

Week 5, Day 5

To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free."

John 8:31-32 (*New International Version*)

These words of Jesus are famous, even for people who've never read the Bible: "The truth will set you free." In the 14th chapter of John's gospel, Jesus says, "I am the way and the truth and the life." Jesus is truth—Jesus brings healing and forgiveness and freedom. All we have to do is be willing to accept that gift from his hands. If you reach out to him, there is nothing in your life that will keep you from his love.

This is not to say that it will be easy. Letting go of secrets can be painful, especially if we have carried them for a long time by ourselves. But, if you let it, the truth will set you free.

your turn...

What is your understanding of how Jesus can free you from your painful secrets? Do you believe that God wants to set you free from everything that holds you back? What do you need to be freed from today?