



How Can We Know What The Truth Is?

Psalms 33:4

Items Needed

- ✓ Bible with marked scripture
- ✓ Crayons/Pencils/Markers
- ✓ Copies of Lesson Illustrations in order of use.
- ✓ Copies of Coloring Sheet
- ✓ Copies of Take Home Overview



How Can We Know What The Truth Is?

Objective of Lesson

We live in a world where it is very difficult, if not impossible, for men and women to "figure" out what the truth is. You can ask ten different people and you will get ten different answers on how they believe things should be, or work, or how people should act or think; however there REALLY is such a thing as, "The TRUTH." Men seem to think the truth is something they get to participate in the deciding, but that is not the case. It is not up to teachers, politicians, philosophers, smart men who write books, or ANY man or woman to decide what the "truth" really is. Because God cannot lie, and God is good and can only do good, and because God showers blessings upon those who don't deserve it, He does not leave it up to us to "figure out" what is right and wrong. He takes all this guessing and confusion away by revealing what truth is very plainly in three different ways... through His name (which declares who He is), through His Word (the Bible), and through His Son (Jesus Christ). There really IS an absolute, not-up-for-debate truth. The lesson today covers this question and how we can know what the truth REALLY is.

Scripture Reference

Psalm 33: 4 For the word of the LORD is right; and all his works are done in truth.

Lesson Instructions

1. I am going to hold up a set of pictures and I will ask you a question and the answer will either be true or false. (Hold up the picture of the dog) True or False? This is a dog... (true) - (Hold up a picture of a red brick house) True or False? This house is Green... (false)
2. Now the questions are going to get a little harder... (Hold a picture of a lemon) True or false? A lemon tastes sour (True) How do you know this? What if you had never heard of a lemon, or what if you had never seen or tasted a lemon, would you know the answer? How can you answer a question about something you have never seen? How can you answer a question about something you have never heard of? How do you know if the lemon is sour if you have never tasted it? The answer is, "You can't." The only way you can know the truth is if it has been revealed to you. Maybe your mother or father or a relative showed you a lemon when you were little. Maybe they gave you a taste of it or told you about it. Then it was "revealed" or shown to you.
3. As you can see, some questions are easy to know the answers to. You can know the truth immediately with one of the senses God gave you. What are our five senses? Taste, sight, smell, hearing, and touch. What if the answer to the question cannot be answered by any of these things? Most of the time you cannot find out the truth of something by relying on your sense of taste, sight, smell, hearing, and touch! For example what if the question was... "Is this person in front of you telling you the truth?" We all know what "truth" is, right? We know it is the opposite of a lie. We know that the truth is saying and explaining things as they REALLY are. The truth of something is not what we "think" it is or what our opinion is but how things REALLY are. That is called the "truth".
4. What if I said, "Here is the truth." Then you went to the next door neighbor and they said, "NO that is NOT the truth; THIS is the truth." Then you went to school and your teacher said, "NO, both of those people are wrong;

THIS is the truth." (Hold your hands up by your face, make a crazy AhHHH face and say, "I am soooo confused?? How do I know who is telling the truth?")

5. Let me ask you this...Is knowing the truth about who we are and who God is important? Maybe it is not really that big a deal. Why would we really need to know the truth? There is going to come a day when we are going to stand before God Almighty and He is going to judge us based on, "the truth". He is going to judge us based on how things REALLY are. If you don't know how things REALLY are, then how can you believe the truth and trust in Christ for your salvation? It says in the scriptures *Romans 10: 13 For whosoever shall call upon the name of the Lord shall be saved.* - What if you don't know who the Lord is? What if you don't know the truth about what He did, why He came to this earth, why people need to be saved from sin, or why Christ had to die to save His people? These questions make knowing the truth VERY important.
6. It is not up to men to twist and distort and mess up what truth is. God gives us three places where we can get out of this confusion and find out what the truth really is. These three places we can look to find out what the truth is about in anything and everything that is important to know. God's Name is the first place. Did you know names have meaning? God's name tells us who He is and what He did. It tells us His "attributes".
7. Attributes are different things that make up who we are and what we are really like. Take your mother or father for example, how would you describe your Mother or Father? You might use the words loving, caring, helpful, and protective of you. These words are describing the attributes of a mother or father. Well, God's name and its meaning tells us His attributes - who He is. He is just, which means He always follows the rules; He is eternal, which means He didn't have a beginning and He is never going to have an end; He is faithful, which means He will never turn against those He loves; He is sovereign, which means nobody is above Him. He has a lot of "attributes"

