *walk* in the truth. This means to acknowledge it, to judge that which it shows us, to hate that which is found to be sin, and then to put sin to death by the power of the Spirit. Then we are in constant development, constant progress, continuous sanctification, and continuous transformation into the image of Christ.

It is possible for everyone to walk in this truth, so that it can set us free from sin – both the consequences of it and its power over us. ([John 8:32](#)) God loves all of us and is rich enough for everyone who calls on Him. The Holy Spirit — a.k.a. the Spirit of truth — will guide us in this ongoing process of being set free. The more willing, obedient, and quick to acknowledge the truth we are, the quicker our progress will be.

And what will the result of loving the truth be? That we are transformed from who we are by nature, and the life of Jesus *will* be manifested in us.

*“But we all, with unveiled face, beholding as in a mirror the glory of the Lord, **are being transformed into the same image** from glory to glory, just as by the Spirit of the Lord.” [2 Corinthians 3:18](#).*

When we judge ourselves, and by faith we put to death whatever the truth has shown us about ourselves, then by faith we are transformed into the image of His glory.

The truth gives hope!

There is no reason to ever be discouraged when we see the truth about ourselves, no matter what we see. Instead we can be filled with hope, because we know that the Spirit of truth is also the Spirit of power, and through Him we are able to overcome all things that stand between us and our goal of being like Christ. And those things that the truth showed us about ourselves can be gone from our lives forever!

“And whoever has this hope in Him purifies himself, just as He is pure.” [1 John 3:3](#).

We need to love and acknowledge the truth 100%. *“Teach me Your way, O Lord; I will walk in Your truth.” [Psalm 86:11](#). We* can only be saved and sanctified to the same degree that we love the truth. So let’s welcome it with open hearts, even when it hurts to see and acknowledge what we are really like by nature. Without first seeing it, we cannot be purified from it.

The result will be glorious when the truth has liberated and saved us! Let’s have courage and look all divine truth straight in the eye, fully confident that He who, in His love, shows us the truth about ourselves, will also free us and save us from everything He shows us.

Let the truth be our best friend!

(source: Brunstad Christian Church)