



# Pastor Paul Rech

## **THE TRUTH THAT SETS US FREE HONESTY AS A FOUNDATION FOR LIFE AND MENTAL HEALTH**

In times when lies seem to circulate freely in public discourse, on social media, and even within our closest relationships, reaffirming the importance of speaking the truth and living honestly becomes an act of courage—and also of health. Not only spiritual and moral health, but emotional and mental well-being. According to Scripture, truth is not just an ideal: it is a source of life and liberation.

### **Truth is a divine calling**

From the very first pages of the Bible, we see that God is a God of truth. Numbers 23:19 tells us: *“God is not a man, that He should lie, nor a son of man, that He should repent.”* He is the source of truth (John 14:6) and invites us to reflect His character in our words and actions. Speaking the truth, therefore, is more than an ethical matter—it is a reflection of our communion with the Creator.

Jesus declared: *“Then you will know the truth, and the truth will set you free”* (John 8:32). This freedom is not only spiritual, but also emotional. Lies, when repeated and sustained, become a burden. A weight that corrodes the soul, generates anxiety, guilt, and destroys inner peace. In contrast, truth—even when difficult—brings lightness and freedom.

### **Honesty is the foundation for healthy relationships**

True relationships can only exist on the foundation of trust. And trust is born from integrity. An honest heart brings security, fosters reconciliation, and builds lasting bridges. Ephesians 4:25 reminds us: *“Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.”*

***Lies divide. Truth unites. Lies wound. Truth heals.***

In the family environment, for example, honesty between parents and children, between spouses and siblings, is the cement that holds the structure together. In friendships, transparency is the soil where loyalty grows. And in professional life, honesty is the greatest asset a person can have.



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## Lies as emotional traps

Modern psychology studies show that lying frequently—even small “social white lies”—activates stress-related areas in the brain. Over time, this accumulated stress can trigger anxiety, depression, insomnia, and even physical disorders. The Bible revealed this centuries ago: *“The Lord detests lying lips, but He delights in people who are trustworthy”* (Proverbs 12:22).

*More than a moral offense, lying is violence against the soul.*

Being honest does not mean saying everything we think without filter, but living with coherence—without deceiving, omitting, or manipulating. Integrity is a powerful remedy. Those who live in truth don’t have to fear exposure or waste energy maintaining false versions of reality. It preserves the mind, lightens the heart, and promotes well-being.

## Truth as a lifestyle

In a world that rewards appearances, truth can feel uncomfortable. But it is essential for a full life. Honesty is a lifestyle that glorifies God, edifies others, and brings healing to those who live it.

Telling the truth must be a daily choice, even in the face of temporary losses or difficulties. Because those who sow truth reap peace. And those who live with integrity can lie down and sleep in peace (Psalm 4:8), knowing their conscience is clear before God and men.

## The truth that transforms

Truth is a seed that, when planted consistently, yields fruits of peace, trust, health, and purpose. As followers of Christ, may we be known not only for eloquent words but for a life that is coherent and transparent. Proverbs 10:9 says: *“Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out.”*

To speak the truth, be honest, and walk in righteousness is not only a command—it is a path to mental health.

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