

HIGH SCHOOL CATALOG

THIS IS



THE ONLY
BUT THE BIBLE SAYS...

**KNOWING & WALKING IN
TRUTH WITH THE HOLY SPIRIT**

THIS IS THE WAY: BUT THE BIBLE SAYS...

As followers of Jesus, we're called to **walk in truth**. But that's easier said than done in a world where truth isn't always easy to see.

So then how do we do it? First, we have to know **what truth is**. We have to know WHO it is. And that starts with knowing God's Word so we can use it to test what we see and hear — because we can't walk in truth if we don't know what it is.

SERIES VERSES

"Then you will know the truth, and the truth will set you free." John 8:32

"But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come." John 16:13

"Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, 'This is the way; walk in it.'" Isaiah 30:21

THE GOSPEL TRUTH

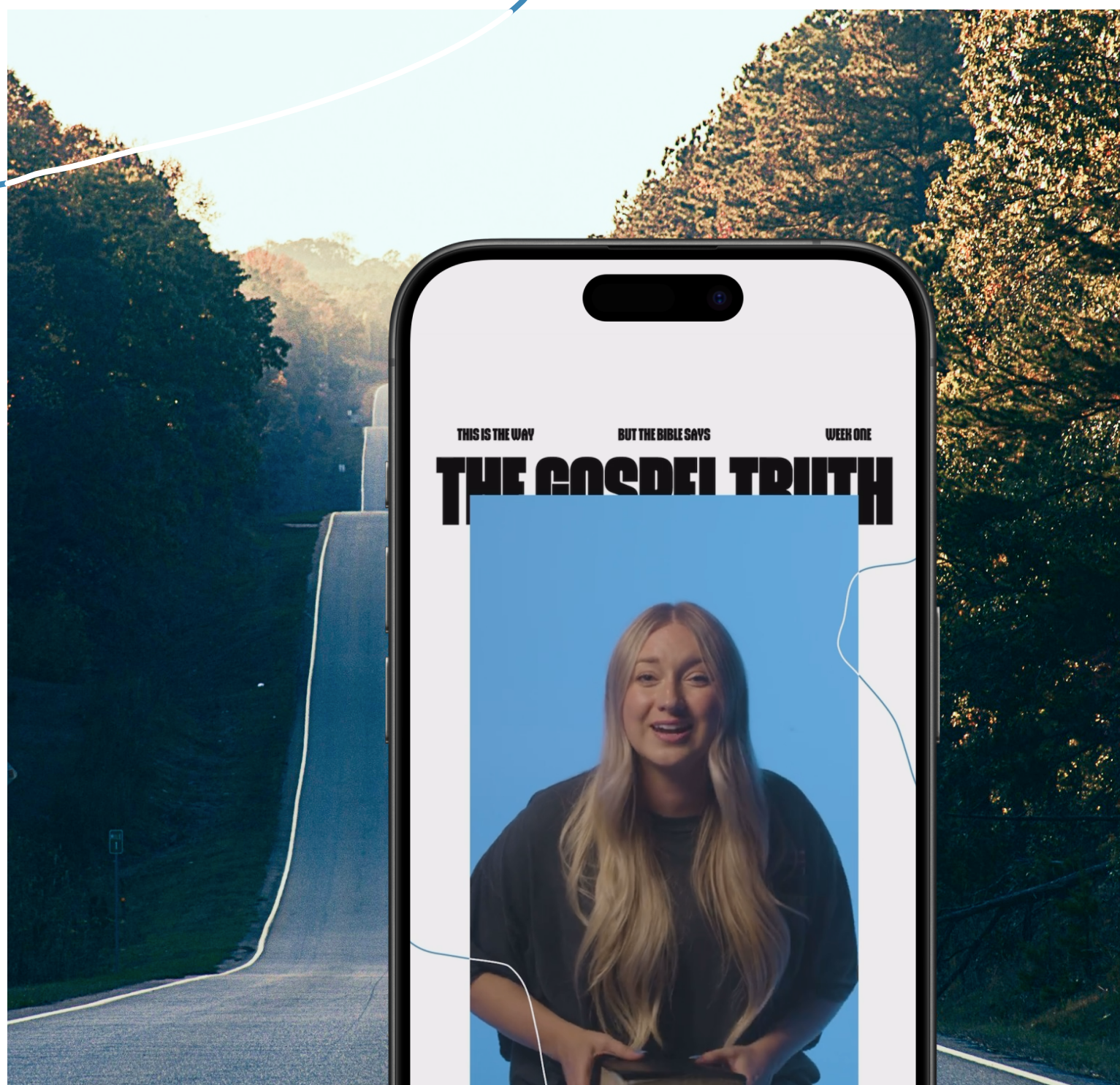


Discussion Goal: To understand there's no truth without Jesus.

START TALKING (CONVERSATION STARTER)

- Play “Two Truths and a Lie.” Everyone will take turns saying three statements out loud. Two of the statements must be facts about themselves (or truths), and the third should be a believable lie. The goal of the game is for everybody to pick out which of the statements is the lie.
- What or who is your go-to source for information? (e.g., friends, family, social media, websites, the news, etc.) Why?

WATCH IT TOGETHER



[CLICK HERE >>>](#)

THINK IT THROUGH (AND TALK IT OUT)

LEADER TIP

The goal of group discussion is to have youth talk about God, ask and wrestle with questions, and to grow and own their faith. If your group time is short, make sure to discuss the three questions below. Additional questions are listed below.

- 01** What is truth? How would you define it?
- 02** Read [John 14:6](#) and [John 17:13-19](#). Think about these verses. What (or who) does the Bible say truth is?
 - Based on John 14:6, how would you respond to someone who says to “live your truth” (*meaning there are many truths and not one source of truth*)?
