



THE BECOMING GREAT SERIES • BOOK 6

THE TRUTH ABOUT ~~LIE~~

The lie you stopped noticing — and the truth that frees.

TIMILEHIN IDOWU

thekingdomlifestyle.org

ALSO BY TIMILEHIN IDOWU

Book 1 — I Must Blow

Identity • Character • Purpose • Process

Book 2 — I Am the Champion

Discipline • Mastery • Consistency • Resilience

Book 3 — I Will Be Rich and Famous

Wealth • Influence • Enterprise • Legacy

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Book 5 — LIFE: The Journey

Life • Identity • Purpose • Legacy

The Truth about LIE

Lie Always Catches Up. The Only Question Is Whether You Will Be There When It Does.

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All biblical references are drawn from the New International Version (NIV) unless otherwise noted.

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DEDICATION

To everyone carrying a lie they cannot fully name.
The one you told. The one you were told. The one you
agreed to believe, about yourself, about God, or about the
world.

This book is for you.

It is written in honour of the Truth Himself, Jesus, who
does not argue us free, He loves us free. He is the only
cure a lying world has ever had, and He is enough.

May the truth find you the way it has found so many
before, gently or suddenly, but completely. And may it
set you free.

With gratitude to the mentors and voices who shaped this
message.

BEFORE YOU BEGIN

I want to ask you a question before we go any further. Not a theoretical question — a personal one. You do not need to say the answer out loud. But I am asking you to answer it honestly, to yourself, before you turn the next page:

"Is there a lie you are currently living with — one you have told, one you have been told, or one you have agreed to believe about yourself, about someone else, or about the world — that is costing you something you cannot fully name?"

If the answer is yes — even a quiet, uncertain yes — this book was written for you.

If the answer is no, read it anyway. Because the lie you cannot see is always the most dangerous one.

PREFACE

Why a Book About Lies at a Time Like This

Let me tell you why I wrote this book. Not because I am a stranger to lying. I wrote it precisely because I am not. I have told lies — the small, convenient kind that felt like mercy at the time. I have believed lies — about myself, about God, about what I deserved and what I did not.

And I have watched the world — in my lifetime, in this century — choose lie at an industrial scale. Political lie. Economic lie. Relational lie. Institutional lie. The lie that nations tell about their histories. The lie that leaders tell about their intentions.

We have become extraordinarily sophisticated at lying. We have given it better names — spin, narrative management, strategic communication, diplomatic framing. We have built entire industries around the art of making the untrue sound true. And the world is not more peaceful for it. It is more fractured. More anxious. More suspicious. More lonely.

This book is a response to that. It is an honest attempt — from one person who has been on both sides of the truth-and-lie divide — to make the case for truth. For its beauty. For its necessity. For the specific, irreplaceable, world-changing peace that only truth can produce.

I believe with everything in me that Jesus was not being poetic when He said He was the Truth. He was being diagnostic. He was telling us what the world's only actual cure is.

— Timilehin Idowu

Festac Town, Lagos, Nigeria, 2026

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INTRODUCTION

The World Has a Problem — And It Has a Name

Picture the world in your hands for a moment. Not a globe, not a map — the actual world. All of it. The eight billion-plus human beings. The nations, the tribes, the cultures, the languages, the faiths. The wars that are happening right now as you read this sentence. Now ask one question: what is the common thread?

I want to suggest to you that underneath every major fracture in our world — underneath the wars and the division and the corruption and the broken relationships and the loneliness epidemic and the crisis of trust — there is a single, ancient, persistent cause:

Lie.

Not ignorance. Not poverty. Not political ideology. Not tribal differences. Not cultural clash. These things matter — and this book will address them. But underneath all of them, when you trace the root far enough, you find a lie that was believed, a truth that was rejected, a reality that was substituted with a more comfortable fiction.

“Lie is not just a moral failure. It is a structural one. The entire architecture of human suffering is built on it.”

