



**KNOW
THE TRUTH
AND
BE SET FREE**

Katherine Hilditch

LifeinJesus.net

‘Know the Truth and Be Set Free’
by
Katherine Hilditch

~

Copyright © 2025 Katherine Hilditch.
All Rights Reserved.

Unless otherwise indicated
all Scripture quotations are taken from
the World English Bible British Edition (WEBBE)
(Any words in brackets are not in the original text
but are included to help understanding)

Cover photo by Peggy Marco on Pixabay

KNOW THE TRUTH AND BE SET FREE

What is Truth?

Are you tired of the way everything seems relative and subjective today? People use the word 'truth' to mean anything they want. An online dictionary definition is – 'a verified or indisputable fact, proposition, principle, or the like'. That's definite! Whatever people feel about it, absolute truth still exists. Each person can choose whether to believe it or not, but whatever they decide doesn't alter the fact that truth is truth.

There is no such thing as ‘my truth’ as opposed to someone else’s truth. Truth is truth and cannot be changed irrespective of whether someone likes it or not. The truth remains the truth.

In John 18:37-38 Jesus told Pilate – “... *for this cause I have come into the world, that I should bear witness to the truth. Everyone who is of the truth hears My voice.*”³⁸ Pilate said to Him, “*What is truth?*” And when he had said this, he went out again to the Jews.’ Pilate wasn’t even interested in Jesus’s answer. He didn’t believe there was such a thing as absolute truth – he was just being sarcastic. But he had asked a very important question which we all need to know the answer to.

The Answer to the Question

The answer to the question is – God’s Word is truth. Psalm 119:160 says of God – *‘All of your words are truth. Every one of your righteous ordinances endures forever.’* Jesus confirmed this in John 17:17 saying to His Father– *“Your word is truth.”* He also said in John 14:6 – *“I am the way, the truth, and the life.”* So God’s Word is truth and Jesus is truth. Which is it? John 1:14 explains – *‘The Word became flesh’* This is talking about Jesus. The Word, which is truth, became Jesus. So yes, the Word and Jesus are both truth. Jesus Himself is the whole truth of God – who He is, what His character is, how He works, what He thinks of you and me, what His plans are for us and so much more. Jesus is the truth, the whole truth and nothing but the truth.

Because God's Word is truth, we have to give it priority over everything else – our experience, the experiences of others and the way the world looks at things. In every situation where we are looking for the truth, we need to go to the Bible. If we pray for people and they are not healed, our experience can tell us that God does not want them to be healed, or at least, not yet. But the Bible tells us differently. Which are we going to believe?

There is no peace in making our experience the decider of truth. It will just lead to all sorts of doubt and fruitless discussions and disagreements. But when we make the Bible the decider of truth, we have something of real worth to build on and put our trust in. It isn't always easy, but the more we discipline ourselves to accept the Bible as the source of all truth, the easier it gets.

The Importance of Understanding & Believing

Imagine you are in a theatre and an announcement is made, “The thingummy is whatsit. Please taradiddle by the blah blah.” What would you do? Probably you’d ask other people if they’d understood what the announcement meant. It should have said, “The building is on fire. Please leave by the emergency exit.” But because you didn’t understand what the announcement meant, it couldn’t save you. If you had understood what was said, you would have been able to respond and leave the building and be safe. But also, if the announcement had been made correctly but you didn’t believe it and so ignored it, you would still not be saved from the fire. Also, if you believed it but decided it wasn’t important or relevant to

you, you would die in the fire.

You need to read God's Word, understand it with your mind, believe it in your heart and accept it for yourself personally no matter what. It is then that it will save you and make you free.

Know the Truth and It Will Make You Free

Wow! Really? Jesus said in John 8:32 – “*You will know the truth, and the truth will make you free.*” There is power in truth!

But do you want to be free from the things that hold you? This is the next big question. You might think everyone would answer ‘yes’ to this but that isn't the case. Some people don't want to be set free. They hold on to the things that limit them because

they've come to define them or give them a sort of negative status or they enable them to receive benefits of some kind.

