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## THOU SHALT NOT BEAR FALSE WITNESS AGAINST THY NEIGHBOR.

### Opening Prayer:

Lord of truth, open our hearts to love what is honest and good. As we reflect on the Eighth Commandment, help us speak with integrity and listen with charity. May our words always reflect Your light and never cause harm. Holy Spirit, guide our conversation today. Help us to speak with honesty, humility, and a desire to grow closer to You. Amen.

### John 18:37

For this I was born and for this I came into the world, to testify to the truth. Everyone who belongs to the truth listens to my voice.

### Discussion Questions

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#### Living in the Truth and To Bear Witness to the Truth

Jesus came to “bear witness to the truth,” (John 18:37) and the Eighth Commandment calls us to do the same by living with honesty, integrity, and faithfulness to God. In our daily lives, what does it really mean to live in the truth, not just by avoiding lies, but by boldly witnessing to our faith through our words, actions, and even our silence? What situations challenge our commitment to truthfulness or make it hard to stand up for what we believe, and how can we respond with courage and trust in God when our faith is tested?

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#### Offenses Against Truth & Respect for the Truth

The Eighth Commandment calls us to respect the truth and protect the reputation of others. Since gossip and quick judgments can so easily creep into everyday conversations, how can we, as Christians, resist the temptation to speak negatively about others? What does it look like in practice to give someone the benefit of the doubt, and how can that choice reflect Christ’s call to love, mercy, and truth?

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### The Use of the Social Communications Media & Truth, Beauty, and Sacred Art

The Church teaches that social media and the arts have a powerful role in shaping how truth, beauty, and goodness are communicated. How can we discern what we take in and what we share through media and art to ensure that it upholds truth and promotes what is beautiful and life-giving? In what ways can we, as Christians, contribute to a culture that reflects God's truth rather than distorts it?

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### Closing Prayer:

Lord, we thank You for the gift of truth and the call to speak it with love. Help us to guard our tongues and use our words to build up, not tear down. Teach us to reject gossip, deceit, and false judgment. May our lives reflect Your honesty and compassion in every conversation. Let truth and charity guide us in all we say and do. Amen.

### Additional Resources

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The Catechism in a Year  
w/ Fr. Mike Schmitz



Day 320 - Day 323

Catechism Paragraphs



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