

## Relative Truth vs. Absolute Truth

Relative truth says, "Truth is whatever you make it." It shifts with culture or opinion.  
Absolute truth is unchanging. It is rooted in the unshakable character of God and His Word.

"What is truth?" (John 18:38)

John 14:6 says, "I am the way, the truth, and the life. No one comes to the Father except through me."

### John 8:43–45

43 Why is my language not clear to you? Because you are unable to hear what I say. 44 You belong to your father, the devil, and you want to carry out your father's desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies. 45 Yet because I tell the truth, you do not believe me!

A lie that is effective sounds like the truth.

### 3 Ways Lies Work:

1. Lies Take Root in the Mind
2. Lies Control Emotions and Decisions
3. Lies Are Passed Down and Amplified

Lies die in the presence of truth.

### John 17:15–17

15 My prayer is not that you take them out of the world but that you protect them from the evil one. 16 They are not of the world, even as I am not of it. 17 Sanctify them by the truth; your word is truth.

### 1 Peter 5:8

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

## The R.E.S.E.T. Strategy

R – Recognize Lies: Write down recurring negative thoughts or cultural messages you've believed.

E – Evaluate Scripture: Ask, Does this line up with God's Word?

S – Speak and Replace: Speak God’s promises over your mind, family, and circumstances.  
E – Establish Boundaries: Avoid environments, media, and conversations that reinforce lies.  
T – Take Action: Make choices rooted in God’s Word, even when inconvenient.

## Closing

“Behold, I see the heavens opened, and the Son of Man standing at the right hand of God.”  
(Acts 7:56)

Lies die in the presence of truth. Truth doesn’t shift with headlines or cultural sentiment—it is grounded in Christ.