Maybe you've tried lots of things to try and find freedom. We can so easily go down many different avenues in an attempt to be free. We can try different therapies, we can read things on the Internet, we can turn to social media, we can try and find out what other people have done. Why do so many people spend so much time and effort and money trying to get free when it's all freely available in Jesus?! Nothing that this world offers will set you free – not truly and eternally free. Only Jesus can do that through the Word of God.

It is only God's Word that has the power to set you completely and permanently free from anything and everything that stands in

the way of the abundant life that Jesus came to give you. That could be sickness or poverty or addiction or a negative mindset or an inability to experience things such as love, joy, peace or forgiveness or many more life-giving things.

How Can the Word Set You Free?

In John 8:31-32 Jesus says – *“If you remain in my word, then you are truly my disciples. You will know the truth, and the truth will make you free.”* God calls us to be disciples, to be growing in the truth. But before we can do that, we have to be born-again. (To read about being born-again, go to the end of this booklet)

The truth in God’s Word doesn’t make us free by sitting on our coffee table or beside our bed. It isn’t simply the truth that sets us

free, but the truth that we know. Jesus says that we have to remain in the Word. This is much more than being able to quote verses or know where they are in the Bible. Remaining in the Word means allowing it to take root in our heart and impact every area of our lives. It means choosing to give it priority over everything else. It is when we take time to understand it and then believe it in our heart and live it out in our thoughts, words and actions, that it will set us free. So how do we go about that?

Sow the Seed of God's Word

In the Parable of the Sower in Mark 4:1-20, Jesus explains that a seed will produce a harvest if it is sown in the right sort of ground. The seed is God's Word and the ground is our heart. If there isn't a harvest, it's not the seed that is the problem, but the

ground. The seed of God's Word can never be corrupted. 1 Peter 1:23 says – *'having been born again, not of corruptible seed, but of incorruptible, through the word of God, which lives and remains forever.'*

So what is good ground? What is a heart that can be set free like? In the parable, Jesus says what it isn't like. It isn't like ground that is hard-packed so the seed can't take root. This is a picture of a hard heart that doesn't understand the Word, and so can't remember it. He then says it isn't like ground that is full of rocks so there isn't enough soil for the seed to put down roots. This is a picture of someone who only takes hold of the Word in a shallow way and doesn't mix it with faith. Then, when persecution comes, they can't keep hold of the truth. And finally, he says that it isn't like ground that has thorns which choke the plant as it tries to

grow. This is a picture of someone whose heart is filled with the *'cares of this age, and the deceitfulness of riches, and the lusts of other things'* (Mark 4:19). These will crowd the heart so there's no room for God's truth. (For more detail read my booklet 'The Most Important Parable')

All seeds need to be sown to be of any future benefit. It's not the truth that sets us free, but the truth we know. We need to sow it in good ground. When we are soft-hearted towards God and His Word, when we allow it to settle in our hearts and take root and when we don't choke it with the unbelief of the world and problems, then it can set us free. Start sowing it today – it is the most powerful and worthwhile seed you could ever sow and the only one that can set you completely and permanently free.

Mix It with Faith

For God's Word to bear fruit, it has to be sown in our mind so we can understand it. Then we need to believe it – mix it with faith. Hebrews 4:2 says – *'the word they heard didn't profit them, because it wasn't mixed with faith by those who heard.'* For the Word to profit you and set you free, a mere academic knowledge isn't enough. You have to choose to believe it.

Speak it out loud because Romans 10:17 says – *'faith comes by hearing, and hearing by the word of God.'* I sometimes stand in front of a mirror and speak God's Word out to myself, telling myself the truth. I say, "Katherine, the truth is ..." and then speak God's Word out loud. And as you speak it out, it will travel to your heart where it can put down roots and grow and develop fruit.

Speaking God's Word out loud is a key that many Christians don't know. Take hold of it and use it. You will then know the truth in your heart as well as understanding it in your mind, and it can produce a harvest to set you free.

Colossians 3:16 says – *'Let the word of Christ dwell in you richly.'* The good news is that this is something that is easy to do – we can all do it. It doesn't depend on anyone else or being in a particular place or situation. It just takes a decision to do it.

