

Truth that Hurts...and Heals

(Chuck Swindoll)

Let's face it. Sometimes the truth is the last thing we want to hear, especially if it exposes our spiritual deficiencies. Even when spoken in love by someone who cares deeply about us, the truth can cause us to bristle. The bad news about us can make us bitter, angry, and resentful. We tend to lash out at the truth teller to evade the sting of facing the truth itself... and changing.

But some of us have been around long enough to appreciate true wisdom. It isn't the know-it-all who holds the key to a better life. It's the man or woman of God who has surrendered himself or herself fully to the truth and is willing to hear it, accept it, live it, and pass it on—even when it hurts. We need to keep in mind that truth can either make us bitter or better.

Truth can help us face our weaknesses and trust in Christ's life-changing power. How do you generally respond to truth? Do you seek out people who are honest in their evaluations or do you avoid them? Have you heard any hard truth about your life lately from someone who cares about you? What was it? Did it sting? Was it helpful? Take a moment to consider what was said, how it was said, and how the God of truth would want you to react to it.

If hearing the truth helped you at all, even if it just caused you to think, why not do something unusual? Take a few minutes to write a note to the person who shared the truth with you. Thank him or her for loving you enough to say the hard thing.

