

Lie vs Lay

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"Lie" (to recline or rest)

This verb does NOT take an object (intransitive).

- I lie down every afternoon. (Base form)
- I lay on the couch for an hour. (Past simple)
- I have lain in bed all day. (Past participle)
- He is lying on the grass. (Present participle)

"Lay" (to put or place something down)

This verb requires an object (transitive).

- Please lay the book on the table. (Base form)
- She laid her phone on the desk. (Past simple)
- He has laid the keys next to the TV. (Past participle)
- She is laying the plates on the table. (Present participle)

"Lie" (not tell the truth)

This verb does NOT take an object (intransitive).

- She lies all the time. (Base form)
- He lied about finishing his homework. (Past simple)
- They have lied to us before, so I don't trust them. (Past participle)
- Stop lying! I know you took my book. (Present participle)

Meaning	Base	Past Simple	Past Participle	Present Participle
To be in or move into a horizontal position on a surface:	Lie	Lay	Lain	Lying
To put or place something down, usually carefully.	Lay	Laid	Laid	Laying
To say something that is not true.	Lie	Lied	Lied	Lying