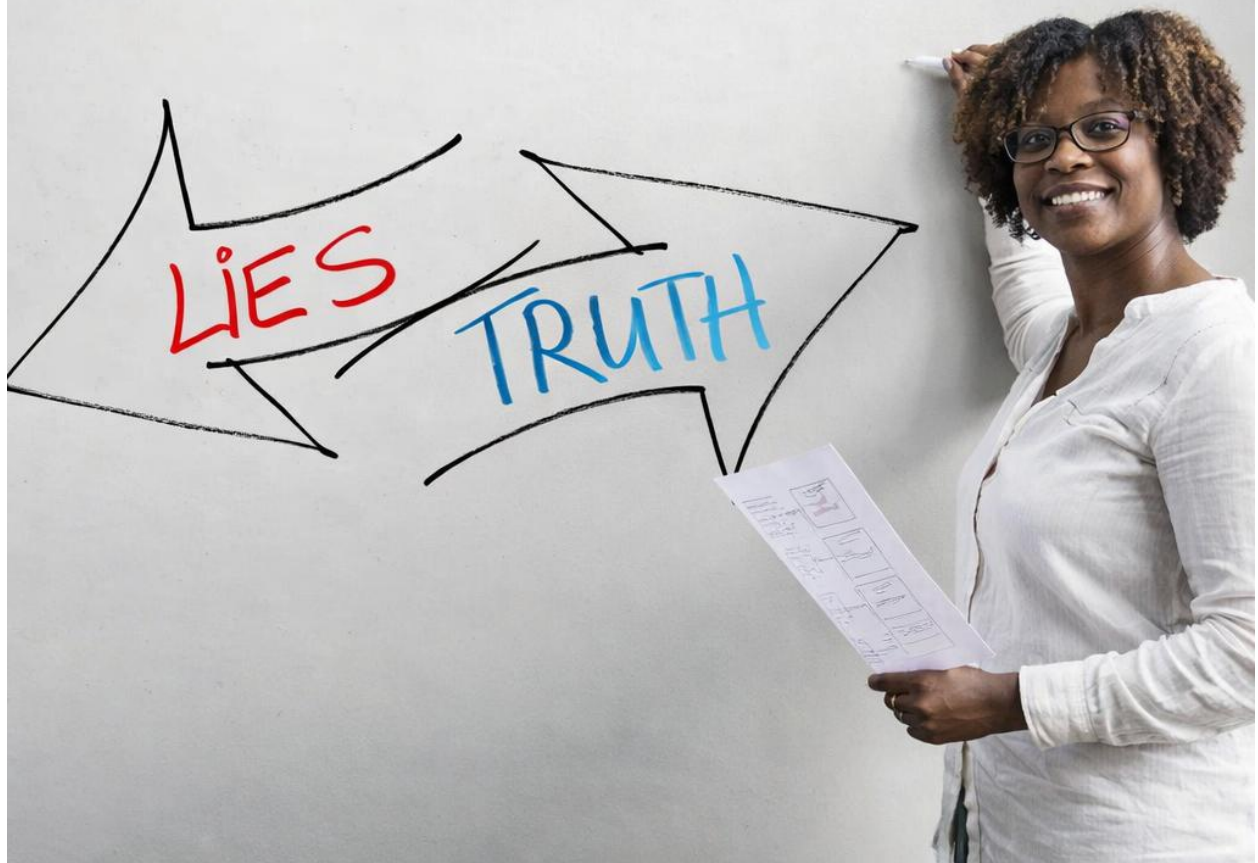


# Seeking Lies or Truth



## Truthful / Being Honest

We all have heard the phrase “being truthful is the best policy.” This is one of the most common proverbs taught in kindergarten. Our parents and teachers often quoted this proverb in our childhood years to encourage us to be honest all the time. But as we all grew up and life progressed, the proverb lost its meaning.

***“Better is a poor person who walks in his integrity than one who is crooked in speech and is a fool.” Proverbs 19:1***

**Plain meaning:**

**It's better to be poor and honest than to be someone who lies, twists words, or speaks deceitfully—even if that person appears better off.**

**Breakdown:**

- **“Better is a poor person who walks in his integrity”**  
→ **Someone who may not have money or status, but lives honestly and uprightly.**  
**“Walks in integrity” means their life is consistent, truthful, and morally sound.**
- **“than one who is crooked in speech and is a fool”**  
→ **A person who lies, manipulates, or speaks dishonestly is called a “fool” in biblical terms—not because of intelligence, but because they lack wisdom and moral sense.**

**Key idea:**

**The proverb is saying your character matters more than your wealth or image. Dishonesty eventually exposes itself and leads to foolish outcomes, while integrity has lasting value—even if it doesn't come with riches.**

In modern times, only a handful of people can claim that they are always truthful. That's only a few people on this whole planet who can say that being truthful is not just a proverb, it's their way of life.

What do you think happened? Why did most of us choose to walk on a different path?

In the childhood years when a child lies and gets caught, it is considered an innocent act. Many adults choose to ignore it and sometimes they laugh it off. But as the child starts progressing towards adulthood, lies also evolve and take a different form.

When we enter adulthood, we get our own set of reasons to be dishonest. Some of us lie to protect ourselves, some of us lie to protect our secrets. Some of us lie to avoid particular situations or outcomes, and some of us lie because we've been lied to before.

But the list doesn't end here. While some of us take the path of dishonesty to avoid certain circumstances, some of us also choose the same for certain gains.

It is easy to find people who advocate truthfulness. We bet you'll never find a person who openly supports dishonesty. So, the question arises when we say and preach that

being truthful is the best policy: is it because we firmly believe that truthfulness is the best policy or is it because we want to sound politically correct?

