

MIDDLE SCHOOL CATALOG

THIS IS



THE WAY

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

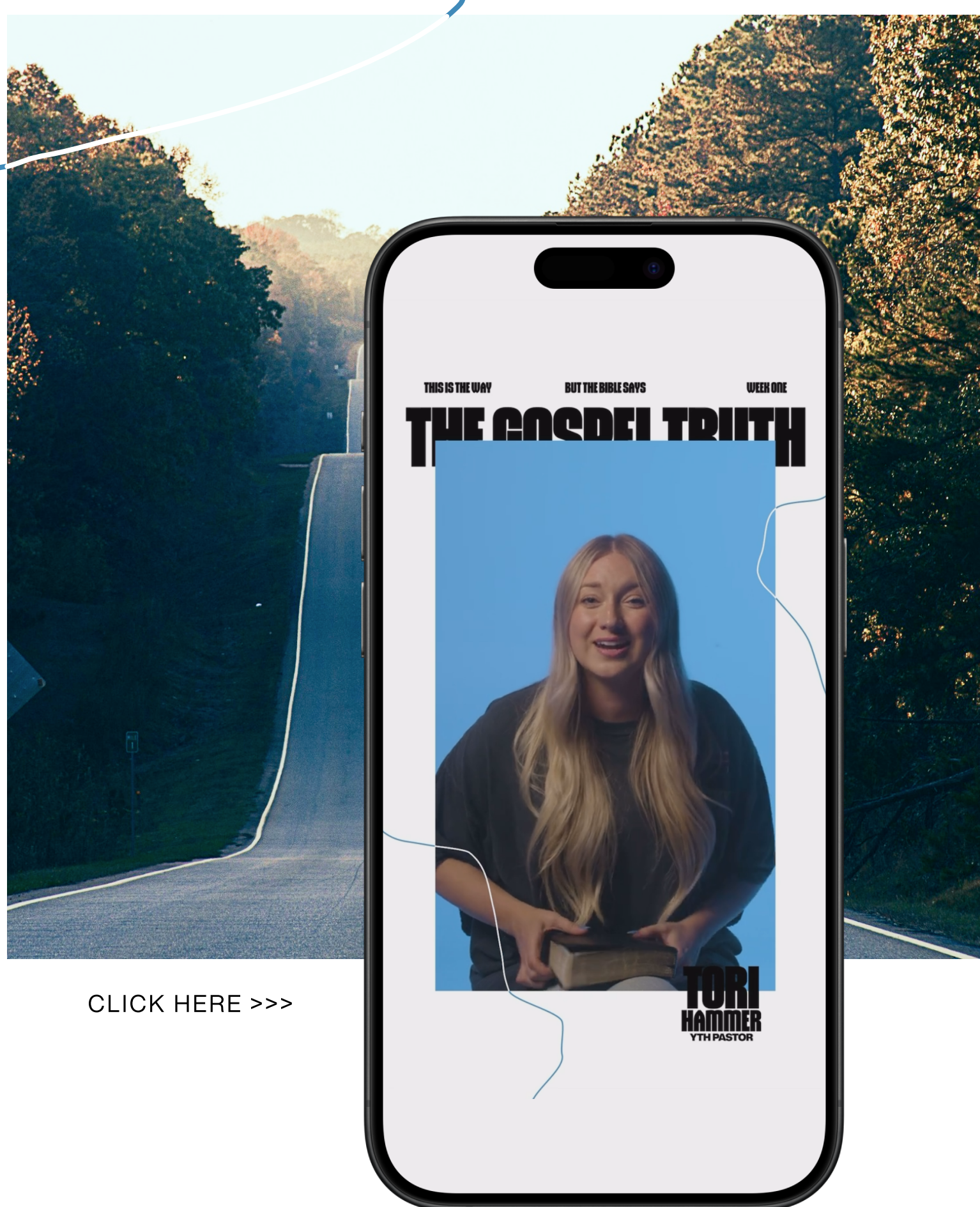


Discussion Goal: To understand there's no truth without Jesus.

START TALKING (CONVERSATION STARTER)

- If you were playing the game "truth or dare," which option would you choose and why?

WATCH IT TOGETHER



CLICK HERE >>>

THINK IT THROUGH (AND TALK IT OUT)

LEADER TIP

The goal of this group discussion is to help youth know what truth is and is not. Select questions relevant to your group's age, experiences, and current understanding. Don't feel the need to ask all the questions — pick the ones that fit your group the best.

