

Lesson 1

Just Because You Want to Be 16, Does Not Make It True

QUESTION 1: IS ANYTHING REALLY TRUE?

INTRODUCTION

- ❓ How old are you? *(Have students show you with their fingers or raise their hand to answer.)*
- ❓ Have you ever wanted to be a different age than you really are? If so, what age did you want to be and why? *(Answers might include: Wanting to be younger to have less homework or fewer chores, or wanting to be older to sleepover at a friend's house or get a cell phone.)*
- ❓ Have any of you ever wanted to be 16 so that you could drive? *It would be really cool if wishing to be 16 changed your age, but just because you want to be 16, does not make it true because truth exists.*

In our lesson today we will be talking about truth. We will be answering questions like:

- What is truth?
- How can we know truth?
- What should we say when people say things like "There is no truth"?
- Why is truth important for life and Christianity?

If truth did not exist there would be no need to learn anything, which means there would be no need for school! I bet you wish that was true; but here's a secret—it couldn't be true if there was no truth! If truth did not exist, nothing would be right or wrong, and Christianity would not even be true. Truth affects our everyday choices and ultimately our eternal lives. Everything we do in life requires truth or else we experience problems.

- ❓ For example, what if you went to the doctor and he did not tell you the truth about what kind of sickness you had or did not give you the right medicine? What could happen? *You might become sicker or even die!*
- ❓ Or what if you do not tell the truth to your mom when she asked you if you cleaned your room? What might happen then? *When she discovers that you have not cleaned your room, you might have to do extra chores or not be able to play with your friends because you have to finish cleaning your room. And even if your mom does not find out, God knows and your sin of lying would separate you in your friendship with him.*

We want and need people to tell us the truth. We do not like it when they lie to us and other people need us to tell them the truth as well. Truth is very important.

#1 TRUTH IS...TELLING WHAT REALLY HAPPENED (TELLING IT LIKE IT IS)

#2 TRUTH IS...WHAT MATCHES THE FACTS

☆ Activity – Story: John and Emma and the Broken Lamp ☆

Dialogue: Does anyone know what the word truth means? (Let students answer). To help us know what truth is, I am going to read you a story about a brother and sister. At the end, you can tell me who tells the truth.

John and Emma knew that their mother did not want them to play tag in the house. But one afternoon it was raining outside and they got really bored. Their mom was upstairs so they thought that she would never know if they ran around in the living room...just a little bit. They were laughing and having a good time, when John tripped and knocked over a lamp that broke on the floor. Their mother came downstairs and asked the children what happened. Emma said that their little dog had jumped up on the couch, which was near the table where the lamp was, and that the dog had knocked it over when he jumped down. John told his mom that they were playing tag in the house and he knocked the lamp down when he tripped. Their mother was disappointed that they chose to disobey her and play tag in the house, and then she was sad that Emma had chosen to make up a story about what happened instead of telling her the truth of what really happened. Both children were sent to their rooms until dinner and were given extra chores after dinner for them to work to repay the cost of breaking the lamp.

TRUTH is
telling it
like it is.

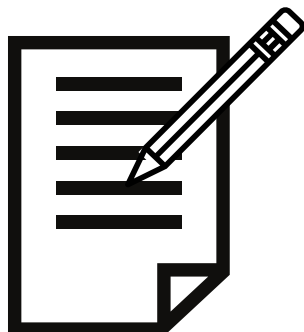
A **LIE** does
not match
the facts.

- ? Which child told the truth to their mother? *John.*
- ? When Emma made up a story to tell her mom, what do you call that? *Lying.*

John told the **FACTS** of what happened, which is what it means to tell the **TRUTH**. Emma's story did not match the facts of what really happened, which is what it means to tell a **LIE**.

- ? What if their mother had believed Emma and not John? Would their mom have believed a truth or a lie? *A lie, because she would have believed something that didn't match the facts.*

So just because a person believes something that they hear or learn about, doesn't make it the truth. We must be careful to think about what we hear and learn about so that we can be sure to believe the truth and not lies.



Fill in the blank for Key Point #1 & #2
#1 - Truth is...Telling what really **happened**. (Telling it like it is).
#2 -Truth...Matches the **facts**.

#3 TRUTH IS UNCHANGING

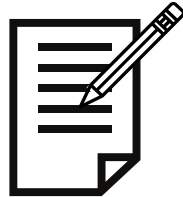
☆ Activity: Going to Grandma's ☆

Truth is **ABSOLUTE**, which means that it does not change. If something is true, then it is true everywhere, at all times, and for all people and does not change depending on what is going on or how you feel about it.



SUPPLIES

- USA Map (Print out a map of the USA to show in class.)
- Tape/Sticky Tack
- Something to mark 3 specific points on the map (colored marker, stickers, pushpins, etc.)



Fill in the blank for Key Point #3
-Truth is... **Unchanging**.

Instructions: In this activity you are going to pretend to travel to your “grandma’s house.” The states used in this example focus around Missouri. Modify the illustration to match your state and to show the point of traveling in the wrong direction (you could travel from East to West instead of North to South).

Dialogue: To illustrate the fact that truth does not change we are going to take a trip. We live here in Missouri (mark the state and point to Missouri). I am going to take all of you with me to visit my grandmother. She lives here in Iowa. (Point to and mark Iowa to remind the kids where you are going.) Now before we begin our journey let me point out this compass on the map. A compass helps you know which direction you are going: North, South, East, or West (point out the compass and the directions of North, South, East, and West on the compass and on the map). The direction of North, South, East, and West are unchanging, so you can use a guide like a compass, to help you know which direction you are going or should go.

