Truth (*Definition*): the true or actual state of a matter; conformity with fact or reality

DQ #1: *What comes to your mind when you think of the idea of "truth"?*

DQ #2: *Can you share a story or example when you felt like you were being lied to or you couldn't find the truth?*

Article:

The Value of Truth By Sandi L Schraut

Is the value of truth worth more than the security of the rosy stories fed to us every day? What is its value? Is the whole truth even possible, or wanted?

The value of truth has come up in conversations with friends lately. Is its value in what we want to hear? Is its value in what's real? Truth is something different to everyone. In my opinion truth or its perversions can make or break a relationship, and its untruth that gives us a sense of unease. Truth can give a freedom that is beyond the lies. Is this something we want or is the truth to painful to live with?

Many of us live in a world where the truth is perverted into something that is more opinion then truth. In many ways, we are fed what we want to hear. We do the same to others. We live in a masked world that takes joy in rosy outlooks. Reality is way too painful.

In relationships, we sell our biased stories to keep the peace or preserve the relationship. Hiding behind lies, we smooth over the bumps. The sadness of our reality is but a dream that we swallow hoping that it isn't so. However, it is so! Reality isn't very fun most of the time.

Is the whole truth possible? I don't know, maybe not. All I know is that sometimes the varnished truth chips away at the very fabric of love, life and friendships. It leaves behind a hollow kind of life that is worse than hype or spin of any created reality.

For myself I am learning to be truthful, I am not always successful. It is far too easy to be a peacemaker and cover over the harder facts that occur in everyday life. In reality I would much rather have that rosy outlook. I am just not sure the cost is worth it.

DQ #3: *In your culture, is truth a value? Why or why not?*

DQ #4: *The author asks, "Is the value of truth worth more than the security of the rosy stories fed to us every day?" Would you rather have truth that brings pain or something that is not true but brings comfort?*

DQ #5: *Do you believe in objective truth? (Or is truth something that each person decides for themselves?)*

Quotes:

- *I believe that there is no absolute truth except the truth that there is no absolute truth.*
- "In the absence of truth, power is the only game in town." (Richard John Neuhaus)