

LESSON

IS WHAT THE BIBLE SAYS ABOUT ME TRUE?

TODAY'S

BIBLE BASE

Bold Bible Truth **THE BIBLE IS TRUE.**

(2 Timothy 3:16)

“For since our friendship with God was restored by the death of his Son while we were still his enemies, we will certainly be saved through the life of his Son. So now we can rejoice in our wonderful new relationship with God because our Lord Jesus Christ has made us friends of God.”

(Romans 5:10-11)

- **You're not perfect, but Jesus is.**
Romans 3:23-24
- **You're loved—deeply, thoroughly loved.**
John 3:16

Create a Bold Classroom Environment

Preteens often rocket through a wide range of emotions in a very short time. It's normal but seldom comfortable for the preteens or others nearby. Living out the BE BOLD Values by being welcoming, patient, and nonjudgmental provides a safe space for your kids. So thanks—God is using you in their lives!

Pray for Your Preteens

Ask God to make himself known to each of your preteens in ways that capture their hearts. Once they embrace a friendship with God, they welcome hearing what he has to say about them—in his Word, in prayer, in every way. Write your prayer here.

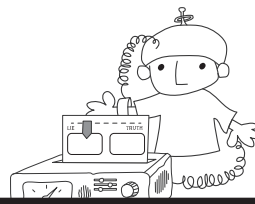


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Just for Teachers

Your preteens are discovering who they are and where they fit in the world. Part of that process is sorting out where to go for truth about themselves. Should they trust their friends? their families? themselves? Today you'll help them see that the Bible is trustworthy and true when it describes who they are—and who they can become in Jesus.

THIS LESSON AT A GLANCE



Section	What Preteens Do	Supplies	Easy Prep
Begin Boldly (about 10 minutes)	Enjoy a snack, review BE BOLD Values, report on Mystery Missions, and add questions to the whiteboard/poster paper.	<ul style="list-style-type: none"> • BE BOLD Values poster • trash cans • soft foam balls or crumpled paper balls • snacks • whiteboard or poster paper and marker 	<ul style="list-style-type: none"> • Place a few trash cans in one corner, and have a supply of soft foam balls (or crumpled paper balls) around the room. • On whiteboard or poster paper write: The Bible.
Games (about 15 minutes)	Play See Me and Two Truths and a Lie.		
Question of the Week (about 20 minutes)	Dig into Scripture to discover why what the Bible says about us is true.	<ul style="list-style-type: none"> • Bibles • Bold Action Student Books • scissors • pens and pencils 	<ul style="list-style-type: none"> • Tear out pages 17-19 from Bold Action Student Books.
Bold Action (about 10 minutes)	Personalize Lie Detectors.	<ul style="list-style-type: none"> • Bold Action Student Books • scissors • pens and pencils 	<ul style="list-style-type: none"> • Tear out pages 21-22 from Bold Action Student Books.
Bold Blessing (about 5 minutes)	Receive a prayer blessing and a Mystery Mission.	<ul style="list-style-type: none"> • Mystery Mission Cards • Mystery Mission Stickers 	<ul style="list-style-type: none"> • Fold a Mystery Mission Card for each preteen, and use three Mystery Mission Stickers to seal each card.



BEGIN BOLDLY (ABOUT 10 MINUTES)

Arrival Activity

Greet preteens warmly as they arrive. Have healthy snack stuff on a table.

Show kids the trash cans and balls. Tell kids to see how well they can make baskets from three-point territory. Cheer on kids as they try to make baskets—they'll appreciate the encouragement!

As you're ready to move on, remove the balls and baskets from the room.

Welcome Kids

This week ask a willing reader to read aloud the BE BOLD Values from the BE BOLD Values poster:

You're accepted just as you are.

We respect each other's thoughts and struggles.

We're all in this together.

God is here, ready to be your friend because you matter!

Say: **I love that that's how we do things here! When we live out those values, it means this is a safe place to be who you are. It's safe to ask questions. And it's safe for us to ask God to speak to us through his Word.**

Mystery Mission Reports

Say: **Something bold and fun we do around here is go on Mystery Missions.**

I'd love to hear how it went when you did your last Mystery Mission, but first let me tell you what happened on mine.

My last Mystery Mission was...

Share a brief story of how *you* followed through with your bold mission, and then ask kids to partner up and share with one another.

Be aware there may be pairs where nobody followed through from a previous week. Don't be discouraged! Instead, as other kids talk, ask those "didn't do it" kids how they might do the mission you did.

Help them think through why they haven't participated. Identify the obstacles and encourage kids to move past those.

Question Collection

Say: **Thanks for sharing your stories.**

I want to encourage you to actually do those Mystery Missions, and here's why: They're not homework. They're chances for Jesus to help others through us and for us to grow in our friendship with him, too.

