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I've been pondering lately on the fact that so little of what we see, read and hear nowadays can be trusted to be true and real. So much information is AI generated; images are photoshopped to make the subjects look better, or younger, or slimmer; fake news is rife; even a 'trusted' news programme has been in trouble recently for editing a speech and so altering the meaning entirely. Highly intelligent people are taken in by scammers trying to gain access to their bank account or sell them some new 'wonder' medication which is likely to do more harm than good. It's all so plausible! So where can we look for the truth?

Well, in the Bible Jesus tells us that he is 'the way, *the truth* and the life' (John 14:6). This sentence forms part of the popular passage often read at funerals where Jesus is explaining to his disciples that he will shortly be leaving them but will go ahead to prepare a place for them. It forms Jesus' response to Thomas' question; "Lord, we do not know where you are going. How can we know the way?"

What Jesus means by saying that he is the 'truth' is that he is the exact expression and reality of God. Truth in the Bible isn't just a set of facts or morals, but a living person – Jesus - fully God and fully man – who shows us the true nature of God and demonstrates through his life and teachings the true standard of love, grace and forgiveness with which we should live our lives. Look to Jesus, the Jesus who washed his disciples' feet, the Jesus who wept over the death of his friend, the Jesus who in the most tremendous sacrificial act gave his life for us all. There you will find truth.

God bless

Revd Sue

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