- ❓ What should we take with us on our trip? (Pretend to pack these things and then “begin driving”). Now in order to get to grandma’s house we need to travel north because she lives north of where we live. After traveling for 5 hours you see a sign for the state of Arkansas. (Point to and mark Arkansas)
- ❓ Which direction are we going? North, South, East, or West? *SOUTH.*
- ❓ Are we going the right direction? *NO, we are going in the opposite direction of grandma’s house. Instead of going North, we are going South!*
- ❓ Which is the true way to grandma’s house? NORTH or SOUTH? *NORTH.*
- ❓ What if I believed, with all my heart, that going South was going to get me to grandma’s house? Or what if I wished it or told you to pretend that it was the right way? Would any of these things make it true? *No, what I believe about the truth doesn’t change what the truth actually is; what I believe doesn’t change the facts.*
- ❓ What if I told you that going South was MY way (what I wanted to believe) to get to grandma’s house, and going North was YOUR way and that both ways were true? Could the truth of how to get to grandma’s house depend on who was driving? *No, it is absolute or unchanging.*

Truth is not relative. When I use the word "relative" I am not talking about your family or someone related to you. In this context, the word relative means that truth would change depending on the situation or someone's opinions instead of something being always right or wrong. People will often say that truth is relative but that is not correct. Truth is absolute and unchanging. Just like the correct direction to grandma's house does not change...unless SHE moves. The correct direction is not relative, or changing, depending on who is driving.

RELATIVE means it changes depending on the situation or someone's opinions instead of something being always right or wrong.

Something isn't automatically true because someone in authority tells you it is or because someone says it in a nice way. Truth isn't something that we get to create.

So if: WISHING, PRETENDING, SAYING, FEELING GOOD, CREATING, BELIEVING, Or HEARING something from someone else doesn't make something true...

How do we know if something is true? The answer is because it:

- **TELLS WHAT REALLY HAPPENED**
- **Matches the FACTS**
- **Or there is proof.**

Sometimes the truth is obvious and other times it is hard to find but just because it is hard does not mean that you get to make it up or that it does not exist. You do not create the truth. It is your job to discover or find the truth and then believe and follow the truth.

#4 TRUTH IS KNOWN THROUGH OBSERVATION AND GOOD THINKING

To **OBSERVE** means to notice or pay attention to things.



Fill in the blank for Key Point #4 - Truth is...
Know through observation and **good** thinking

Dialogue: We can find out the TRUTH of what really happened, the facts, or the proof of what happened through observation and good thinking.

We can learn truth through what we observe with our eyes, ears, nose, mouth, hands, and mind.

- ❓ Stand up and walk around the room for a minute; now sit back down.; What did you observe with your eyes? (Students can share anything they see.) You are observing the truth about what is in this room.
- ❓ Listen carefully for 5 seconds. What do you hear with your ears? (Students can share anything they hear.) You are observing the truth about what is going on around you through listening with your ears.
- ❓ Do you like to walk in the kitchen at home and smell what is cooking? You are observing with your nose the truth of what is for dinner. You can also know truth through the sense of taste. You are able to know the truth of whether or not the milk is spoiled by tasting it. You could also use your hands to observe truth about different objects. For example, if you closed your eyes you would know the truth of whether you were petting a puppy or a rock because one feels fluffy and the other is rough.

Let's put on our thinking caps now and think about how we could use our observation skills in this situation: It's Saturday morning. You just woke up. You start looking for your mom to ask her a question but you can't find her anywhere in the house. But here's what you do observe.

- You hear the radio playing your mom's favorite station.
 - You smell your mom's famous cookies that have just been taken out of the oven.
 - You see a note written to you on the refrigerator in your mom's handwriting telling you what chores to do for the day.
- ❓ By using your observation skills, do you think that it is right to conclude that even though you do not see your mom right now that she was home recently? *Yes.*

Even though you did not see your mom when you woke up, you can know she was there recently because of the clues she left behind that you can observe. As we'll learn later, there are also clues that we can observe, including the universe and you, to know that God is real even though we cannot directly see him with our eyes. Since God has given us our senses, plus our mind, we can use them to know truth.

#5 TRUTH IS UNDENIABLE

(For additional help in preparing you, the teacher, to teach this section you can view this short video clip on YouTube: Is Truth Knowable? – Cross Examined)

Dialogue: Some truths do not require you to use your senses to prove them; some truths you know just by thinking. For example, if you hear two things that are opposite, good thinking tells you that they cannot both be right at the same time, in the same way. That is a fact of life. Here is how we are going to remember this fact— by calling it “**THE RULE OF OPPOSITES.**” (For older students you can introduce the formal name of this rule: “The Law of Non-contradiction.”) Here is an example of how this rule works.

☆ Activity ☆

The Paper is Red



SUPPLIES

- Slip of paper with the sentence “That paper is red” written on it.
- Slip of paper with the sentence “That paper is NOT red” written on it.
- Red piece of paper.

Instructions: Call up 3 students and have them stand in a line. The student in the middle gets to hold the red piece of paper. The students on either end get to hold one of the slips of paper with the sentence you wrote earlier as mentioned above in the supplies. Have the two students with the slips of paper read what you wrote and point to the red piece of paper when they say their statement.

Dialogue: Here are two different people saying two opposite things about this piece of paper. One person is saying it is red and one is saying it is not red.

❓ Can they both be right? *No, one is right and one is wrong.*

So if I asked you “what color is this paper?”, the answer cannot be both red AND not red because of our Rule of Opposites. It must be one or the other. (Volunteers may sit back down.)

Now the reason that we are talking about this Rule is because when it comes to truth sometimes people say things that are opposites but they talk about it like those opposites can both be true at the same time. But often those statements are actually **SELF-DEFEATING.**

To help us understand this word, let’s think about sports. When your favorite sports team gets defeated that means that they lost to the other team or they got beat.

