

How to Biblically Decipher Truth

1. Compare everything to Scripture (2 Timothy 3:16-17)

2 Timothy 3:16-17 says:

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.

Ask:

- Does this teaching, claim, or idea line up with the whole counsel of God's Word—or does it twist, add to, or subtract from it?

2. Look at the Fruit (Matthew 7:15-20)

Jesus said you will know people (and ideas!) by their fruit. (Matthew 7:15-20)

Ask:

- Does this produce love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22-23)?
- Or does it produce fear, division, pride, secrecy, or compromise?

Truth tends to lead toward freedom and godliness; lies often produce bondage or confusion.

3. Bring It into the Light (John 3:21)

"Whoever lives by the truth comes into the light..."

Ask yourself:

- Am I willing for this idea or teaching to be examined openly by mature believers?
- Does it thrive in secrecy, or can it stand up to honest questions and accountability?

Truth is not afraid of scrutiny. Lies prefer the dark.

4. Check the Source and the Motive

Ask:

- Who is promoting this, and what do they stand to gain (power, money, attention, control)?
- Does it exalt Christ, or does it exalt a person, a movement, or a new "revelation"?
- Does it point people toward Jesus as the Way, the Truth and the Life (John 14:6), or toward something else?

5. Pray for Discernment and Listen to the Holy Spirit (John 16:13)

- Jesus promised the Spirit would guide us into all truth.
- Before accepting a claim, pause and pray: "Lord, show me what is true. Give me wisdom and a clear mind."
- Often the Spirit brings a quiet check or unsettled feeling when something is off—don't ignore that.

6. Seek Wise Counsel (Proverbs 11:14)

Proverbs 11:14 says:

"For lack of guidance a nation falls, but victory is won through many advisers."

- Talk it through with mature, grounded believers who know the Word well and are not driven by trends or emotions.
- Isolation makes us more vulnerable to deception.

7. Watch for subtle twists of good things (Genesis 1:26-27)

- Many lies are not pure falsehood—they take something true (identity, freedom, love, justice) and slightly distort it.

Ask:

- Is this holding tightly to the full biblical picture of being made in God's image, or is it redefining that image according to culture?

A simple daily habit: When something feels "off," stop and ask three questions:

1. What does the Bible actually say?
2. What fruit is this producing?
3. Am I willing to bring this fully into the light?