And the solution — the one that actually works — is not a new political system or a better economic model. The root is a heart problem. And the only thing that has ever fixed a heart problem is truth. Specifically: the Truth that is a Person.

PART ONE

What Lie Actually Is

Its Origins, Its Nature, and Why It Is More Dangerous Than We Think

CHAPTER 1

The First Lie

Where This All Started — and Why It Matters That You Know

There is a reason every conversation about lying eventually arrives at one story. Not because it is the only story — the record of human deception is longer than any library can hold — but because it is the first story. And the first lie in human history is, in many ways, a template for every lie that has followed it.

You know the setting. A garden. Two people. A tree. A serpent. And a question that was not really a question:

"Did God really say, 'You must not eat from any tree in the garden'?"

— Genesis 3:1

Notice what the lie did before it said anything false. It planted doubt. It questioned the source. It reframed the command — making God sound more restrictive than He was. The lie did not start with a lie. It started with a distortion.

"You will not certainly die. For God knows that when you eat from it your eyes will be opened, and you will be like God."

— Genesis 3:4–5

Here is what makes this lie so instructive: it contained a partial truth. Their eyes were opened. They did gain a kind of knowledge. The lie worked not because it was entirely false but because it was false enough — it omitted the parts that mattered most.

OBSERVE

The very first lie in human history was sold as self-improvement. 'You will be like God.' Lies rarely present themselves as destructive.

They present themselves as upgrading you. The packaging is always attractive. The contents are always the same.

The First Consequence

And the consequence? Not just the curses pronounced in the garden. Something deeper and more immediate: they hid. Two people who had walked in full transparency with their Creator suddenly felt the need to cover themselves. This is what lie does in its first moment of consequence. Not prison. Not immediate death. Hiddenness. The withdrawal from relationship. The birth of shame.

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""Where are you?""

He knew where they were. He always knows. The question is not for His information. It is for ours. It is an invitation to stop hiding. To come out of the trees. To stand in the uncomfortable light of truth and let it do what only it can do.

REFLECTION

- Where are you currently hiding — from God, from others, from yourself?
- What lie are you currently living inside, and when did you first accept it?
- What would it cost you to come out of hiding? What is it costing you to stay in?

"I will stop hiding. Truth is the only thing that can restore what the lie has taken."

CHAPTER 2

The Anatomy of a Lie

Why It Looks So Much Like the Truth

If lies were ugly on arrival, nobody would take them. A lie does not come dressed as a lie. It comes dressed as wisdom, as kindness, as common sense.

Seven Forms Lie Takes

1. The Flattering Lie

You are told what you want to hear. Flattery is a lie dressed as love — it gives you the feeling of being valued while actually depriving you of the honest feedback that would make you genuinely valuable.

2. The Lie of Omission

Everything said is technically true. But something important is left out. The financial adviser who tells you the potential returns without mentioning the risks. You said less than the whole truth, knowing that the part you omitted would have changed everything.

3. The Cultural Lie

This is the lie agreed upon by a group — a family, a tribe, a nation, a generation — and defended as tradition. The cultural lie is the most dangerous kind because it comes with community enforcement.

4. The Self-Lie

The lie you tell yourself. I am fine. I do not need help. It is not that serious. The self-lie is the most intimate betrayal available — the one where you are simultaneously the deceiver and the deceived.

5. The Religious Lie

Religion has been used to construct and sustain some of the most destructive lies in human history. God wants you poor. God

endorses this war. God favours this tribe. The correction is not to abandon faith. It is to go back to the text — read carefully, in context, with honest eyes.

6. The Political Lie

The political lie says: the other side is not just wrong, they are evil. It survives because it is useful — it mobilises and unifies. But it does so by destroying the most essential ingredient of healthy political community: the ability to see the other side as fully human.

7. The Systemic Lie

The systemic lie is built into structures — economic, social, legal, educational — in ways that do not require any individual to actively choose to lie. The system just runs. And many of the people inside it are themselves deceived.

