

TRUTH OR OPINION? (COOKIE COOKING ILLUSTRATION)

Make cookies at home or with your group then encourage kids to discuss the difference between opinion (which cookies tastes best) and truth (how many cookies are there?). **Alternatively, you can have one group follow a recipe and one group attempt to make the cookies according to what seems right to them (no recipe).**



Leaders should point out that some statements we hear might sound or feel true and be worth following, but in the end, they lead to disaster (**read Proverbs 14:12**). For example, we often hear the message: "follow your heart," believing that what is best for us is found deep inside ourselves. Encourage kids to consider what would happen if they always followed the desires of their heart. Would that really lead to a good and healthy life? What does the Bible say about our heart (**see Jeremiah 17:9**)?

A good way for us to recognize truth is to compare it to what we read in the Bible, since God tells us His Word is true and we can trust it (just as Jesus did). Consider the parable of the wise and foolish builders (**Matthew 7:24-29**)... which builder showed wisdom? Why?

"Sanctify them by the truth, your word is truth" John 17:17.



Jesus believed the Scriptures to be true, with them he defeated Satan, corrected false teaching, and pointed to himself as Messiah (Luke 4:1-13, John 10:25, Matt 22:29, Matt 5:19, John 5:39, Luke 24:27).