that tell us who He is. One of His attributes is also "truth," which means He cannot ever tell a lie. If God is all these things and He is truth, where do you think truth comes from? God! If He is the only one that is good and true, and men are not, does that mean men can figure out truth? Men don't have these attributes so we can't see what is really good and true and right. No, God must reveal these things to us. We don't have the ability to figure it out. It is just like the lemon. If it had never been revealed to you then you would never know it was sour, right? If God had never revealed what love, justice, and truth was then we wouldn't know what they are. He reveals it to us.

8. The other place you can find truth is God's Word. What is God's word? His Bible (hold up the Bible). How do we know this is God's word? 2 Timothy 3: 16 says *16 All scripture is given by inspiration of God, - The men who wrote down these words didn't just sit around and read other famous writers and say, "Here is what we think is true," write a commentary, and then later on gather it all up and call it a Bible. That is not how the Bible came to be. These men were inspired; the words that they wrote were God-breathed. That means God's spirit breathed on them and told them the truth and they wrote it down. Remember we just learned that God can only tell the truth! It is who He IS! So if He told them what to write then this book only contains the truth!*
9. Lastly, we learn the truth from Christ. Hold up your Bible. (Thumb through) Some of you have been learning the books of the Bible and what the Bible is all about. The entire Old Testament tells us, "Somebody is coming! Somebody is coming and this is what He is going to do! Somebody is going to come and do everything written in this book!" The beginning of the New Testament tells us, "Somebody came! Somebody came and did everything that was written in the Old Testament!" Not only did the Bible tell us what was going to happen but it came true - every single bit of it! Lastly, in the end of the Bible it tells us, "Somebody is coming back! Christ is going to come back and judge every man based on what? The truth. God is truth. Truth comes from

God. The Bible is from God and therefore everything in it is true, and lastly, Christ is truth! How can a person be "truth?" Christ came and did everything this book said He would do, and that made Him "truth!"

10. The next time you have a question that you don't know the answer to, a question that you cannot answer with your five senses and people are debating and arguing over what is really true and what is false. Remember, God is always true, what His word says is true, and what Christ did when He came to this earth showed us what truth really is. Men are blind to the truth; we don't have the ability to figure it out, BUT we are not left in our darkness and blindness, because God is merciful. He told us the truth, revealed it to us in His name, His word, and in Christ. What does this Bible say about Christ? Christ died to save His people from their sins. God's name reveals this; His word says it; and Christ fulfilled it. That is the truth! Amen!

Lesson Activities

- Coloring Sheet
- Word trace



Take Home Lesson Overview

How Can We Know What The Truth Is?

Scripture Reference:

Psalm 33: 4 For the word of the LORD is right; and all his works are done in truth.

Lesson Overview:

We live in a world where it is very difficult, if not impossible, for men and women to “figure” out what the truth is. You can ask ten different people and you will get ten different answers on how they believe things should be, or work, or how people should act or think; however there REALLY is such a thing as, “The TRUTH.” Men seem to think the truth is something they get to participate in the deciding, but that is not the case. It is not up to teachers, politicians, philosophers, smart men who write books, or ANY man or woman to decide what the “truth” really is. Because God cannot lie, and God is good and can only do good, and because God showers blessings upon those who don't deserve it, He does not leave it up to us to “figure out” what is right and wrong. He takes all this guessing and confusion away by revealing what truth is very plainly in three different ways... through His name (which declares who He is), through His Word (the Bible), and through His Son (Jesus Christ). There really IS an

absolute, not-up-for-debate truth.

The next time you have a question that you don't know the answer to, a question that you cannot answer with your five senses and people are debating and arguing over what is really true and what is false.

Remember, God is always true, what His word says is true, and what Christ did when He came to this earth showed us what truth really is.

Men are blind to the truth; we don't have the ability to figure it out, BUT we are not left in our darkness and blindness, because God is merciful. He told us the truth, revealed it to us in His name, His word, and in Christ.

What does this Bible say about Christ? Christ died to save His people from their sins. God's name reveals this; His word says it; and Christ fulfilled it. That is the truth! Amen!







