

## Lay vs. Lie

### LAY

In the Present Tense:

Lay: to put or set something down  
(the subject is acting upon an object)

- Lay down your weapon.
- Go lay the baby down for a nap.
- Did you lay the book by the shelf or by the table?

Simple Past:

Laid: put or sat something down (the subject is acting upon an object)

- He laid down his weapon.
- I laid the baby down for a nap.
- Who laid the book by the shelf?

Past participles

Laid: [auxiliary verb] put or [auxiliary verb] sat something down (the subject is acting upon an object)

- He had laid down his weapon.
- I had laid the baby down for a nap.
- She has forcefully laid the book down.

### LIE

Lie: to be or to stay in a horizontal position

- I love to lie by the river.
- I have a headache; I will go lie down.
- I could lie in bed all day.

(here is where people get tricked)

Lay: was or stayed in a horizontal position

- I lay by the river.
- I had a headache so I lay down.
- I lay in bed last Saturday.

Lain: was or [auxiliary verb] stayed in a horizontal position

- I had lain by the river.
- In the past, when I had a headache, I had lain down.
- I have lazily lain in bed on weekends.