

“Then you will know the truth...”

“...and the truth will set you free.” (John 8:32 NIV) This is what Jesus told the Jews who had believed Him, if they held to His teaching, (v.31) meaning the truth of the gospel, and thank God that has not changed in over 2000 years, nor will it ever! But apart from that infallible spiritual truth, where is the truth in today’s world? For many of us it depends on who we listen to and who we believe!

I have never heard so many conflicting “truths” being promoted by so many people who are claiming to be “experts” or supposedly have the “inside story.” Almost a month ago (9/29/25) I watched a 60 Minutes segment when they interviewed the Governor of Utah, Spencer Cox. If you have access to YouTube, I highly recommend looking up and watching this 13 minute interview! It is well worth the effort!

In the interview, they asked Governor Cox what part social media plays in all of the divisive discord and anger stoked rants so prevalent today. His short answer was that social media is a cancer that has been slowly destroying America by using algorithms to fuel the fires of hatred and discord in every segment of our lives!

I **do not** follow anyone on social media, but do occasionally listen to clips of what some of the influencers are saying, and while some part of what they say might hold to the truth, much of what they say is born out of their own opinions or the beliefs of whatever platform they happen to agree with. And let’s be honest here - how many of us have forwarded something divisive or even slanderous because it lines up with whatever political or moral issue we believe in?

Ephesians 4:29 says: *“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”* (NIV) TPT says: *“And never let ugly or hateful words come from your mouth, but instead let your words become beautiful gifts that encourage others; do this by speaking words of grace to help them.”*

I believe what God wants to say this week is to challenge us to do what the word tells us to do in several scriptures - to examine ourselves, or at least to examine and research what we see on social media. I personally have heard some things from several well known and respected Christian influencers, but when I did some research on websites not connected to social media - I found a quite different story - the whole truth in the proper context!

As Christians, we are supposed to walk in the truth, and speak the truth! Jesus Christ is the Way, the TRUTH, and the Light, so before we blindly forward something we’ve seen or heard on social media, or from others, could we pause a moment and examine if what we are about to share when we hit the “send” button is spreading the truth, or is it unwholesome chatter? The truth WILL set us free, but half truths will keep us all in bondage! Amen!