""The lie that nobody is consciously telling is often the most destructive one — because nobody feels responsible for stopping it.""

REFLECTION

- Which of these seven forms of lie is most present in your life right now?
- What cultural lie have you inherited that you have not yet examined?
- What self-lie are you maintaining — and what would it cost you to stop?

"I will name the lie in whatever form it comes. Named, it loses power. Unnamed, it governs."

CHAPTER 3

Lie Always Catches Up

The Unavoidable Mathematics of Deception

Lie always catches up.

Not sometimes. Not usually. Always. Without exception.

SCRIPTURE

"Do not be deceived: God cannot be mocked. A man reaps what he sows." — Galatians 6:7. This is not a threat. It is a description of how reality works.

Three Contemporary Testimonies

The Lie of Financial Institutions

In 2008, the global financial system nearly collapsed. The root cause was simple: a sustained, industry-wide lie that certain assets were worth far more than they were. Ordinary people on every continent lost their homes, their savings, their livelihoods.

The Lie of Colonial History

The lie that certain peoples were less than human was used to justify centuries of exploitation, slavery, and institutional violence. That lie did not disappear when the flags came down. It went underground — into the psychology of nations, into the architecture of economies.

The Lie in the Home

The marriage where both partners knew, years before the crisis, that something was fundamentally untrue. They agreed — implicitly — to maintain the performance. The lie in the home does not stay in the home. It gets passed forward.

""The lie that seems too small to address today is the crisis that seems to come from nowhere tomorrow. It always came from somewhere.""

Why Lie Cannot Give Peace

Some lies are presented as necessary for peace. Let me be clear: that is not peace. That is the performance of peace over the foundations of a lie. Genuine peace — the kind that is stable, that sustains, that can be passed to the next generation — is built on truth.

REFLECTION

- What lie in your own life are you currently hoping will not catch up?
- What systemic or generational lie has caught up with a family, community, or nation you are part of?
- What would genuine peace — built on truth rather than the performance of it — look like in one specific relationship?

"I will not wait for the lie to catch up. I will choose the truth now — while I still have the choice."

PART TWO

The Lie We Tell Each Other

Tribe, Nation, Culture — and the War That Was Never Necessary

CHAPTER 4

Made to Complement, Not Compete

The Most Expensive Misunderstanding in Human History

We were designed to complement each other. We chose to compete with each other instead.

"From one man he made all the nations, that they should inhabit the whole earth; and he marked out their appointed times in history and the boundaries of their lands."

— Acts 17:26–27

One blood. One origin. One Creator. Every human being on this planet came from the same source and was made in the same image. The differences between us were never meant to be the basis of hierarchy. They were meant to be the basis of contribution.

The Body Principle

"Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ... The eye cannot say to the hand, 'I don't need you!'"

— 1 Corinthians 12:12, 21–22

""What we call tribalism, nationalism, racism, and sectarianism is, in the body of humanity, organ failure. It is what happens when parts designed to complement each other decide instead to compete.""

REAL TALK

You cannot defeat the lie of tribalism by replacing one tribe's supremacy with another's. The lie is the hierarchy — not which tribe is on top of it. The only way out is to reject the premise entirely.

REFLECTION

- In what areas of your life are you competing with someone you were designed to complement?
- What lie about another tribe, nation, or culture have you inherited and never examined?
- What does your group carry that the world needs — and what does it need from others?

"I was made to complement, not to compete. I choose to live that truth regardless of what the culture around me is choosing."

CHAPTER 5

The Lie About the Other

How Dehumanisation Works — and Why It Always Ends the Same Way

There is a very specific process by which ordinary people come to do extraordinary evil to one another. It does not happen suddenly. It happens in stages. And at every stage, a lie is required.

