

# *The Truth Will Set You Free*



***Jesus said to those Jews who believed in him, “If you remain in my word, you will truly be my disciples, and you will know the truth, and the truth will set you free.” John 8:31–32***

**Forwarded by: Mary Ann Collett**

While reading this reflection, on Wednesday of the Fifth Week of Lent, March 24, 2021 on “My Catholic Life” Website. I was struck by this teaching. I found it to be very thought provoking, hopeful and helpful to some of you who are suffering even more now than during this past year. It seemed necessary to post it on our CWOZ Website to share with you; ***“The Truth Will Set You Free!”***

This teaching of Jesus is exceptionally helpful on both a psychological and spiritual level. First of all, on a purely psychological level, one of the greatest helps to good mental health is the truth. Most often when one struggles with various forms of depression, it’s because they are seeing aspects of their life with confusion.

“Why did this person do this to me?” Or “How will I ever get through this?” Or “My life is a mess and there is no way out.” These and other similar thoughts will inevitably lead to depression for one simple reason: they are based on erroneous thinking.

One of the best forms of psychological counseling is what could be called “truth therapy.” Every despairing question that we have and every depressing conclusion that we have come to in life must be reexamined in the light of the mind of God. What does God think? What is in the mind of God in this regard? Those truths that are waiting to be discovered are the truth that “will set you free.” Depression is more easily overcome when we look at our life in the way that God looks at our life. This produces hope, and hope brings freedom to the chains of depression and confusion.

On a spiritual level, these principles apply all the more. The truth about sin, forgiveness, salvation and Heaven must be known deeply and embraced fully. When we deny the truth of sin or forgiveness, then we live within a lie and we remain bound by that lie. True spiritual freedom that leads to salvation and eternity in Heaven is obtained only when we wholeheartedly embrace the holy and perfect spiritual truth given to us by God. We must clearly know our sin, repent of it, seek the forgiveness of God, amend our lives and live the new life of grace to which we are called.

Reflect, today, upon this powerfully transforming teaching of Jesus: “know the truth, and the truth will set you free.” What psychological and spiritual truths do you need to more deeply know? What confusion or blindness remains? Seek the remedy of the Truth as it is in the mind of God and know that freedom awaits.

***God of all Truth, Your Word is liberating, transforming and fills us with hope. May I turn my mind to You and to Your holy Word so that I may know the Truth as You speak it and allow that transforming Truth to set me free. Jesus, I trust in You.***

**A Video is also available on their website: [www.mycatholic.life](http://www.mycatholic.life); “The Truth Will Set You free”**

Copyright © 2020 *My Catholic Life! Inc.* All rights reserved. Used with permission.  
[www.mycatholic.life](http://www.mycatholic.life)



Mary Ann Collett is the proud mother of 3 married daughters and 7 grandchildren. She is an inspiring and dynamic Catholic Lay Evangelist; whose gift is to intertwine Scripture and personal stories. Mary Ann Collett, MSW, MA, CLEM, LLC, is a *Bereavement Counselor, Life Coach, Pastoral Care, Spiritual Director, Support Groups, Speaker for Retreats and Workshops*. She is in private practice in Red Bank. Mary Ann has been in the Healing Ministry for over 36 years. She is the co-founder of the thriving ministry Catholic Women of Zion celebrating their 32nd year in 2021. She has traveled nationally and internationally to spread the message of the Kingdom of God through the power of the Holy Spirit.