❓ But have you ever seen a sport team that caused themselves to lose the game? How might a team be self-defeating or self-losing? *Maybe they scored points for the other team by getting the ball in the wrong goal, they did not listen to their coach, did not play as a team, or maybe they did something to get themselves or their star player disqualified.*

If a team is self-defeating then that means that they did something to make themselves lose.

Did you know that some sentences can be self-defeating? A **self-defeating statement** is one that is FALSE based on what the sentence is saying, causing itself to be wrong. Sometimes the words in the sentence help us know that the sentence defeats itself and sometimes it is the words plus an action that show that the statement is false and self-defeating. All self-defeating statements are FALSE.

☆ Activity: Is This Self-Defeating? ☆



SUPPLIES

- The phrases “There is NO truth” and “Truth about God cannot be known” need to be displayed in some way during this section by writing it on the board, showing a PPT slide, writing/typing it on a piece of paper, etc.

Instructions: Work through the various examples with the children to help them learn how to recognize self-defeating statements.

Dialogue: Let me read you another story about John and Emma and I want you to tell me if you can catch the self-defeating statement in the story.

On Sunday, John and Emma were supposed to recite their Bible verse to their Sunday School teacher. Emma had worked very hard on learning the verse but John had not. When they got to Sunday School, John told his teacher, “I cannot say my verse today because I lost my voice and cannot talk.”

- ❓ What was the self-defeating statement in the story? *“I can’t talk.”*
- ❓ Was that statement true or false? *If you think that statement was TRUE stand up and jump in the air. If you think that statement was FALSE, stand up and touch your toes.*

The statement was false. **How did you know the statement was false and also self-defeating?** Because he was talking when he said it. If he could not talk, he would not be saying anything.

- ❓ Can it be true that he cannot talk when he is talking? *No.*
- ❓ What Rule tells us that this is so? *The Rule of Opposites.*

Either YES he could talk, or NO he could not but it cannot be both because those two are opposites; his action of talking showed that the sentence was self-defeating and therefore FALSE.

- ❓ Why do you think he told his teacher that he could not talk? *Because he had not learned his memory verse.*

When you hear a self-defeating statement, see if you can also find out the reason **why** someone is saying it. Sometimes it is because they actually think the statement is true, because someone popular said it, they are trying to avoid the truth, or because they do not want to believe in the truth. There are many different reasons that people say self-defeating statements and we can use good thinking to help us think about the reason why.

Here’s another example of a self-defeating situation—Have you ever seen someone be really mad and then somebody tells them to calm down and not get mad? Maybe in response that person angrily yells “I’m not mad!” Maybe you have even said that. Optional: Call up 2 volunteers to act out that scene. One person has a mad look on their face and the other person tells them not to get mad. The mad person angrily replies “I’m not mad!”

- ❓ Is that a self-defeating statement? *Yes.*

? How do you know? *Because that person is showing that he is mad. Saying “I am not mad” while having a mad face are opposites. Their actions defeat their words. The look on their face and the tone in their voice tells you the statement “I am not mad” is FALSE. (Volunteers sit down.)*

Now this one is kind of a tricky example of the Rule of Opposites and a self-defeating statement. You really need to put on your listening ears and thinking caps! (Display the phrase “There is NO truth”)

“There is NO truth.” Raise your hand if you think that is TRUE. Now, raise your hand if you think that is FALSE. Some people would say that is TRUE... (point to the phrase). But if they say that YES there is NO truth, then guess what?! They have just said one thing they believe is true. (Point to the phrase)

? Do you know what that one thing is? *That there is no truth.*

To show someone that this sentence “There is NO truth” is self-defeating, you could ask them “Is that true?” If they answer “YES, it is TRUE that there is NO truth”, then they have just defeated themselves because they have just stated that at least one thing is true, (pause) which would mean the statement “There is NO truth” (point to the phrase) would be FALSE because those two statements, “there is no truth” and “there is truth” are opposite and both cannot be true. The statement “there is NO truth” is FALSE based on what the sentence is saying. There is no way that it could be true. It is self-defeating. Asking the question “Is that true?” helps the person that said “There is NO truth” to realize that statement is not good thinking.

Some people who are **ATHEISTS**, which means that they do not believe in God, think that if they can say that “There is no truth” then Christianity can’t be true. But if there really is no truth, then **ATHEISM**, the belief that there is no God, can’t be true either! Nothing can be true.

Here’s one more: “Truth about God cannot be known.” (Display the phrase “Truth about God cannot be known”.)

Think about this one for yourself. **Is this true or is this self-defeating? Then explain your answer.**

If someone were to answer TRUE to this statement, then they are claiming to know at least one truth about God. That one truth would be that truth about him cannot be known, which again would actually make the statement FALSE because the statement “truth about God cannot be known” but “I know something about God” are opposites and both cannot be right. So the statement “Truth about God cannot be known” is FALSE based on what the sentence is saying; it defeats itself.

Believing any self-defeating statement is like running off the end of a diving board or off the edge of a cliff and trying to walk on air—you can’t do it!

Be attentive! Some people will say self-defeating statements like they are true and you will have to listen carefully to discern if what they are saying is really TRUE or if it is actually self-defeating and therefore, FALSE. See if you can begin to catch self-defeating statements whether you hear it or read it. Understanding self-defeating statements will help you discern the difference between truth and lies.

? So if someone asks you if truth exists, what would you say? (Allow students to respond)
The answer has to be YES because to answer NO would be a silly self-defeating answer which does not make sense.



Fill in the blank for Key Point
#5 - Truth is...**Undeniable**

Although people try and deny that there is truth, truth is undeniable. That means that there is NO way you can say that truth does not exist because that would be self-defeating.