Researchers who study genocide — the Holocaust, Rwanda, Cambodia, Bosnia, Darfur — identify a consistent pattern across cultures and centuries. It begins with language. The Nazis did not begin by building gas chambers. They began by calling Jewish people vermin. In 1994, Hutu Power radio called Tutsis *inyenzi* — cockroaches — for months before the killing began.

⚠ PATTERN

Dehumanisation is always the precursor to atrocity. Always. This is why the language used about any group in media, politics, or religious settings matters enormously — because words are the architecture of the mind that precedes the action of the hand.

When the Lie Wears a Turban — Islamic Extremism in Nigeria and Beyond

Let me be direct. Islam, at its core, is a tradition that calls its followers to the worship of one God and the pursuit of justice, mercy, and peace. What I am addressing is a specific, documented, theologically distorted, politically weaponised ideology that has hijacked Islamic language to justify the dehumanisation of people made in the image of God.

THE LIE EXPOSED

The label kafir or mushrik, as weaponised by extremist ideology, is not a theological judgement. It is a dehumanisation device — the modern equivalent of 'vermin' in 1930s Germany. The wrapper is religious. The content is the same ancient lie.

A Word to the Sponsors

I want to speak to those who fund, arm, enable, and politically protect extremist movements. The door of truth is still open. Walk through it while you can.

A Word to the Followers

Most of you did not choose this ideology from a position of informed freedom. You were inducted — sometimes in childhood, in the most formative and vulnerable years of your life. You were never given the other side of the argument. But now you know. And the question is the most important one available to you.

The Everyday Version

Most of us will never be involved in organised extremism. But most of us are involved in the everyday version of dehumanisation — the version that operates at the level of social media posts, dinner table conversations, WhatsApp group messages. The correction is not a programme or a policy. It is an encounter.

REFLECTION

- Who have you reduced to a category rather than seeing as a full human being?
- What language do you use — publicly or privately — about people you disagree with?
- When was the last time you had a genuine conversation with someone whose background was substantially different from yours?

"I will restore the humanity of the people I have been taught to fear. The lie of their inferiority ends with me."

PART THREE

The Truth That Sets Free

Who Jesus Is, What He Said, and Why It Changes Everything

CHAPTER 6

I Am the Truth

The Most Extraordinary Claim Anyone Has Ever Made

No one in human history has ever made the claim that Jesus of Nazareth made the night before His crucifixion. The claim was not a statement about truth. It was an identity claim:

"I am the way and the truth and the life. No one comes to the Father except through me."

— John 14:6

He did not say: I teach the truth. He said: I am the truth. The implications of this are either the most important things ever said, or the most arrogant. There is no comfortable middle. C.S. Lewis made the argument: the options are Lord, Liar, or Lunatic.

What It Means That Truth Is a Person

If truth is merely a principle or a code — then our relationship with it is intellectual. But if truth is a Person — a living, present, relational Person who is also the creative force behind all of reality — then our relationship with truth is fundamentally different. It is not compliance. It is communion.

PASTORAL NOTE

This is why behaviour modification without transformation fails. The person who knows the Truth — who has encountered Jesus and been changed by that encounter — carries the source of truth within them. The honesty is not a performance. It is an overflow.

The Prince of Peace

"For to us a child is born, to us a son is given... And he will be called Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace."

— Isaiah 9:6

""Peace is not the absence of conflict. It is the presence of Truth. And Truth has a name.""

REFLECTION

- Have you ever seriously wrestled with the claim that Jesus made — 'I am the truth'?
- What would it mean for you to be in relationship with Truth rather than merely trying to comply with it?
- Where in your life have you been looking for peace in places where it cannot come from?

"I will encounter Truth as a Person, not manage it as a principle. Everything else follows from that."

CHAPTER 7

The Truth Shall Set You Free

What This Actually Means — and What Freedom Actually Costs

One of the most quoted sentences in human history. One of the least understood.

"Then you will know the truth, and the truth will set you free."

