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The hurt caused by a lie.

Well, let's start with someone who spoke untruthfully, but is not aware it was a false statement. In such a circumstance, that person's statement is not a lie, but he/she is mistaken concerning what was said. It is an erroneous assertion. In that case, the person is not aware of the truth of the matter, so he/she is not telling a lie.

A lie is when a person is aware of the truth, then using mindful dishonesty, makes a statement that is false. A lie is bad. It hurts the person whom has been recipient of the lie. Although, worse is someone who tends to do so with habit.

For those who habitually lie, the pattern of lying can become so natural, he/she is convinced that lies have not been spoken. The person's mind enables him/her to believe what has been spoken is the truth! In many cases, the bad habit is concerning minor falsehoods. Yet, a habitual liar can easily progress to bigger and bigger matters of lying! Indeed, such a habit can hurt others very badly.

Therefore, let us keep in mind the following "rule of thumb." Before what is to be spoken, a person should consider, "Is it true?" Surely, in regard to open and honest social interaction, there is not a more important question to ask oneself. Most especially, concerning those who love you, and you them.

Finally, please remember, the truth will set you free. Don't become a prisoner of being untrue by what you say. What you are considering to be said, may it be as you would want to hear it from someone else. Then, no lie can hold you hostage from truly loving someone and the other person truly loving you in return.

God bless you.

Fr. Marc