☆ Activity: Asking Questions ☆

Dialogue: When people tell you self-defeating sentences you can often ask them a question in return to help them see that what they are saying is self-defeating and that they are not practicing good thinking.

Instructions: Work through the following examples with the students to help them match the self-defeating statement with an appropriate question that would expose that self-defeating statement. Students have this activity in their Workbooks. If helpful, you could display these phrases and the questions as a visual for the students as you do the matching activity. Relativism is not only false but will result in beliefs that will hurt your students now and into eternity so it's **CRITICALLY IMPORTANT** that your students are able to identify self-defeating statements and be able to refute them.

Step 1: Have the students draw a line between the self-defeating statement and its corresponding question.



The answers are:

- There is no truth → Is that true?
- All truth is relative (changing). → Is THAT a relative (changing) truth?
- There are no absolute (unchanging) truths. → Is THAT an absolute (unchanging) truth?
- All truth depends on your **PERSPECTIVE** (point of view/opinion). → Does that truth depend on your perspective (point of view/opinion)?

Step 2: Read the self-defeating statement, "You should doubt everything." Then ask the students what should go in the blank to complete the corresponding question that shows that the statement is self-defeating. Answer: "Should I doubt that?"

#6 TRUTH IS SOMETIMES UNPOPULAR



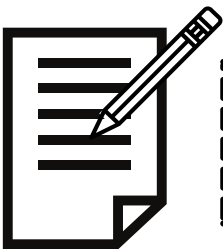
Fill in the blank for Key Point #6
- Truth is...Sometimes **unpopular**.

Dialogue: Sometimes you will not be very popular for telling others that truth matters or when you stand for what is right.

- ? Why do you think that you may not be very popular when you tell someone that truth is real and that there is right and wrong? *People like to go their own way instead of the right way; going their own way makes them feel good for a while or allows them to get something they want at the moment without thinking about the pain their choices will bring later on.*

Because the truth is often unpopular, some people may want you to say that what they are doing is okay, even if it is wrong. Or, they may want you to say you are sorry for saying that something is right and something else is wrong; people might tell you that you need to agree with everyone or not say anything at all. They might say that you are being mean and judgmental to tell someone else that they are wrong or that you need to agree with everyone.

- ? Is it self-defeating when someone tells you that you are wrong for saying that someone else is wrong? *Yes.*
- ? Why? *Because they are doing the very thing that they are accusing you of doing—telling someone they are wrong.*
- ? If someone tells you “You should not judge” what question could you ask them to point out that they are saying a self-defeating statement? *Is that a judgement? Are you judging me?*



In their Student Workbook, have the students fill in the blank for the self-defeating statement “You should not judge” with the answer “Is that a judgement? Are you **judging** me?”

Jesus said in John 16:33 (read verse from the Bible) “... In the world you will have tribulation [trouble]. But take heart; I have overcome the world.” The truth is sometimes unpopular. But even though the truth is unpopular that does not mean that we should stop speaking the truth or that we need to apologize for the truth. God wants us to speak the truth in love. When you stand for the truth, you are pleasing God because he has created this world with truth in it and he wants you to seek and stand for His truth. He will help you to stand for truth.

#7 TRUTH IS IMPORTANT



Fill in the blank for Key Point
#7 - Truth is... **Important.**

We have talked a lot about truth today. But you might be wondering, why does truth matter so much? Here are three quick reasons.

In their Student Workbook, have the students fill in the blanks with the following words as you talk about each point: **Truth, Lies, and Choices.*

(1) Truth is Important to God: Jesus said in John 14:6 that he is the truth. The Bible also tells us that truth matches God's character because he cannot lie (Numbers 13:19). We also know that truth is important to God because telling the truth is one of God's Ten Commandment (Exodus 20:16); he desires that people believe truth and walk in the truth.

(2) Lies are a tool of Satan: Satan, on the other hand, is the father of lies and there is no truth in him (John 8:44). Satan does not want people to know the truth so he keeps them from knowing truth by lying to them.

(3) Choices have Consequences: Truth matters in life because we make choices based on what we believe is true. If we mistake lies as the truth, that will result in wrong choices. Those choices will have CONSEQUENCES, or results, both now and/or after we die.

We can make our own choices but we cannot choose their consequences. If I choose to touch a hot stove because I do not believe it is hot, I will still burn myself. I cannot avoid the consequence, or results, of my choice.

A **CONSEQUENCE** is the result of something we do.

The reason to believe in God, the Bible, and that Jesus is the Savior is not because your family believes it. You should believe these things because they are true. In later lessons we will learn how we know these things are true. If truth did not exist then it would not matter what god you believed in or what holy book you followed because none of it would be true. It would just be people's opinion. But since truth does exist, it does matter what God you believe in and what holy book you follow because what you believe about God affects your daily and eternal life.

? For example, if you reject Jesus because you believe Satan's lie that there are many ways to Heaven, what will happen? *You will most likely have troubles here on earth but ultimately after you die, you will be forever separated from God and not be allowed to enter Heaven. If you don't want God by receiving his free gift of forgiveness, then he will not force you to be with Him in Heaven. But if you do believe the truth that Jesus is the Savior you will have eternal life!*

The existence of truth makes it possible to know that truth is real and means that we should seek out the truth to make sure we are believing the right things and making the right choices.

CONCLUSION



SUPPLIES

- 4 small “prizes” like 4 pieces of candy (Optional)

Do you know the answers to our four questions? (Optional: Give out a small prize, like a piece of candy, to the child who answers the question correctly.)