## **What Exactly is Being Truthful?**

Many websites and dictionaries render different definitions. Some platforms will tell you it's the quality of being honest, some will tell you it's acting truthfully, and some will tell you it's about all about being real.

But the answer lies within the question. The question we asked before. Why do people choose to walk the path of dishonesty? If you look closely, being truthful is nothing more than the presence of courage and the absence of fear.

**Joshua 1:9, "I have given you a command. Be strong and brave, do not be afraid nor dismayed. I, the Lord, your God, will be with you wherever you go"**

We walk the path of dishonesty because deep down we are scared. Sometimes we are scared of losing someone or something; sometimes we are scared of an outcome; and sometimes we are scared of a situation.

It is perfectly fine to be scared; we all are humans after all. The issues arise when courage is absent. We all can be scared and still speak the truth and choose the path of honesty.

When you follow the path of honesty, you stay true to not only your loved ones but also to yourself. Honesty not only frees you from fears rooted deep within, but also empowers you and strengthens your consciousness.

When you are honest with yourself, you get to know yourself better. You know exactly what you want and exactly what you don't want. When you lead an honest life, your vision becomes clearer, which helps you make better decisions.

On the other hand, when fear is the primary driving force in our lives we are continuously progressing on the path of dishonesty, we are unconsciously dodging obstacles. These obstacles could be opportunities in disguise that can help us grow, learn, and improve to become a better person.

So, isn't being truthful a better path to walk? Well, it certainly is.

## How to be Truthful

In recent times, many people can be seen being tremendously harsh with others. They are utterly rude and never apologetic about being so. The worst part is they justify their behavior by saying that they were just being honest.

While honesty is one of the greatest qualities, pairing it with harsh, ill-mannered and disrespectful behavior degrades its meaning. When people are brutally honest, the intention is not to speak the truth, but to hurt. When people callously speak the bitter truth, it causes more damage than good.

### Meaning:

#### “Brutally honest”

→ **The word *brutal* matters. It suggests force, lack of care, even aggression. The quote argues that when honesty becomes “brutal,” the goal often shifts from helping to hurting or venting.**

#### “The intention is not to speak the truth, but to hurt”

→ **It’s not questioning whether the statement is factually true.**

**It’s questioning motive: Is the person trying to help, or just to wound?**

Hence while speaking the truth, it's important to be mindful of people's feelings. It's important to know the purpose of speaking the truth. More importantly, it's important to understand that everybody has their own version of the truth and just because yours doesn't match with theirs doesn't mean they are wrong.

Being honest requires a lot of courage. An abundance of courage that helps you overcome fear. But hurting people doesn't require courage, it only requires wrong intentions.

If you are someone who is willing to be truthful for the rest of your life, start with yourself. Be honest with yourself. Many people take their first step on this path and immediately walk two steps back. Why? It's because they want others to be honest as well. Some people firmly believe that if they are being honest others must also be honest. While it's fair to believe so because nobody likes being cheated on, it's also important to understand that just like you, everybody else has a choice, too. And choices can differ.

Meaning: **What it means:**

- **Face reality about yourself**  
Acknowledge your strengths *and* your flaws—without excuses or denial.
- **Admit what you actually want**  
Not what sounds good, not what others expect—but what you genuinely care about.
- **Recognize your patterns**  
Habits, mistakes, fears, insecurities—being honest means not pretending they don't exist.
- **Drop self-deception**  
Things like:
  - “I’ll change later” (when you know you won’t)
  - “It’s not a big deal” (when it actually is)
  - “I had no choice” (when you did)

### **Why it matters:**

If you’re not honest with yourself:

- You make decisions based on illusion
- You repeat the same mistakes
- You blame others instead of growing

But when you are:

- You can actually improve
- You build real confidence (not fake confidence)
- Your external honesty becomes more genuine

### **In plain terms:**

Before you worry about telling the truth to others, make sure you’re not lying to yourself.

It’s often the hardest kind of honesty—because no one else sees it, but it shapes everything.

## **Is being truthful the best policy?**

We won’t lie to you. We won’t sugarcoat facts. Being truthful can sometimes bring you loss; it can put you in a difficult situation or it might force you to face an outcome you never wanted to face. Long story short, the path of honesty is full of thorns which might become the cause of your suffering.

On the other hand, being honest helps you become a better person. It makes you more self-aware, and it helps you build a strong character. Being honest also helps you find and face your weaknesses. More importantly, it helps you drop false masks and identities and helps you lead a life with courage and an absence of fear. When you are

armed with courage and strong character, do you think suffering will be able to scare you? We can't answer that question. It's something you must decide for yourself.

**If you have made up your mind to lead your life with honesty, here are a few things we won't ask you to do. We won't ask you to go back and make amendments. We won't ask you to make everything perfect. We are here to help you achieve your goal. And to help you with it, we would only ask you to start today and to start fresh.**

### **Homework: The essay**

Please write up to a two-page essay about a past experience you or someone you know were not being honest. Tell us in detail, who, what, when, where, why, to whom, the time, the place of what you did. The outcome! And tell us in detail how you could have changed that use from what you learned today so the outcome would have been good. Internalize this lesson. Make it become a part of you.

### **Read the article? Time for introspection!**

Please answer the following and save them for submission at the end:

1. Do you think honesty is the best policy?
2. Have you ever lied to someone you love? How did it make you feel?
3. Has choosing the path of honesty helped you become a better person? If yes, how?
4. Do you expect honesty in return for the same? Do you think it's keeping you from walking the path of honesty?
5. What setbacks did you face while walking on the path of honesty? How did you overcome them?