And those are both great things!

Today we're talking about the Bible. I'm guessing you have some questions about the Bible because I have questions.

One of my questions is...

Briefly write a question about the Bible on the whiteboard.

Say: **Now it's your turn. What are *your* questions about the Bible? Tell me and I'll write them, or feel free to come up and write your question yourself.**

Gather kids' questions on the board. Be sure to have enough markers so preteens can write their own questions.

Say: **Thanks for sharing your questions. I'm glad we're all in this together!**

We'll talk about the Bible often, so if we don't answer your question today, we'll probably get to it later on.

Most questions about the Bible are about what the Bible says. People want to know if what it says is true—*especially* if the Bible is talking about them!

Let's tackle that question today: Is what the Bible says about us—about you—really true?

Before we dive in, I have two things for us to try. The first is a game I call See Me.



PRETEEN POINTER

Nobody knows who first said, "I don't care what you know until I know you care," but it was probably a preteen. You gradually *earn* the right to speak into their lives by steadily loving them—living out the BE BOLD Values. You become a trusted adult friend. Expect it to take time, but caring about kids is time well spent.



PRETEEN POINTER

Not every preteen comes each week, so let kids talk about their last Mystery Mission—no matter how long ago it was. Giving them a chance to share about their successful missions generates excitement for everyone to follow through with their missions, too.



GAMES (ABOUT 15 MINUTES)

See Me

Form kids into pairs and ask kids to stand facing their partners.

Tell them to take the next two minutes to talk about strange things that have happened in school. That time a dog wandered into class, a teacher belched loudly, or some kid came dressed up for the Halloween party a day early.

Say: **Everyone has to have a turn talking, so I'll let you know when a minute has passed. That way you know it's time for the second person in your pair to tell a story, too.**

When one minute has passed, say so. When two minutes have passed, ask partners to turn back to back so they can't see one another.

Say: **You've been listening to and looking at each other. But did you really notice each other? Were you paying attention?**

Now, silently and without looking at your partner, I want you both to change three things about your appearance. Unbutton a button that was buttoned before, or change how you part your hair. Change three details about how you look in the next 30 seconds. You'll see if your partner notices.

When 30 seconds have passed, have partners turn around and see if they can spot the three changes. After they've tried ask, by show of hands, who spotted three changes...two changes...one change...or didn't see any of them.

Repeat the exercise, but ask that kids change two different things about themselves. Again, see if partners can spot the changes.

Then, as a group, discuss this:

- ❓ **What made this game easy or hard?**
- ❓ **What were the differences between the first and second times you tried to see changes?**

Say: **To do this well, you had to pay close attention and *notice* your partner. You weren't on the lookout to do that the first time you played. The second time, you were ready.**

Here's something true: God notices you. He notices everything about you. Jesus said that God even knows how many hairs are on your head (Luke 12:7). *That's paying attention!*

So if God's saying something about you, you know he's got his facts right—because he made you! He sees you clearly for who you are.

But is what he says about you true? We'll discover some of what God's been saying about you in a few minutes. You may be surprised!

First, let's do an experiment about knowing when something is true...and when it isn't.

Two Truths and a Lie

Tell kids to each think of two facts about themselves that are true and one “fact” that’s *not* true. They’ll each say all three facts, in whatever order they want, to test if listeners can spot the lie.

Explain that the three things they say should be specific and small, things listeners don’t already know about them.

Start by sharing two truths and a lie about yourself, asking kids to vote on which “fact” was a lie.

Form preteens into groups no larger than four so there’s time for everyone to give this a try.

Then, one at a time in their groups, have kids state all three facts and see if they’re caught in their lie.

When everyone has finished, say: **It’s true: Sometimes lies are hard to spot!**

So how can you know that what the Bible says about you is true? How can you be sure that even if it sounds good, it’s the truth?

Let’s find out!



QUESTION OF THE WEEK (ABOUT 20 MINUTES)

Distribute pages 17-19 from the Bold Action Student Books to each preteen. Set out scissors, pens, and pencils where they’re easy to find. Have kids form pairs, and be sure each pair has a pair of scissors and two pens or pencils.

Say: **The question we’ll be grappling with today is this: Is What the Bible Says About Me True?**

To do that I’ll deputize all of you as Bible Truth Inspectors. You’ll need badges and identification cards so, with your partner, cut out and fill in your personal badges and ID cards.

As you work together, talk about this with your partner:

❓ Who do you trust to tell you the truth? It may be a friend, a family member, or a website. Whoever it is, who do you trust to tell you the truth?

Allow time for kids to work and talk. As they wrap up, show them how to fold over the flap on their badge so the badge can hang from a pocket or neckline.