- ❓ What is truth? *Truth is telling what really happened (telling it like it is) or what matches the facts.*
- ❓ How can we know truth? *Through observation and good thinking.*
- ❓ What should we say when people say things like “There is no truth”? *Is that true? Truth has to exist because it would be self-defeating to say that truth does not exist.*
- ❓ Why is truth important for life and Christianity? *If truth did not exist then nothing would matter in life. Christianity would not be true. No religion would be true; it would just be people’s opinions. But since truth does exist, we need to make sure that we are believing the right things, especially about God, because choices have consequences in our daily and eternal life.*

Circle "yes" to answer the question, "Is Anything Really True?"

The goal of this whole series that we will be doing is to help you know why Christianity is true. This first lesson helped us to know that since truth exists, we had better find out the truth of whether or not Christianity is true so that we can believe the right things about God and make the right choices in life. Through the rest of the series we will be answering other questions such as: Is God real? Can Miracles happen? Can I trust the New Testament? Is Jesus God, the Savior?

Do you see the puzzle picture in your Student Workbooks? Each time we learn the answer to each of these questions it will be like placing a puzzle piece in place to answer the question “Is Christianity true?” What an exciting adventure we are beginning!

NOTE - Remember to have the students cut out the Key Point Cards for this lesson. These are found in the back of the Student Workbook and are labeled “Lesson 1 Key Point Cards”. Students can put their Key Point Cards in an envelope labeled “Lesson 1” or they can punch a hole in the corner and tie a string through them to keep them together.

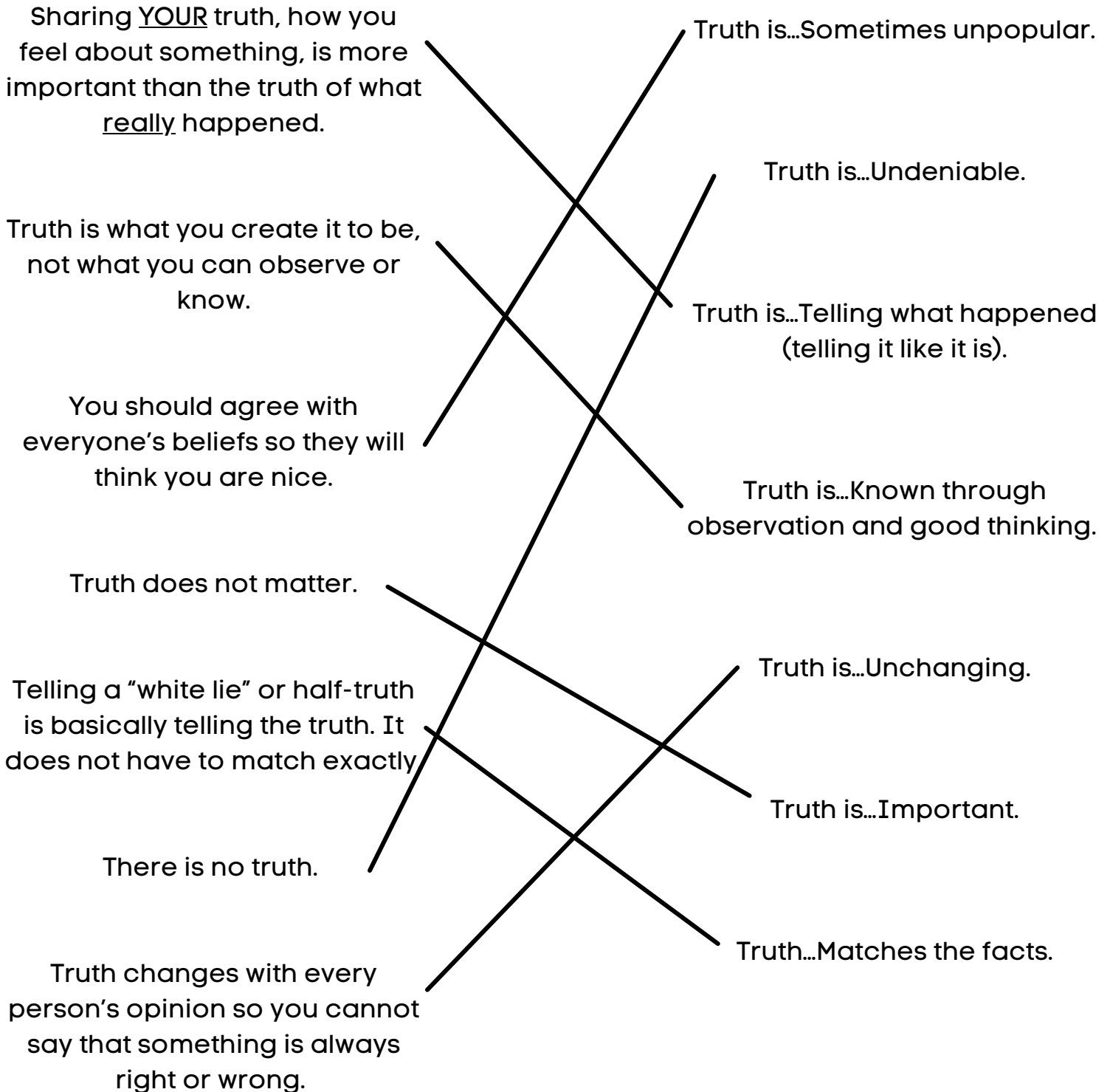
Refute the Lies with Truth - ANSWER KEY

(Activity in the Student Workbook)

Draw a line from the lies that are popular today to the truth statement that would destroy that lie.

