



TELL THE TRUTH **FASTER!**

Have you ever had a conversation with someone who has perfected the art of making the simple complicated? I would guess that some people do that naturally since this is the way they communicate. For others, it might be a way to create subterfuge and confusion. Yet, for some, it is a strategic thing; they do not want to be pinned down to anything.

Whatever the case may be, it is time for a change since we are entering a new year with a new theme for our church community: “Radically Simple.”

In the early years of modern psychology, the term “simple” was not always intended as a compliment. It could refer to someone who was either mentally challenged or slow on the uptake. In a lot of circles, it was a derogatory term. However, in the context of what our planet, our nation, our church, our families have been through lately, the term “simple” has experienced a rebirth into a positive term.

So how might we do that? How do we revert to what’s simple? A few years ago, I met an individual who changed the trajectory of my life. He became my friend and mentor and showed me how to live with purpose, intensity, and laser focus. One of the main maxims he brought into my life is the idea of “telling the truth faster.” My first reaction was naturally skeptical, however, as he explained his premise, I began to accept this idea that led me to a simpler emotional and mental life.

The idea of telling the truth faster is to communicate more directly, going from one point to the other via the shortest route. My mentor Jack Canfield puts it this way: **“Most of us avoid telling the truth because it’s uncomfortable. And yet, when we don’t tell the truth, and others don’t tell us the truth, we can’t deal with matters from a basis in reality.”**

To maintain good mental health, it is important that we function within the realm of reality. Telling the truth faster anchors us in the reality that truth is freedom. And since we have Jesus, we have the ultimate truth. Within that truth we have freedom and simplicity. “And you will know the truth, and the truth will set you free” (John 8:32, NLT).



By Wilny Audain