— John 8:32

We put this verse on university crests. We quote it in political speeches. We use it to mean: access to information is liberation. But none of those things is what Jesus meant.

"Very truly I tell you, everyone who sins is a slave to sin."

— John 8:34

The freedom He was talking about was not political. It was the freedom from the internal captivity that every human being is born into — the captivity of a nature bent toward deception, toward self-protection.

What Freedom Costs

Freedom from the lie is not free. The person who stops maintaining the lie in their marriage will face a painful conversation that has been deferred for years. These are not the costs of truth-telling. They are the costs of the lies that preceded it, now coming due.

""The cost of truth is always less than the cost of the lie. The difference is that the cost of truth is paid upfront, while the cost of the lie is paid later, with compound interest, at the worst possible time.""

The Specific Freedom of Confession

James 5:16: 'Confess your sins to each other and pray for each other so that you may be healed.' Note: healed. Not just forgiven. Healed. There is a specific kind of healing available only through the bringing of hidden things into the light.

REFLECTION

- What lie are you maintaining that is costing you more energy than you admit?
- What would it mean to bring it into the light?
- What does genuine freedom look like in your specific life?

"I choose the freedom that truth offers, knowing the price is real, and knowing it is worth every cent."

PART FOUR

Living the Truth

What a Truth-Built Life Actually Looks Like

CHAPTER 8

Integrity — The Undivided Life

What It Means When the Inside and the Outside Match

The word integrity comes from the same root as the word integer. A whole number, undivided, complete in itself. A person of integrity is someone in whom what is seen on the outside and what is real on the inside are the same thing.

""Integrity is not perfection. It is not having no faults. It is having no secret faults — or at least having the humility and courage to face the ones you find.""

The Three Tests of Integrity

Test One: What Do You Do When Nobody Is Watching?

Character is built in the moments with no audience. Not in the board meeting or the Sunday sermon but in the car alone, in the email no one will see. What you do there, consistently, over years, is who you actually are.

Test Two: What Do You Do When the Cost Is Real?

Honesty when it costs nothing is not a virtue. It is just convenience. The real test is when telling the truth means losing something: the contract, the relationship, the position, the approval.

Test Three: What Do You Do When the Lie Is Available and Nobody Would Know?

In these ordinary, unglamorous, nobody-watching moments, the person of integrity and the person of convenience quietly diverge. And the accumulation of those small choices is either a life of integrity or a life of its gradual erosion.

PRACTICAL TEST

Review the last seven days. Where did the gap open between what you presented and what was real? Not to condemn yourself — to know yourself. You cannot close a gap you will not acknowledge.

Integrity in Leadership

The integrity of the leader sets the ceiling for the integrity of the community they lead. Leadership creates permission structures. What the leader does, the system permits. What the leader tolerates, the culture normalises.

REFLECTION

- What is the current gap between your public self and your private self?
- What would you do differently in the next seven days if you were committed to living with no gap?
- If you lead anything — a family, a team, a community — what does your private integrity cost or give the people who follow you?

"I will close the gap. Not all at once — but today, one choice at a time, I choose the undivided life."

CHAPTER 9

Truth in Relationships

The Most Intimate Battleground of Lie and Love

Every relationship in your life is built on one of two foundations: truth or the performance of truth. And those foundations, while they may look identical from the outside in the early stages, produce radically different buildings over time.

The Silence That Lies

Not all lies are spoken. Some of the most destructive ones are maintained in silence. The silence that does not correct the misunderstanding because correcting it would be inconvenient.

PROVERBS 27:6

"Wounds from a friend can be trusted, but an enemy multiplies kisses." The honest friend who wounds you with truth is doing more for you than the flattering one who leaves the wound unaddressed.

The Marriage and the Lie

Most marriages that fail do not fail because of a single dramatic betrayal. They fail because of years of small lies that were never addressed. The marriage that endures is the one where both people have agreed — explicitly or by consistent practice — that truth is available here.

