



Disregarding the **truth is like stepping into swirling water and stormy winds. You will only be safe if you decide to replant your feet firmly on the rock of truth.**

Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. Psalm 25:5

1. **Truth can be known.** The Berean Jews tested Paul's teaching against the scriptures to see if what Paul said was true. (Acts 17:11) You can do likewise with new things you learn.
2. **Truths about God:** It is impossible for God to lie. (Hebrews 6:16-19) God is trustworthy. (2 Samuel 7:28) God doesn't change his mind, but keeps His promises. (Numbers 23:19) Every word of God is flawless; he is a shield to those who take refuge in him. (Proverbs 30:5)
3. **You'll know the truth and it will set you free** (John 8:32). Free from lies about who you are and who you aren't. Free from shame and guilt. Free from willful disobedience. Truth cancels fear and anxiety. Which fears and anxieties in your life can be healed by truth?
4. **Truth isn't dispensed to you; it's a relationship with God.** Seeking Him is seeking truth.
5. People may want to determine their own truth, but **God's truth is the real truth and will ultimately win.**

Read Romans 1:18-25. What encouragement, instruction and warning are offered by this passage?