



CHOOSE SPIRIT NOW

**JOURNALING**  
**STAND IN TRUTH**



**Journaling to be a Truth Holder**

- Are there situations that you have found yourself in since beginning this program in which you see the ego at work in other people and have had to hold your tongue about it?
- Do you feel stronger and more trusting in your relationship with Holy Spirit to be able to follow your intuition in regards to how you handle certain situations such as these?
- Can you balance truth speaking and being a truth holder with remaining compassionate and open-hearted?
- Can you see how silence is sometimes the best option in circumstances such as these?
- Can you see how simply holding the truth in your mind is just as effective, if not more so, than trying to express your new way of seeing to your friends or loved ones?
- As the Course asks, Would you rather be right, or would you rather be at peace?