""The most intimate act of love is not physical. It is the willingness to be fully known and the willingness to fully know — without the protection of a lie.""

Truth and Forgiveness

Forgiveness is not the pretence that the wrong did not happen. It is the genuine, chosen, often costly decision to release the other person from the debt that the wrong created. Not because they deserve it, but because carrying the debt is destroying you.

REFLECTION

- In which of your significant relationships is the performance of truth substituting for truth itself?
- What is the honest conversation you have been avoiding?
- Is there a relationship in your life where forgiveness is required?

**"I will bring truth into my relationships carefully,
lovingly, consistently."**

CHAPTER 10

Truth in Institutions

When Systems Lie — and What Happens to the People Inside Them

Individuals lie. But institutions lie differently — with greater reach, greater consequence, and far greater resistance to being held accountable. When an institution lies, the lie becomes systemic. It is no longer owned by any individual.

The Church

I must begin here. The church — the institution I love and serve — has, in its history and sometimes in its present, used truth as a weapon rather than a gift. What was done to you in the name of God was not of God. It was a lie told in His name.

A Word to the Wounded

To every person who walked away from the church because the church hurt you: your pain is real. But the only place you can be fully healed from what the church did to you is still the church. Not the same building. Not the same people. But the genuine, humble, truth-telling Body of Christ.

A Word to My Fellow Pastors

Some of you are reading this and recognising yourself. Not with pride in what you are building, but with the quiet discomfort of someone who knows that the distance between what they preach and what they practise has grown larger than they are comfortable admitting. Repent. Not theatrically — genuinely.

Government

Governments lie. This is not cynicism — it is a documented, recurring, cross-cultural reality. Power, when it is not accountable

to truth, tends toward the management of reality rather than the reporting of it.

What You Can Do

You may not be in a position to change a government or reform a denomination. But you may be in a position to refuse to propagate the institutional lie in your small corner of the institution. To name what you see. That is not small. That is how it always starts.

REFLECTION

- What institutional lie are you currently participating in by your silence or compliance?
- What would it cost you to name what you see?
- Who in history has paid the cost of institutional truth-telling in a way that changed things?

**"I will name what I see in the institutions I am part of
— even when silence is easier and truth is costly."**

PART FIVE

The World Truth Can Build

Peace, Reconciliation, and the Future That Is Still Possible

CHAPTER 11

When the Lie Is the War — The Biafra Story

What Happens When a Nation Refuses to Reckon with What It Did

The lie about what happened between 1967 and 1970 is still destroying the country. And the refusal to tell the truth about it is not protecting Nigeria's unity. It is slowly dissolving it.

The War and Its Origins

The Nigerian Civil War began on 6 July 1967. It ended on 15 January 1970. In those thirty months, somewhere between one and three million people died. The majority of those who died were civilians. Many were children. They did not die in battle. They died of starvation — systematically, as a consequence of a blockade that was a deliberate instrument of the federal government's war strategy.

KNOW THIS

The war was not a war between Muslims and Christians. General Gowon, the federal commander, was a Christian from the Middle Belt. The war was about political power, ethnic fear, and the architecture of a post-colonial state that had never been designed to serve all its people equally.

The End That Was Not Finished

General Yakubu Gowon famously declared: 'No victor, no vanquished.' And then — the national conversation effectively stopped. There were no truth commissions. No monuments to the dead. No named graves. The official position was: it is over, let us move on. But you cannot move on from what you have not moved through.

""The federal government won the war but lost the peace. Unprocessed wounds, across generations, always find a way back to the surface.""

A Word to the Nigerian Government

You cannot continue to treat this as a security problem. At its root, it is a truth problem. The answer is a genuine, structured, government-convened truth and reconciliation process — the actual painful, costly, necessary work of honest national reckoning.

Genuine Reconciliation Is Still Possible

Nigeria is not Rwanda. Fifty-five years of coexistence — imperfect and contested, but real. The country can be saved. But not by pretending the wound is not there. It can be saved by truth.

