Eph 4:15 But speaking the truth in love, may grow up into him in all things, which is the head, even Christ:

“speaking”

* To be sincere-being sincere

Speaking the Truth

* To be true – being true(in doctrine and profession):--speak (live)(tell) the truth.

Galatians 4:14 And my temptation which was in my flesh ye despised not, nor rejected; but received me as an angel of God, even as Christ Jesus. 16 Am I therefore become your enemy, because I tell you the truth?

Ps. 15:2 He that walketh uprightly, and worketh righteousness, and speaketh the truth in his heart.