 - What does it mean that Jesus is THE truth? How does Jesus guide us in truth?
- 03** Read [Daniel 6:1-28](#). How did Daniel follow “THE truth” instead of worldly truth? (*He ignored a wrong law and continued praying to God.*)
 - In this true story, what did the world Daniel was part of say the truth was?
 - Do you think it felt good for Daniel to follow truth? How do you relate?
 - What areas of teens' lives are most in need of truth. Why?

PRAY

Give everyone a piece of paper. Have them write down something they know is true based on God's Word and something they are unsure about. Place the papers in the center of the circle, and spend time thanking Jesus that He is the way, the truth, and the life. Thank Him for guiding us in truth, and ask Him to help us recognize where we are following and believing the world's lies instead of His truth.

ADDITIONAL QUESTIONS

- 01** Is knowing and following truth important? Explain why or why not.
- 02** The Bible tells us the truth isn't someTHING, but someONE. What are some ways you can grow in your knowledge of truth?
- 03** At YTHX, Pastor Steven said we need to digest the Word of God – to sit with it, think about it, meditate on it, and pray about it – to help us understand what it says. To understand truth, we need to understand God's Word.
 - How have you defined your own truth instead of living according to THE truth?
 - Read [2 Corinthians 10:5](#). What does this verse mean?
- 04** Even though Daniel lived in Babylon over 2,600 years ago, he was able to fight the world's lies because he knew who God was. Read [Psalms 119:160](#) and [1 John 5:20](#).
 - There is no truth without Jesus. Why do we need to know Jesus to know truth?
- 05** Read [John 8:31-32](#). How does knowing Jesus, the truth, set us free?

THE WHOLE TRUTH



Discussion Goal: To understand truth keeps me whole.

START TALKING (CONVERSATION STARTER)

- In the game “Truth or Dare,” which would you rather choose? Why?
- You have to eat one or the other... Do you choose a whole lemon or a whole onion?



