

## **SPIRITUAL TASK – THE EIGHTH COMMANDMENT** (Exodus 20)

*by the Rev. David Roth at the New Church of Boulder Valley*

**Story** The Eighth Commandment demands that we do not bear false witness against our neighbor.

**Meaning** The Lord is truth itself. Whenever we speak the truth, we are speaking of the Lord and inviting His presence. Whenever we speak lies and bear false witness, we are turning away from the Lord's presence. There are many forms of lying: 1) Saying to yourself or another what is not true, 2) Rationalizing—making excuses by lying to yourself, 3) Exaggerating, 4) Talking with authority about something you know little or nothing about, 5) Saying things that are true with the intention to mislead, 6) Lying by omission, 7) Telling nice lies—lying to be kind.

**Task** This week practice speaking the truth. When a situation presents itself where you have a chance to speak your ideas, stop and observe. Then do three things: 1) Ask yourself, "Is this a lie?" 2) If it is say, "This is not true therefore I will not speak it." 3) Say nothing or work on finding a way to say what you need to say in a truthful and fair manner.