Lie

Truth



★ Lesson 1: Additional Activities ★

Illusion

#1 - Truth is...Telling what REALLY happened (Telling it like it is) and #2 – Truth Matches the Facts



SUPPLIES

- Optical Illusion Image (on the next page)
- Ruler

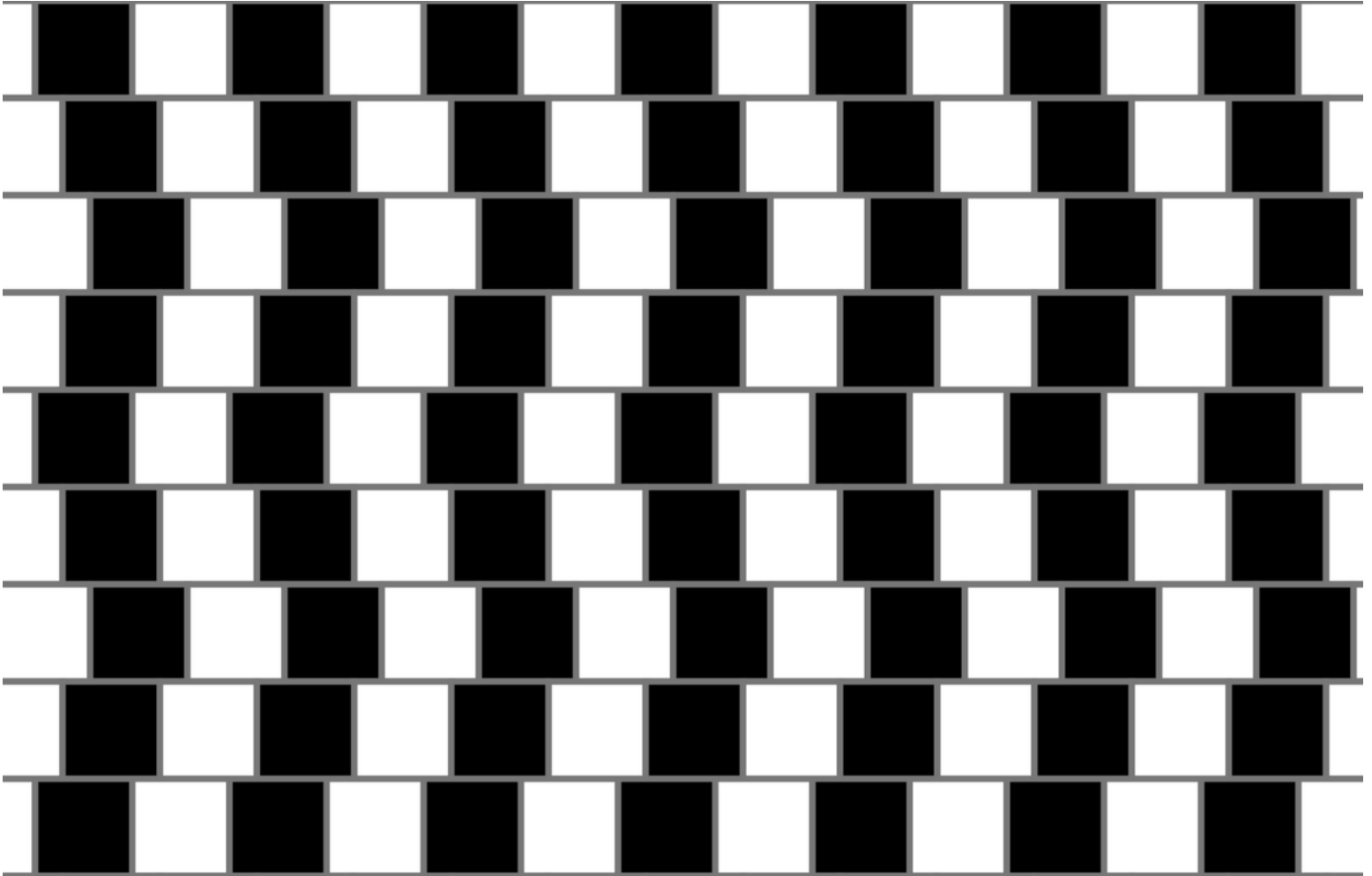
Instructions: Hold up the black and white image on the next page and ask the students if the rows are straight or sloped. Then, hold up a ruler against each row and show the students that each row is level.

? Ask: Were the lines really sloped or was it an illusion (or trick)? *An illusion. They appeared to be sloped but the fact, or truth, was that they were all straight/level.*

Teaching Point: Explain that just because something appears a certain way to their eyes or just because they experience something doesn't necessarily make something true—just like what you did with the illusion; one of the shapes was not actually bigger than the other. Truth is reality (what matches the facts), not what SEEMS real.

Often children will think that super heroes on TV are real, maybe even more real than God or historical heroes of the past whom they cannot see. But just because they see something on TV or in movies doesn't change the fact that those superheroes are just made up characters. And just because we can't see God in a physical body right now and we were not alive when historical heroes of faith were alive, that does not mean that God and these heroes are not real. While we can use our eyes in observing and knowing truth, we shouldn't put our complete trust in our eyes because they can trick us (like in the illusion). That is why we have other things that help us know what truth is, like our mind, facts, and evidence. Truth is telling what REALLY happened, not what you "think" happened. Truth must match the facts, not what we THINK the facts are or want them to be. Sometimes knowing the truth takes a little investigating but it is there and waiting to be found. Keep seeking Truth.

Image for Illusion Activity



Treasure Hunt

#3 – Truth is...Unchanging



SUPPLIES

- “Treasure Map”
- Pieces of paper numbered 1-4.
- Small prize to be hidden at the last spot



Instructions: Create a “treasure map” by drawing a map of your class area and indicating four items that a child has to identify in a specific order. Item number four should have an X drawn next to it on the map because that is where the treasure is hidden. You could hide a number in, under, or around each item in your class area so that the child knows they are on the right track when they are searching around the room following your map. Then hide a treasure like a piece of candy at the last point. Tell the children what “treasure” they will be looking for or indicate what it is on the map, then call up a child to use the map to find the hidden “treasure.”

