

On Purpose Module 3: How do you speak the truth?

For each module, dedicate at least half an hour to doing the activity and reflecting on it. Then each day spend five to ten minutes contemplating the questions for daily reflection. To begin it is helpful to first ground/centre yourself through reading scripture, praying, and/or doing a short breathing or mindfulness activity.

You will get more out of these activities and reflections by setting some time to give them your full attention (put your phone on flight mode and find an area free from screens or other distractions). Writing things down on paper or in a journal will also help clarify your thinking.

Activity: Relationship Map

Consider the different aspects of your life. Who has permission and authority to speak truth into your life? Who might you speak to when you need to hear the truth about yourself?

Draw these relationships out on a piece of paper. Write your name in the centre of the page and list the people who give you 'bold support' closest to you. Beyond that, list other people who you trust to be 'truth-tellers.' It might help to group them by social network (e.g., work, church, family, friendship groups). You could also list people who give you bold support but who you don't see regularly (such as a sibling or school friend).

What do you learn as you do this? For instance, are there parts of your life where you feel you don't have 'bold support'? How could you develop this map? (You might like to draw a second map, of what you would like your network to look like).

[Download an example of this activity](#)

Questions for Daily Reflection

Spend five or ten minutes each day reflecting on these questions. Depending on your routine, you could do this at the end of the day, or the beginning of the next day.

Where could truth-telling benefit you in your life right now?

How can others support you to speak your truth?

Scriptural Reflection

You can use this scripture in your devotional time each day, or read it and pray before you answer the reflection questions.

Your eye is like a lamp that provides light for your body. When your eye is healthy, your whole body is filled with light. But when your eye is unhealthy, your whole body is filled with darkness. And if the light you think you have is actually darkness, how deep that darkness is! (Matthew 6:22-23, NLT)