- 01** What does it mean if something is true? How do you know?
 - What's something you once believed was true, but it turned out not to be?
 - Where do you go to find what is true?
- 02** Read [John 14:6](#), [John 17:17](#), and [2 Timothy 3:16-17](#) to see how the Bible defines truth. (Jesus is truth. This means everything He said and did shows us what is real and true.) How does the world define truth?
- 03** Read [Daniel 6:6-23](#). Daniel followed "the truth" instead of worldly truth — he ignored a wrong law and continued praying to God. Daniel did what was right, but how do you think he knew he was following God's truth?

PRAY

God, thank You for Your truth. Help us to seek and follow it in all we say and do. May we trust in Your guidance and strength. Amen.

ADDITIONAL QUESTIONS

- 01** Read [1 John 5:20](#). The truth isn't someTHING, but someONE — Jesus. How does knowing this help you choose to follow God's truth even when the world tells you something different?
- 02** How can prayer and reading your Bible help you understand THE truth?
- 03** There is no truth without Jesus. How does knowing this help you understand what's true?

THE WHOLE TRUTH



Discussion Goal: To understand truth keeps me whole.

START TALKING (CONVERSATION STARTER)

We can't believe everything we hear! Play a quick game of "Truth or Myth?" to determine if some common statements teens may have heard are true or false.

- Goldfish only have a memory span of three seconds. (Myth)
- The Great Wall of China is visible from space. (Myth)
- Lightning never strikes the same place twice. (Myth)
- Cracking your knuckles causes arthritis. (Myth)



WATCH IT TOGETHER

THINK IT THROUGH (AND TALK IT OUT)

LEADER TIP

The goal of the group discussion is to help the group understand why truth matters. Select questions relevant to your group's age, experiences, and current understanding. Don't feel the need to ask all the questions — pick the ones that fit your group the best.

- 01** God's truth is like the glue that holds us together — it makes us whole. It gives us everything we need from how to live for God to how to have joy even when we go through hard things. How is this kind of truth different from the world's kind of truth?
- 02** Read [Daniel 1:8-17](#). Daniel decided not to eat the king's food, and after 10 days, he and his friends were healthier than everyone else.
 - Daniel showed the importance of staying true to what he believed God said was right. Why did it matter that Daniel knew the truth in this situation?
- 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, God wants what's best for me vs. God just wants me to do what He says, 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** Why is it important to rely on God's strength and not just your own when sharing the truth with others?
- 02** Read [Ephesians 6:10-17](#). Satan fights with lies, and sometimes his lies sound like truth. How do these verses (like the belt of truth and the shield of faith) help you recognize these lies and live for God's truth?
- 03** Read [1 John 3:18](#) and [Ephesians 4:15](#). What does it mean to show love with our "actions and truth" and how does it help others and strengthen our faith?

THE HIDDEN TRUTH



Discussion Goal: To understand truth can be tested.

START TALKING (CONVERSATION STARTER)

- Imagine you have two friends. One is telling you the truth, and the other is lying to you about something that happened to them. How do you decide which one is telling the truth?

WATCH IT TOGETHER



[CLICK HERE >>>](#)

THINK IT THROUGH (AND TALK IT OUT)

LEADER TIP

The goal of this week's group discussion is to help youth learn how to identify what is true and untrue based on what the Bible says. Select questions relevant to your group's age, experiences, and current understanding. Don't feel the need to ask all the questions — pick the ones that fit your group the best.

01 The Bible tells us to examine, test, and take captive every thought and make it obedient to Christ. Read [2 Corinthians 13:5](#) and [2 Corinthians 10:5](#). How do these verses help us to understand the importance of testing what we read and watch?

02 Read [Daniel 3:13-26](#). When Nebuchadnezzar commanded Daniel's friends to worship an idol, they refused because it was against God's truth. They put their faith to the test.

- Testing the truth or our faith isn't always easy. How does this story encourage you by showing God was on the side of Daniel's friends?

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:

- What is _____ saying? (*Ways to fill in the blank: my friend, social media, the news, my teacher, this book, that celebrity, etc.*)
- What does the Bible say?
- What's true about this? What is not?

Practice determining truth as a group. In what situations at home, school, or with friends do you struggle to discern God's truth? (e.g., deciding which TV shows to watch, choosing friends to spend time with, determining what music to listen to, etc.) Use the questions above and your Bible to talk about it.

PRAY

God, thank You for Your truth that guides and directs us. Help us renew our minds through Your Word so we can discern and follow You in all things. Amen.

ADDITIONAL QUESTIONS

01 Besides reading the Bible and praying, what are some practical ways we can renew our minds to help us test the truth? (e.g., attend church, come to YTH night, ask questions, etc.)

02 What can we learn from Daniel's friends about courage and faith, and how can their example help us learn how to test God's truth in our lives?

03 Paul gives us some advice on what to think about in [Philippians 4:8](#). How can thinking about these things help us identify truth?