

Theme: What is True?

Theme Verse: *"The truth will set you free."* — John 8:32

Session 1: The Source (Where does truth come from?)

- **Main Idea:** Truth isn't something we invent; it is something revealed by God.
- **Key Scripture:** Psalm 119:142, 160; Romans 1:19–20
- **NIV Text:**
 - **Psalm 119:142:** "Your righteousness is everlasting and your law is true."
 - **Psalm 119:160:** "All your words are true; all your righteous laws are eternal."
 - **Romans 1:19–20:** "Since what may be known about God is plain to them, because God has made it plain to them. For since the creation of the world God's invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that people are without excuse."
- **Outline:**
 - The "My Truth" Trap: Discussing the shift from objective truth to subjective feelings.
 - God as the Anchor: If God created everything, He defines what is real.
 - General Revelation: How nature and conscience point to a "True North."
- **Takeaway:** Truth is a person's character (God), not just a set of facts.

Session 2: The Standard (How do we know what's true?)

- **Main Idea:** The Bible is the reliable "map" that helps us navigate a confusing world.
- **Key Scripture:** 2 Timothy 3:16–17; Hebrews 4:12
- **NIV Text:**
 - **2 Timothy 3:16–17:** "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work."
 - **Hebrews 4:12:** "For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart."
- **Outline:**
 - The Bestseller: Why the Bible is unique, historical, and preserved.
 - The Mirror: How Scripture tells us the truth about ourselves (the good and the bad).
 - The Filter: Using the Word to test the messages we get from social media and culture.
- **Takeaway:** If you want to know what's true, look at what doesn't change.

Session 3: The Person (The Truth has a Name)

- **Main Idea:** Truth is not just a concept to be studied, but a Person to be known.
- **Key Scripture:** John 14:1–6; Colossians 1:15–17
- **NIV Text:**
 - **John 14:1–6:** “Do not let your hearts be troubled. You believe in God; believe also in me. My Father’s house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you may also be where I am. You know the way to the place where I am going.” Thomas said to him, “Lord, we don’t know where you are going, so how can we know the way?” Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me.”
 - **Colossians 1:15–17:** “The Son is the image of the invisible God, the firstborn over all creation. For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. He is before all things, and in him all things hold together.”
- **Outline:**
 - The Boldest Claim: Unpacking Jesus’ statement: *“I am the way, the truth, and the life.”*
 - The Incarnation: How Jesus lived out the truth of God’s love in a physical body.
 - The Bond: Truth holds creation together
- **Takeaway:** Knowing the truth starts with a relationship with Jesus.

Session 4: The Lie (What fights against the truth?)

- **Main Idea:** We have an enemy who uses “half-truths” to lead us away from God.
- **Key Scripture:** Genesis 3:1–7; John 8:44; 2 Corinthians 11:14
- **NIV Text:**
 - **Genesis 3:1–7:** “Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, “Did God really say, ‘You must not eat from any tree in the garden?’” The woman said to the serpent, “We may eat fruit from the trees in the garden, but God did say, ‘You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.’” “You will not certainly die,” the serpent said to the woman. “For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.” When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.”
 - **John 8:44:** “You belong to your father, the devil, and you want to carry out your father’s desires. He was a murderer from the beginning, not holding to the truth,

for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.”

- **2 Corinthians 11:14:** “And no wonder, for Satan himself masquerades as an angel of light.”
- **Outline:**
 - The Deceiver’s Tactic: “Did God *really* say...?” How doubt distorts truth.
 - The Identity Crisis: Lies the world tells us about our value, body image, and purpose.
 - The Armor: Using the “Belt of Truth” (Ephesians 6) to hold everything else together.
- **Takeaway:** You have to know the real thing so well that you can spot a counterfeit.