Protect It in Your Heart

Proverbs 4:23 tells us to – *'Keep your heart with all diligence, for out of it is the wellspring of life.'* Don't let your heart harden, don't put rocks in it or allow someone else to do so, and don't let weeds grow. Keep coming back to the truth of God's Word.

Keep sowing and mixing the Word with faith – persevere, don't give up. The truth you understand will travel from your head to your heart and your faith in it will grow until you are able to stand on it with full assurance. It may take time, but the promise is yours. Joshua 1:8 says – *'This book of the law shall not depart from your mouth, but you shall meditate on it day and night, that you may observe to do according to all that is written in it; for then you shall make your way prosperous, and **then** you shall have good success.'* Know the truth and it will make you free.

Freedom from ... and Freedom to ...

God's freedom isn't limited at all. He wants you free from the things that hold you back even more than you do! He wants you free to be able to experience all that Jesus has

done and won for you. He wants you free from the struggle of trying to sort everything out in your own strength. He wants you free from things that bind you and limit you and cause problems in your life. He wants you free to be the person He created you to be.

God' Word is full of general principles which will lead you into freedom in specific areas. Find the truth of all Jesus has done and won for you. Discover the many, many promises of God in the Bible which are all for you as a born-again believer.

There are also many verses in the Bible which you can apply in specific situations. For example, if you are ill, find verses on healing such as 1 Peter 2:24 – *'You were healed by his wounds'* and sow them in your heart. Or if you are having financial difficulties, find verses about God's kind of

prosperity such as 2 Corinthians 9:8 – *‘And God is able to make all grace abound to you, that you, always having all sufficiency in everything, may abound to every good work’* and sow them in your heart. There are verses about relational problems, addictions and many more situations people struggle with. Find them and sow them, mix them with faith and trust God for the harvest of freedom.

Make that Decision Now

Decide to get in the Word now. Don't do it to try and please God or to earn brownie points. Do it sincerely to discover the truth for yourself, so you can reap all the benefits of the truth and be set free. Then you can bless others as you have been blessed.

There will be issues along the way. Satan

won't like it, maybe your family and friends won't like it, but God is on your side – He is for you, not against you. Through Jesus, He has already won the victory over everything you will face. And He is IN you. What could be better?!

Declare the truth that you understand from God's word to plant it in your heart and allow it to change your thought patterns and the way you speak and act. Don't focus on the bad or the difficult – focus on the truth of God's Word and the truth that you then know will set you free. Hallelujah!

Being Born-Again

When you accept Jesus as your Lord and Saviour you become born-again. God becomes your Father and you His child, and

you can start to enjoy your personal relationship with Him.

Romans 10:9 says – *‘If you will confess with your mouth that Jesus is Lord, and believe in your heart that God raised him from the dead, you will be saved.’* Say this prayer out loud and believe it in your heart – “Jesus, I declare that You are Lord and that God raised You from the dead to live forevermore. Thank You for dying for me personally. I receive my forgiveness and my salvation now. Thank You Jesus, my Lord and Saviour.”

You are now born-again and Jesus has come to live in you. All your sins are forgiven, past, present and future, and you have a new perfect spirit. And after this life is over, you’ll live in love, peace and joy with your Father God for ever.

Life in Jesus

To read more about Jesus
and all He has done and won for us
go to –
LifeinJesus.net

There are many more booklets on the website

You can read them online
or print them out
completely free of charge

There is no limit to the number of copies you
can print out for your own use or to give away

The booklets are all downloadable



Do you want to be set free
from all the things that hold you back?

Do you want to be free
to be the person God created you to be?
Find out how to step into that freedom
and live in it.

It's the only way to find the joy and peace
of complete freedom which truly lasts.



Katherine Hilditch has been teaching in local churches for many years. In 2013 she wrote her first booklet and since then has written many more. She created her website to make all the

booklets freely available to everyone. They can be read online or printed out. Katherine's threefold purpose is to help people understand more about Jesus and all He has done and won for them, to encourage them to go deeper in their relationship with God and to provide material to help them share their faith with others. To read her story and find all the booklets go to –

Website: LifeinJesus.net

Email: contact@lifeinjesus.net