Say: **You’re all official Bible Truth Inspectors now and, like all inspectors, you’ll gather evidence to get at what’s true.**

Assign each pair one of the three passages in page 19’s “Evidence Locker.” The job of each pair is to read their assigned passage and then talk about the question under that passage.

Allow time for pairs to read and talk, then call attention back to yourself.



**IS WHAT
THE BIBLE
SAYS ABOUT
ME TRUE?**



PRETEEN POINTER

Would it be quicker to just tell preteens the “right answer” to questions? Yes—but not nearly as life-changing as empowering them to encounter those truths on their own with your patient, respectful guidance.

Say: **It’s time to report back and reach a conclusion, inspectors. Is what the Bible says about you in the evidence you examined true—or not?**

Read aloud Evidence File 1, and ask the pair or pairs who looked at the passage to share what they talked about. Do the same for Evidence File 2 and Evidence File 3.

This whole-group report-back is your kids’ chance to contribute in a meaningful way to your classroom experience and your chance to gently, respectfully correct any misinformation.

Say: **Given what you’ve heard so far today, would you inspectors say that what the Bible says about you in these passages is true? Why or why not?**

Allow several kids to respond.

BOLD ACTION (ABOUT 10 MINUTES)

Say: **Sometimes people tell us lies about us. Sometimes we tell ourselves lies about us.**

But the Bible never lies—not about us or about anything. THE BIBLE IS TRUE.

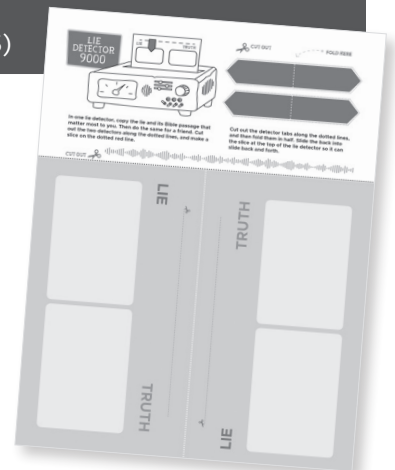
Let’s make Lie Detectors that help us know the truth when we run into lies about who we are and what we’re worth.

Show preteens the Lie Detectors on pages 21-22 of their Bold Action Student Books. Tell preteens they’ll cut out two detectors and read the Bible truths written on them. They’ll talk with a partner about which Bible truth matters most to them right now—maybe because it addresses a lie they’re hearing or maybe because it’s a lie that a friend believes.

They’ll copy the Bible passage that addresses that stand-out passage on the back of both Lie Detectors, then add the slider.

And be aware that, because you’ll also be doing a Mystery Mission, *you* need to fill out a couple of Lie Detectors, too.

Say: **You’ve just looked at what the Bible says about you, and that takes boldness. It takes boldness to see what’s there and then to let that truth change you. Letting God change you is always a bold move—and the best move!**



BOLD BLESSING (ABOUT 5 MINUTES)

Pray

Ask your preteens to each pick up the two Lie Detectors and hold them over their hearts as they close their eyes.

Say: **We discovered today that what the Bible says about us is true, because **THE BIBLE IS TRUE.****

We need Jesus.

We're loved.

And we're invited to be friends of God.

Ask kids to hold their Lie Detectors against their foreheads.

Say: **We can turn to the Bible for truth about ourselves when we begin believing lies about ourselves.**

Ask kids to hold their Lie Detectors over their lips.

Say: **And because what's true about us is also true of everyone else, we can ask God to help us not tell lies about others. Lies like others are worthless...or stupid...or unloved.**

Ask kids to hold their Lie Detectors in their hands as you pray.

Pray: **God, it's easy for us to believe lies about ourselves, others, and you. Remind us to turn to the Bible when we want to find truth. And help us live out the truth we find there. In Jesus' name, amen.**

Send-Off Cheer

Have kids stand in a circle with their hands in the center, like a sports team. Tell them that when you finish the Bold Blessing, they'll raise their hands and shout "Let's be bold!"

Say this Bold Blessing: **Receive this Bold Blessing and carry it out with you: Be bold with truth. Be bold hearing it from God. Be bold living it. And be bold sharing it with others. *Let's be bold!***

Mystery Mission

Say: **We discovered today that **THE BIBLE IS TRUE**—and we can trust that what it says about us is true. That's a great discovery because we now know where to go when we wonder who we are and how God feels about us. Or when we start believing lies that others tell us about ourselves.**

And we're not the only ones who sometimes believe lies about ourselves.

That's why you have a Mystery Mission this week!

I'll now give you a sealed card that contains a top-secret mission. Don't open it until tomorrow morning. Once you open it, you'll understand why you need to take home your *two* Lie Detectors!

We'll talk about what happened the next time we get together.

Distribute a Mystery Mission Card to each preteen. Take your own card home and complete the challenge, too!