Dialogue: The treasure was already there, even though _____ (child’s name) didn’t know where it was. He merely followed the map and uncovered where it was but it was there all along.

- ❓ Would the treasure have still been there even if someone didn’t look for it? *Yes.*
- ❓ Would the treasure have been there if he/she had looked in the wrong spot? *Yes.*
- ❓ What if he/she found a rock, would that be the treasure? *No, he/she had to follow the directions to the right spot to find the correct treasure. Any object would not be the treasure he/she was looking for because I hid a very specific treasure.*

This is the same with truth. Truth is like a treasure that we find. We do not invent or create the truth; just like you did not create or decide what the special item was. Sometimes people will tell you that truth is what you create or how you feel about a certain situation and that you get to decide what is right or wrong. But that is not true. Just because you pretend that you don’t have a brother, doesn’t change the truth that you have one. Just because you say that you feel like a boy when you are a girl or act like a girl when you are a boy, doesn’t change the fact of how you were born. Truth is not something that we create, it is unchanging. Truth matches the facts.

Observation Time

#4 - Truth is...Known through Observation and Good Thinking



SUPPLIES

- Supplies will vary depending on which type of observation is done. See each observation description for suggested supplies.

Purpose: To teach children how to investigate truth using their senses. Ask the children questions about the objects they are exploring to see what truths they discover about the objects with their senses.



Seeing – Pick one type of object (candy, little jewels, rocks, etc.) to hide around the room to see who can find the most objects.

Seeing or Listening - Go on a nature walk with the kids and then come back and talk about all the things that were observed. You could ask questions like “What did you see that was brown?” Or “did you hear any animals?”

Listening - Have the children close their eyes; play different animal noises and let the kids guess which animal makes that noise. YouTube has soundtracks of animal noises.

Smelling and Tasting - Bring in things for the children to smell like spices or essential oils or different foods to taste. Blindfold them and see if they can guess what it is.

Feeling - Hide little objects in sand, rice, or dried beans and have the kids feel around and guess what the object is. To make it easier, you could provide a list of objects that they have to guess from.

Can You Spot the Self-Defeating Statement? (Game)

#5 – Truth is...Undeniable



SUPPLIES

- “Self-Defeating Index Cards” - Write the following sentences on index cards for the students to draw from during the game.
 - “I never, never, never repeat a word. NEVER!”
 - “I am full and cannot eat another bit of spinach. But can I have dessert now?”
 - “No one has the truth.”
 - “Nothing is absolutely right or wrong.”
 - “Truth depends on how you look at it.”
 - “You should not judge others.”

Instructions: Have a student draw a “Self-Defeating” index card which will have a self-defeating statement on it. Then have the students share answers for why that statement is self-defeating and what question they could ask someone to point out the self-defeating nature of the statement. Encourage the students to use the Rule of Opposites and the other truth principles learned in the lesson to point out the self-defeating nature in these statements.

After playing the game you can ask the kids if they have heard any self-defeating statements from friends, family, books, or on TV or in the movies. As homework, you could challenge the kids to listen for self-defeating statements and come back to class and share what they heard. Remind the children that if it is appropriate to point out the self-defeating nature of a statement to someone to always do it with respect.

Answers: Below are suggested discussion points for the self-defeating statements.

- **I never, never, never repeat a word. NEVER!**
 - o **Question:** Didn't you just repeat the word “never”?
 - o **Explanation:** Either, YES, you do not repeat words or NO, you do not but it cannot be both. These are opposites and opposites cannot both be truth. You cannot claim to never repeat words, while you are repeating them; that is self-defeating
- **I am full and cannot eat another bit of spinach. But can I have dessert now?**
 - o **Question:** If you are full, why are you asking for dessert?
 - o **Explanation:** Either, YES you are full and you cannot eat any more of your spinach nor have room for dessert or NO you are not full and could eat more of something, especially something you liked, but you cannot be both FULL and NOT FULL. So the Rule of Opposites helps us know that this statement is self-defeating because if you were truly full you would not be asking for dessert.
- **No one has the truth.**
 - o **Question:** Do you have the truth that no one has the truth?
 - o **Explanation:** If a person claims that this statement is true then that person is saying that he or she knows a truth, namely that no one has the truth. That makes the statement self-defeating. You cannot say YES, YOU have the truth and at the same time say NO, no one has it. Those are opposites.

- **Nothing is absolutely right or wrong.**

- o **Question:** If nothing is absolutely right, then is this statement right?

- o **Explanation:** If someone answers the above question with a “YES”, then that proves that this statement is FALSE because you cannot say something is absolutely right and wrong and also say that nothing is absolutely right and wrong. That breaks the Rule of Opposites. So the statement is self-defeating and must be FALSE.

- **Truth depends on how you look at it.**

- o **Question:** Does the truth of this statement depend on how you look at it?

- o **Explanation:** This statement is saying that truth is determined by people’s opinion so there would not be an absolute standard. Yet when people say this statement they are actually stating it as an absolute truth, not something that is determined by how you look at it. So if you ask them, “Is it always true that truth depend on how you look at it?”, and they say YES then you can point out that if that is so, then the truth of this statement would not depend on how you look at it but on an absolute belief, showing that the statement defeats itself and is actually FALSE.

- **You should not judge others.**

- o **Question:** Are you judging me?

- o **Explanation:** Often when people say this statement they are actually judging or being negative toward your beliefs. To make sure that a person is not being self-defeating when they say this statement, you should ask “Are you judging me for my beliefs?” If they say no, observe their words, tone of voice, and body language to see if their answer matches their actions. People can say that they are being tolerant of your ideas when actually they are not. Their “accepting” words could be self-defeated by their judgmental actions, which demonstrate how they really feel regardless of their words. (Like the example in the lesson when a child says in an angry voice, “I am not mad”.)

