

“The wicked are trapped by their own words, but the godly escape such trouble.” Proverbs 12:13 NLT

[lectio] // PROVERBS 28:12-14

listen to the text by reading out loud slowly and repeat up to 3x if desired

[meditatio]

reflect on – what word, words, phrase, or sentence speaks to you from the text, then write them down

Again, Proverbs gives wisdom that takes awhile to see it come to pass. Thus, it goes with lying. Lies are easy to spin to defend and distract. Lies become much more difficult to maintain because they have to have multiple layers of connectivity that is impossible to keep track of. A good liar doesn't try to keep things connected, they are better at deflecting the conversation and making the hearer believe they heard wrong or remembered wrong. The liar becomes so adamant that the receiver has to make a difficult choice, believe the liar OR jeopardize the relationship. This dynamic is difficult for even the most honest person to choose. Most would much rather “give up” than make some crazy scene over a stupid discrepancy. The liar depends on that weakness, that loyalty. What the liar does not know, or pretends to forget is that trust is very hard to build and maintain. All the lies (big or small) erode the trust both in the person and the relationship. When the liar becomes vulnerable or needs real help, there is no one left, there is no trust left - it has eroded into a pile of dust. The liar finds themselves completely alone with a whole life filled with fake, false truths and discovers their very foundation, their core is now no longer distinguishable among a sea of lies. They are lost, even to themselves. So, lies do work. They work in shallow, meaningless relationships. They work for a long time, until they don't. Then it's sudden disaster and the liar is confounded as to why it happened. Truth plays no game, thus carries no shame.

[oratio]

pray as responding to the words, phrase, sentence that God has stirred within you

Dad,

You are truth. In you there is no lie, no deceit or dishonesty. I bind myself to you to force myself to be a truth teller. Honesty IS the best policy.

[contemplatio]