

## What is Truth? Week 1

- Describe a time in your life when you told a lie. What were the consequences of your lie? Was the truth finally revealed?

*"You are a king, then!" said Pilate. Jesus answered, "You are right in saying I am a king. In fact, for this reason I was born, and for this I came into the world, to testify to the truth. Everyone on the side of truth listens to me." "What is truth?" Pilate asked.*

**John 18: 37-38a (NIV)**

- What you believe determines how you behave. How have false beliefs affected you in your life?

*The wrath of God is being revealed from heaven against all the godlessness and wickedness of men who suppress the truth by their wickedness... Although they claimed to be wise, they became fools... They exchanged the truth of God for a lie...*

**Romans 1: 18,22,25 (NIV)**

- Two of Satan's greatest weapons against truth are relativism and subjectivism. Relativism is the assumption there is no absolute truth and subjectivism allows a person to determine what is right and wrong on their own without submitting to any authority. How do you see these two weapons being used by Satan in our society today?

*Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me.*

**John 14: 6 (NIV)**

- Some would say, to believe there is only one way to a relationship with God, is narrow minded. Would you agree? Why or why not?

*In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning... The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the One and Only, who came from the Father, full of grace and truth.*

**John 1: 1-2, 14 (NIV)**

- Verse 14 says that Jesus came full of grace and truth. Truth without grace can lead to legalism. Grace without truth can lead to an "anything goes" mindset. Do you lean more toward grace or truth? What are some areas, in your life, where you need to experience this balance of grace and truth?

*Then you will know the truth, and the truth will set you free.*

**John 8: 32 (NIV)**

*So if the Son sets your free, you will be free indeed.*

**John 8: 36 (NIV)**

- Share with your group how the truth of Christ has set you free from those things that used to hold you captive.

**Final thought:** With your group ask God to show you more of His truth as you pray together. Pray that He will open your eyes to false truths that you may have fallen victim to. Thank God for His wonderful grace through Christ that has set you free from lies and the darkness of sin.

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### For Further Study

To use this resource, simply select one or two questions from each category below that you think will help your group discussion. Alternatively, you can use these questions and Scriptures in your own personal devotions during the week.

#### Open

- Why is it difficult for many people to admit they have done something wrong? Do you find this true in your own life? Explain.

#### Explore

**Read 1 John 1:5- 2:14** This passage encourages us to walk in the light of God's truth. When we walk in His light, there is no darkness at all. (1:5)

- What message did the writer hear and declare? (1:5)
- What inconsistency did John address? (1:6)
- What results from "walking in the light"? (1:7)
- How were some believers apparently deceiving themselves? (1:8)
- What is the result of confessing one's sins? (1:9)

- Why did John write this letter? (2:1)
- What did John say he was giving to his readers? (2:7-8)

#### Reflect

- What do you think the terms "light" and "darkness" represent?
- In what way is God similar to light?
- In what way do we "walk in darkness"?
- How can we "walk in the light"?
- How does the promise of being purified from all sin make you feel?
- What confidence should our relationship with the Father give us?

#### Apply

- Share some of the areas of your life where it feels like you are still "walking in darkness."
- What are some things you can do help that will allow Christ to take you out of the darkness and into His light this week?

## What is Truth? Week 1

### Group Activity—True or False

This week's message asks the question "what is truth"? Here is an activity that may help spark discussion in your group about what is and is not truth. Below are some simple true and false statements. Read the statements and have your group offer their opinions, true or false.

1. The youngest Pope was actually 10 years old. True or False?  
Answer: False. The youngest Pope was 11 years old.
2. The original color of Coca-Cola was green. True or False?  
Answer: False. This is an urban myth. Coca-Cola was invented by Dr. Pemberton of Atlanta in 1886.
3. A cat has more than double the amount of vertebrae in their spine than a human. True or False?  
Answer: False. Cats actually have 60, while humans have 34. Almost double, but not quite.
4. Diamond is the hardest naturally-occurring substance on earth. True or False?  
Answer: True. It is made up almost entirely of the element carbon, and is related to graphite, which I found in pencils.
5. All Zebras are white with black stripes. True or False?  
Answer: False. Some are white with black stripes, but some are actually black with white stripes due to genetic variations.
6. On average, a man's heart beats faster than a woman's. True or False?  
Answer: False. Studies have found a woman's heart actually beats faster.
7. The first U.S. President to visit China while in office was John F. Kennedy. True or False?  
Answer: False. It was Richard Nixon in 1972.

8. Fingernails grow faster than toenails. True or False?  
Answer: True.

9. The first ship to use the "SOS" signal was the Titanic. True or False?  
Answer: False. The first SOS message was sent two weeks before Titanic sank by a French ship named Niagara who had engine trouble.

10. The phrase "the blind leading the blind" comes from the Bible. True or False?  
Answer: True. This phrase comes from Matthew 15:14.

### **Here are some suggestions you may want to use for your time with God this week:**

**Day 1:** Read 1 John 1:5-2:14. Have an honest conversation with God about those areas of your life that may still be in darkness. Ask Him to lead you into the light of His truth.

**Day 2:** Read Romans 1: 18-25. Spend time praying for those you know that are being misled by lies in their lives. Ask God to open their eyes to His truth.

**Day 3:** Read John 14: 5-14. In those areas of your life where you have been blinded by a lie, ask God if you are still being affected by that lie. Ask Him to continue to bring the light of truth into this area of your life.

**Day 4:** Read John 8: 32-36. Spend time thanking God for rescuing you from lies in your life that have held you captive in the past.

**Day 5:** Read John 18: 37-38. Spend time in prayer, asking God to reveal a specific truth in your life today.