""The war ended in 1970. The peace was never fully built. It is not too late to start.""

REFLECTION

- What do you know about the Biafra War — and what have you been told not to ask about it?
- In your community, what is the unprocessed wound you are passing to the next generation unaddressed?
- What would it mean for you to be part of the truth-telling rather than the silence-keeping?

"The healing of Nigeria begins with the truth Nigeria has not yet told. I will be part of the truth-telling, not the silence."

CHAPTER 12

Reconciliation — The Only Way Through

What Genuine Peace Between People Actually Requires

Genuine reconciliation is the hardest political, relational, and spiritual work available to human beings. It requires truth — the full truth, named honestly, heard fully. It requires acknowledgement. It requires genuine accountability.

South Africa

The Truth and Reconciliation Commission in post-apartheid South Africa was imperfect. But it represented a choice: to attempt genuine truth-telling rather than blanket amnesia or retributive violence. The Commission said: the truth is the starting point. You cannot build anything real without it.

Rwanda

In Rwanda, the gacaca courts — community-level truth-telling processes modelled on traditional practice — processed nearly two million cases in the decade after the genocide. It produced something the international tribunal process could not: the return of testimony and justice to the community where the harm had occurred.

""Peace without truth is not peace. It is a ceasefire. And ceasefires end. Truth-built peace is the only kind that can outlast the people who built it.""

The Personal and the Political

What is true at the national scale is true at the relational scale. The family that never talks about what happened is a family in a

ceasefire. The only way through is through. Jesus — the Prince of Peace, the Truth — has been doing this work since before we knew it needed to be done.

REFLECTION

- Where in your personal relationships is there a wound that has been covered over rather than genuinely addressed?
- What does genuine reconciliation require from you in that situation?
- What would it mean to trust Jesus — the Prince of Peace — with a broken relationship that feels beyond repair?

**"I will do the hard work of genuine reconciliation —
not the performance of it."**

CHAPTER 13

A World Without Lies

Not Utopia — But a Direction

I am not naive enough to promise you a world without lies. The lie is as old as the garden and as current as this morning's news cycle. But I know that the direction matters even when the destination is not yet reached.

What More Truth Produces

Trust.

The single most valuable social asset that exists. The thing that reduces transaction costs in economies, deepens relationships in communities, makes governance possible.

Dignity.

Every human being deserves to live in a reality that is true. Every human being deserves honest information about their situation, honest feedback about their performance, honest love.

Genuine community.

Not the performance of unity over suppressed disagreement. The genuine community of people who have been honest with each other and who have chosen, with full knowledge of each other, to build together anyway.

Peace.

Not the absence of conflict but the presence of the conditions under which conflict can be named, addressed, and resolved rather than suppressed and transmitted.

""The world we want is the world truth builds. And truth builds it one person, one conversation, one courageous act of honesty at a time.""

You cannot fix the United Nations. You may not be able to reform your government or your denomination. But you can choose truth in your home today. And if enough people make that choice — ordinary people, in ordinary spaces, without fanfare — the world changes. It always has.

REFLECTION

- What is one specific change you can make this week toward more truth in your life?
- Who in your sphere of influence needs to hear you choose truth over performance?
- What does a world with more truth in it look like, starting from exactly where you are?

"I choose truth — not because it is easy, but because it is the only thing that builds what lasts."

CONCLUSION

The Lie Ends Here

We started in a garden. With a question that was not a question. With a lie that was dressed as liberation. The lie took almost everything. It took the transparency between the first two human beings and replaced it with hiding. It started a chain reaction that has never fully stopped.

The lie has been enormously productive. It has built empires and destroyed them. But it has never built peace. Not once. Not anywhere. Not for anyone.

Because peace is not something that can be manufactured from deception. It is the specific, stable, sustaining condition of a life and a world that is aligned with reality. And reality, at its deepest level, is not a principle or a standard. Reality is a Person.