WATCH IT TOGETHER

THINK IT THROUGH (AND TALK IT OUT)

LEADER TIP

The goal of group discussion is to have youth talk about God, ask and wrestle with questions, and to grow and own their faith. If your group time is super short or busy, at least make sure to discuss the questions below. Additional questions are also listed.

- 01** Does knowing what is true matter? Why or why not?
- 02** Read [Daniel 1:1-17](#). God gave us truth so we can live for Him in a way that brings us purpose and honors Him. How did Daniel pursue God’s truth instead of the king’s truth?
 - Living by the truth isn’t easy. What could have happened if Daniel had followed the king’s orders?
 - Think of a situation you are facing. What could happen if you don’t live by the truth?
- 03** Living in truth leads us toward Jesus instead of away from Him — and we need Jesus to be whole. What are some truths that bring us closer to Jesus? What are some lies that can lead us away from Him? (e.g., I am loved vs. I am hated, I should do what God’s Word says vs. I should do what feels best, I should wait until marriage for sex vs. I can have sex with whoever I want, etc.)

PRAY

God, thank you for the Bible. It helps us understand and accept your truth, and guides us to live according to your will so that we might live a life holy and pleasing to you. Amen.

ADDITIONAL QUESTIONS

- 01** Read [Ephesians 4:15](#). Why does it matter that we speak “the truth in love”?
 - Where in your life is there unloving speech (e.g., verbal, auditory, written, etc.)?
 - Where in your life is truth not being spoken in love?
- 02** Read [1 John 3:18](#). What does it mean to love with “actions and truth”? Have you ever been on the receiving end of this kind of love?
 - How is this different from the world’s definition of love?
 - How can Christians recognize the lies around us? What can we do about it?
- 03** Living without truth is like walking without sight. What are some things that could happen if we live by the world’s truth?
- 04** Jesus is THE truth, but Satan is the father of lies, and he wants to deceive us so we move further and further away from following God. Read [Ephesians 6:10-17](#). Verse 14 says to “Stand firm then, with *the belt of truth* buckled around your waist.” What are some ways to do this? How can you practically grow in truth (strengthen your belt) this week?

THE HIDDEN TRUTH



Discussion Goal: To understand truth can be tested.

START TALKING (CONVERSATION STARTER)

- If you had to take a test right now in one of your classes, which one would you do best in?
- What's the best hiding spot you've ever had in a game of hide and seek?

WATCH IT TOGETHER



CLICK HERE >>>

THINK IT THROUGH (AND TALK IT OUT)

- 01** The Bible says we need to take captive and test every thought to figure out if it's true and from God (2 Corinthians 10:5). Why is it important to test the things we hear or read?
- 02** Read Daniel 6:1-14. King Darius was unable to save Daniel, and he was thrown into the lions' den. But God sent an angel to protect Daniel. After, King Darius wrote a decree (or law) telling people they must worship God! How do you think Daniel knew what was true? How was he able to test truth?
- 03** Read Romans 12:2. To determine if something is true, you can renew your mind by using your critical and Biblical thinking skills. Three questions that can help you do that are:
 - a . What is _____ saying? (Ways to fill in the blank: my friend, social media, the news, my teacher, this book, that celebrity, etc.)
 - b . What does the Bible say?
 - c . What's true about this? What is not?

Practice determining truth as a group. Have students choose a popular song/song lyric, worldly value, or concept taught in school. Use the questions above and your Bible to talk about and examine the thought/concept.

PRAY

Pray Psalms 86:11 (ESV) over your group. Ask God to help students take captive each and every thought and give them the wisdom and discernment to recognize what is true.

ADDITIONAL QUESTIONS

- 01** Besides the Bible, are there other trusted places you can go for information or advice?
- 02** Why can it be hard to tell the difference between truth and lies?
- 03** Why does Satan try to confuse us? (HINT: Read John 10:10, Matthew 16:23, and John 8:42-47.)