



Speaking the Truth in Our Hearts

What is meant by speaking the truth in our hearts? We might take this to prescribe being open with others, sharing whatever is in our minds and hearts. But it seems to be suggesting something much deeper. Our goal is to have the Lord's truths written on our hearts at all times. This means they have been received in our will. Those who know truths, comprehend them, and then will and do them, acquire a conscience. With a well developed conscience, whatever we speak and do comes from a good heart (see *Arcana Coelestia* 131).

Exploring the Feelings in Our Hearts

Speaking the truth in one's heart describes regeneration, but perhaps this can be applied on an emotional level as well. We may find that we need to explore the feelings in our hearts before we can ask the Lord to help us deal with them. These may be negative feelings that we don't recognize as a stumbling block in our path. Or we may have experienced difficult things that haven't been processed in a way that lets us move forward. As we "speak the truth" about these things to the Lord, we open the door so that He can help us move onward.

Related Journal Ideas

- Write about a time when you wanted to do what you knew was right.
- Write about a time when you spoke from your conscience even though it was difficult.
- Write about an emotional stumbling block that you would like the Lord to help you process.
- Write about steps that you can take to know and understand more of the truths from the Lord's Word and then do them.

Idea for a Short Story

Base your story on someone who is trying to do what is good based on the truths of the Word or asking the Lord for help in getting over an emotional stumbling block.