Session 5: The Life (Living in the Truth)

- **Main Idea:** Truth is meant to be lived, not just believed.
- **Key Scripture:** John 8:31–32; 1 John 3:18; James 1:22–25
- **NIV Text:**
 - **John 8:31–32:** “To the Jews who had believed him, Jesus said, “If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.””
 - **1 John 3:18:** “Dear children, let us not love with words or speech but with actions and in truth.”
 - **James 1:22–25:** “Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after going away, immediately forgets what he looks like. But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.”
- **Outline:**
 - Freedom: How living in God’s truth actually sets us free from shame and fear.
 - Integrity: Being the same person in the dark as you are in the light.
 - The Mission: Being “Truth-Tellers” in a world of “Fake News.”
- **Takeaway:** True followers of Jesus “walk in the truth.”

Session 6: The Center (Jesus is the Focus)

- **Main Idea:** Jesus is the center of truth
- **Key Scripture:** John 1:14; 3 John 1:3–4
- **NIV Text:**
 - **John 1:14:** “The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.”

- **3 John 1:3–4:** “It gave me great joy when some believers came and told about your faithfulness to the truth, telling how you continue to walk in it. I have no greater joy than to hear that my children are walking in the truth.”
- **Outline:**
 - The Full Revelation: How Jesus, as the Word made flesh, completes the story of God's truth (linking to Sessions 1 and 3).
 - The Grace and Truth Balance: Why living with both grace and truth, as Jesus did, is essential to Christian character (connecting to Session 3).
 - The Joy of the Walk: Using 3 John to show the reward and continuity of living out the truth we learned about (as introduced in Session 5).
- **Takeaway:** The ultimate proof that you know the Truth is that you continue to walk in the light and truth of Jesus Christ.

Small Group Discussion Questions

Session 1: The Source (Where does truth come from?)

1. When you hear someone say, “That’s *your* truth, but it’s not *my* truth,” what do you think they mean?
2. If everyone gets to decide what is right and wrong for themselves, what happens when two people disagree?
3. How does knowing that God is the “Anchor” of truth change how you look at the world around you?
4. **Reflection:** What is one area of your life where you struggle to trust God’s definition of truth?

Session 2: The Standard (How do we know what’s true?)

1. Why do you think some people find the Bible hard to trust or boring to read?
2. Hebrews 4:12 says the Word “discerns the thoughts and intentions of the heart.” Has a Bible verse ever “called you out” or shown you something about yourself?
3. How can we use the Bible as a “filter” for the things we see on TikTok, Instagram, or YouTube?
4. **Reflection:** If the Bible is a “map,” are you currently following it, or just keeping it in the glove box?

Session 3: The Person (The Truth has a Name)

1. Jesus claimed to be *The* Truth, not just a truth. Why is that such a controversial statement today?
2. Jesus was full of Grace and Truth.” Which one are you more naturally leaned toward? (Are you blunt and honest, or soft and hesitant to speak up?)

3. How does seeing Truth as a *Person* (Jesus) change how you think about "obeying the rules"?
4. **Reflection:** If you met Jesus face-to-face today, what is one "truth" about your life you'd want to talk to Him about?

Session 4: The Lie (What fights against the truth?)

1. The enemy often uses "half-truths." Can you think of a lie that sounds *almost* true but is actually dangerous? (Example: "God just wants you to be happy.")
2. What are the biggest lies you think people your age believe about their identity or their future?
3. How does the "Belt of Truth" (Ephesians 6:14) help hold the rest of a Christian's "armor" together?
4. **Reflection:** What is one specific lie you've been believing lately that you need to replace with God's truth?

Session 5: The Life (Living in the Truth)

1. Jesus said the truth will "set you free." Free from what? (Fear, shame, trying to be perfect, etc.)
2. What does it look like to have "integrity" at school or with your friends when no adults are watching?
3. How can we share the truth of the Gospel with friends who don't believe in God without sounding mean or judgmental?
4. **Reflection:** What is one practical change you want to make when you go home from camp to "walk in the truth" every day?