The One who said: I am the Way, the Truth, and the Life. The One who walked into the world the lie had made and refused to participate in it. Who told the truth when it cost Him everything. Who rose on the third day as the proof that truth, real truth, is stronger than the lie.

And now He extends the invitation that He has always extended:

"Then you will know the truth, and the truth will set you free."

— John 8:32

The lie ends where you decide it ends. In your life, in your relationships, in your corner of the world. That decision is yours. Make it today.

— Timilehin Idowu

Festac Town, Lagos, Nigeria, 2026

THE 30-DAY TRUTH AUDIT

Because naming the lie is the beginning of the end of it.

WEEK 1 — NAME THE LIE

Day 1–3: The Personal Inventory

Sit alone — no phone, no distractions — and ask: what lie am I currently living with? Write it down. Do not edit it. Just name it. Ask a second question: how long have I been carrying this? What has it cost me?

Day 4–7: The Relational Inventory

Examine your three most significant relationships. In each one, ask: is there a truth that needs to be said that has not been said?

WEEK 2 — TRACE THE ROOT

Day 8–10: The Cultural Inventory

What lies have you inherited from your family, your tribe, your nation, your generation? Write one inherited lie. Trace where it came from. Ask whether it is actually true.

Day 11–14: The Self-Lie Audit

Ask someone who knows you well: 'What do you think I am not being honest with myself about?' Listen without defending. Sit with it for 24 hours before you respond.

WEEK 3 — CHOOSE THE TRUTH

Day 15–17: The Conversation

Have one honest conversation you have been avoiding. Not the biggest one — the one that is possible this week. Prepare. Speak the truth with care.

Day 18–21: The Institutional Lie

Identify one lie in a system or institution you are part of. Simply name it clearly. Ask: what would it look like to refuse to propagate this lie in my small corner?

WEEK 4 — BUILD ON TRUTH

Day 22–25: The Reconciliation

Is there a relationship where truth needs to precede reconciliation? Name the person. Name the truth. Begin the process — even if it is only a letter you do not yet send.

Day 26–28: The Encounter

Spend time with Jesus — the Truth. Read John 14–17 slowly. Ask Him: where am I living in the lie? Write down what you hear.

Day 29–30: Recommitment

Review the 30 days. What changed? Write your truth commitment — one sentence. Put it somewhere you will see it every day.

"The lie ends here — in my life, in my relationships, in my corner of the world. Starting today."

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Every book about truth is, by definition, a personal confession. You cannot write honestly about lying without acknowledging your own acquaintance with it. I am grateful for the grace that made the writing possible.

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To Mojolaoluwa, Olaoluwatitomi and Oluwafoyinsolami — I wrote this so that you would have the language for something the world will test you with repeatedly. Choose truth, even when it costs. Especially when it costs.

To every leader who will read this and recognise their institution in these pages — the recognition is the beginning.

To the team at Flourish Playhouse and Worship Nation International Church, Festac Town — thank you.

To the nations, the tribes, the communities, and the families who are choosing truth over comfortable fiction — the work is worth it. Do not stop.

And to the One who is the Truth — this book is yours. I gave it my best. You make everything better.

ABOUT THE AUTHOR

Timilehin Idowu — Timi to those who know him — is a husband to Oluwakemi, father of three, and the co-founder of Flourish Playhouse, one of Lagos's finest foundation schools, nestled in Festac Town.

He serves as Pastor at Worship Nation International Church, Festac Town, and pours himself into the lives of young people as a mentor, speaker, convener of Teenspreneurship, and transformational writer. His mission: to help people of all ages discover their purpose, build their character, and pursue greatness with wisdom, clarity, and the kind of faith that does not flinch.

He writes because the world needs truth told by people who have had their own serious reckoning with the lie. He writes as a witness, not a judge. And he writes, always, in the conviction that the Truth is a Person — and that Person is still in the business of setting people free.

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