- **You should not judge others.**

- o **Question:** Are you judging me?

- o **Explanation:** Often when people say this statement they are actually judging or being negative toward your beliefs. To make sure that a person is not being self-defeating when they say this statement, you should ask “Are you judging me for my beliefs?” If they say no, observe their words, tone of voice, and body language to see if their answer matches their actions. People can say that they are being tolerant of your ideas when actually they are not. Their “accepting” words could be self-defeated by their judgmental actions, which demonstrate how they really feel regardless of their words. (Like the example in the lesson when a child says in an angry voice, “I am not mad”.)

Tolerance is...

#6- Truth is... Sometimes Unpopular



SUPPLIES

- Tolerance Poster (You or your child make a poster displaying the word "tolerance" and its definition.)



Dialogue: In life, you are going to meet people who believe different things than you. Some people will tell you that you should agree with what they are saying, even if you know it is wrong, or that you should say that what they are doing is okay or else you are being hateful. They will tell you that this is what it means to be tolerant but they are wrong because they don't understand what tolerance really is. Many people think that the word "tolerance" means to agree with someone. But actually, "**TOLERANCE**" is showing RESPECT to others who DISAGREE with you.

(Show "Tolerance" Poster)



What are two of the key words in this definition? *RESPECT and DISAGREE (Circle these words in the definition or have a student circle them for the class to see).*

In order to tolerate someone you must disagree with them, otherwise there's nothing to tolerate or put up with because you would be in agreement.

Here is an example of how you might show tolerance at school. Raise your hand if it bothers you when you are doing your school work and people are humming or talking around you. For those of you who like a quiet work place, you are tolerating and showing respect to those who are talking around you when you do not yell at them to be quiet or insist that they not make any noise. You might, nicely, ask them to be quiet but ultimately you respect them even if they do not change. But just because you are tolerating them does not mean that you have to agree with their desire to talk or enjoy it when they are talking around you.

Sometimes you shouldn't tolerate certain behaviors because tolerating that would hurt them or others. Do your parents tolerate everything you want to do? Of course not! If they did, they wouldn't truly love you because love always protects. You might not like your parents when they try to protect you by not tolerating the bad things you want to do, like leaving your room a mess, but they are correcting you precisely because they love you and want to help and protect you.

If someone believes, says, or does something that is wrong, tolerance means knowing the difference between what they want and what is right, and continuing to stand for what is right while still being respectful to them. You can still show respect, or tolerance, to other people even when you disagree with them.

Review Game



SUPPLIES

- Paper
- Marker
- 4 Ropes, string, or jump ropes (Optional)

Instructions: Divide the children into two teams, X and O. When a child answers a question correctly have him place an X or O on a tic-tac-toe grid depending on his team. When the team gets three of their symbols in a row that team wins. If you have four ropes, string, or jump ropes you can make a large tic-tac-toe grid on the ground, and then as the children answer the questions correctly they can come up and stand in a space on the tic-tac-toe grid to represent their team. They will either make an X or O with their hands and arms to signify their team.

Questions:

- 1. What does it mean to tell the truth?** To tell something as it really happened (telling it like it is); to state the facts.
- 2. What does it mean to tell a lie?** To make up what happened; not telling something according to the facts.
- 3. Name two facts about truth. Any truths learned from the Key Points would be a sufficient answer.**
 - a. Truth is...Telling what really happened (telling it like it is).
 - b. Truth...Matches the facts.
 - c. Truth is...Unchanging.
 - d. Truth is...Known through observation and good thinking.
 - e. Truth is...Sometimes unpopular.
 - f. Truth is...Important.
- 4. Does wishing that you are 16 make it true? Why or why not.** No, because just wishing something doesn't change the fact that you are not 16 yet.
- 5. Even if you _____, it doesn't make something true. What goes in the blank? (Any of the below answers would be correct.)**
 - a. Wish
 - b. Pretend
 - c. Say
 - d. Feel good
 - e. Create
 - f. Believe
 - g. Hear something
- 6. How do you know something is true? (Any of the below answers would be correct.)**
 - a. It tells what really happened.
 - b. It matches the facts.
 - c. There is proof.
- 7. Is the statement "truth does not exist" self-defeating? Why or why not?** Yes it is self-defeating, because if it were TRUE that truth did not exist, then that truth (that truth did not exist) would exist, making the statement FALSE. The statement can never be true or it would automatically become false; it defeats itself by what it is saying.

8. How can you find truth? By using your eyes, ears, nose, mouth, hands, and mind to observe what is going on or what has happened in the past. And some truth you know just by good thinking, like the Rule of Opposites.

9. If someone says to you “All truth is relative” what question can you ask them to help them see that is a self-defeating statement? “Is THAT a relative truth?”

10. What could you say to someone who says that how you feel about something is more important than what really happened? Answers will vary but could include: Even though your feelings are important, they can also be wrong. Feelings change, facts do not. If you make decisions based on feelings rather than truth, you will still have consequences based on the facts regardless of their importance to you.

11. If someone makes fun of you for standing for truth, what should you do? Answers will vary but could include: Continue doing the right thing. Sometimes the truth will be unpopular but that doesn't mean you are wrong. Ask God for courage to keep standing for truth and ask him for help to show love to those that won't believe the truth.

12. Why is truth important? If truth did not exist then nothing would matter in life. Christianity would not be true. No religion would be true; it would just be people's opinions. But since truth does exist we need to make sure that we believe the right things, especially about God, because choices have consequences in your daily and eternal life.