



The Book – Lesson 1  
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## THE BOOK

**Week 1: How Do I Know The Bible Is True?**

**Bible Passage:** Isaiah 40:22, Micah 5:2, Psalm 22, Isaiah 53, Daniel 9:26

**Bottom Line:** We know the Bible is true because God wrote it.

## SUPPLIES

**Opening Game:** 8 (+ or -) washable markers, tube socks, flour.

**Teach:** “Interesting Facts about the Bible” Video - <https://vimeo.com/32110830>

**Supplies:** 6 Bible Facts Cards (cut out each of the six facts on the Bible Fact Cards document), one Bible Fact Student Handout for each preteen, 6 envelopes and 6 Bible Facts Challenge Cards (cut out each of the six challenges to make six cards).

## OPENING GAME: SPIES AND ASSASSINS

**Note:** If you would prefer to use another word other than “Assassins”, feel free to replace it with something else.

**Supplies:** 8 (+ or -) washable markers, tube socks, flour.

**How to play:** Number off 8 (+ or -) leaders to be your stations. Give each of them a “washable” marker; number them off from 1–8. Have each of them spread out across your campus, or in a large area to create your 8 stations. Tell the preteens, that their job is to be “spies” and find all of the stations in order from 1–8. The stations must be found in order.

When a student gets to a station, they must ask the leader what station they are:

- If they are at their correct station in order, the leader will write the number of the station on their arm.
- If it is not the number that they are on, they must go look for another station. At any time, they can ask a leader at a station where a certain station number is. Leaders may choose to tell the truth or lie about a specific station location.

While preteens are running around looking for the 8 stations, designate remaining leaders to be the “assassins”. Give each of them a tube sock filled with flour. These assassins simply run around hitting preteens with the socks. Any preteen getting hit must sit down and count to 50 before returning to the game. Award prizes to the first 3 preteens to find all 8 stations.

**After the game, ask the following questions:**

1. What was it like to try and figure out whether the leaders were telling you the truth?
2. How do we know when we are being given true information?

How do you know the Bible is true? Has that question ever popped in your mind? Today, we're going to explore that question.

# TEACH

**Supplies:** “Interesting Facts about the Bible” Video - <https://vimeo.com/32110830>

[Slide 1 – Cover]

In fact, we are starting a new series called The Book. Now, books are awesome, because they are often meant to entertain, or teach us something. Ask, “What kind of books do you guys like to read? What’s the best book you’ve ever read?” (Take answers).

Well, those books are all great. Over the next six weeks, we are going to talk about **THE** book - the most important one ever written. It’s a book that is filled with everything you can imagine: adventure, history, poetry, war, miracles, disasters, wisdom, songs and most of all love.

What book am I talking about? That’s right, the Bible. The Bible is the greatest book ever written and the greatest story ever told.

The Bible is, literally, God’s Word to us. It contains His words that He wanted us to know and is the primary way that He speaks to us today. But there is probably a lot that you don’t know about the Bible. Or maybe there are questions that you have about it. Where did it come from? Why do we have it? Why is some of it written in red? And what’s up with the story of the talking donkey?

Over the next few weeks, we will try to answer a lot of those questions for you and help you see how the Bible really is the greatest story ever written.

This week, we are going to start with this question:

[Slide 2 – “How Do You Know the Bible Is True”]

How do you know the Bible is true? Christians claim that the Bible is 100% true. But how do you know it’s 100% true?

You know Harry Potter isn’t true because it is a fictional story, and the author doesn’t claim it to be true. But your history books in school claim to be the truth, how do you know when a book is true?

Any time, you are trying to learn whether something is true or not, then you need to look at the facts.

So let’s look at some of the facts of the Bible.

[Show Video “Interesting Facts About the Bible”— <https://vimeo.com/32110830>]

Interesting stuff huh? I’m so glad there is no mention of cats in the Bible! Some of the facts in that video help us to understand how very unique the Bible is. One of the ways we know the Bible is 100% true is because even though it was written by over 40 different authors, over a period of time of over 1600 years, it is completely consistent and never contradicts itself.

[Slide 3 - “The Bible was written by over 40 different authors, over a period of time of over 1600 years, and is completely consistent and never contradicts itself.”]

What that means is that one author in the Bible didn't say that one thing is true, and then another said that's it's not true. It's not like Moses (one of the authors) said, “I was born in Egypt.” And then later on a different author, like Paul, said he was born in Chicago. Every story and fact in the Bible matches up with all the other ones.

A second way that we know the Bible is 100% true is because it is the most historically accurate book ever written. Every time archeologist (like Indiana Jones) digs up an old treasure, or an ancient map, it often times proves what the Bible says about history was true. Never have they found something that showed the Bible was wrong. NEVER!

[Slide 4 – “Nothing from the Bible has ever been proven wrong.”]

So the Bible never contradicts itself. Nothing from the Bible has ever been proven wrong.

And thirdly...

[Slide 5 – “The Bible has predicted many things way before they happened.”]

The Bible has predicted many things way before they happened. For instance, back in the Bible times, people thought the earth was flat. You know the story that it wasn't until sailors began to sail around the world in the 1400's that they learned that the earth was actually round. But check this out:

In the book of Isaiah (in the Bible)—which was written around 700 BC—it says in chapter 40, verse 22: *(Have a preteen come up and read Isaiah 40:22)*

*“He sits enthroned above the **circle** of the earth, and its people are like grasshoppers. He stretches out the heavens like a canopy, and spreads them out like a tent to live in.*

How did Isaiah know that the earth was a circle, when everyone in their time believed it was flat?

Right, because God told Him. And the Bible is full of lots of the different predictions (or prophecies) where men learned things from God either through a dream, or through an angel. And what percentage of the predications (or prophecies) has come true exactly how the Bible says? How many times do you think the Bible has been wrong?

Right. The Bible has been correct 100% of the time. It's never been wrong.

[Slide 6 – Cover]

And those are the facts about the Bible. So, how do YOU know the Bible is true?  
If you know that it never contradicts itself.  
If you know that nothing has ever been proven wrong from it.  
If you know that it has 100% of the time predicted things correctly.

What conclusion do you make based on the facts? I hope over the next few weeks, as we talk about THE Book, the Bible. It will help you understand more and more how trusted the Bible can be, and you can be assured that the Bible is indeed 100% true.

[Pray and dismiss to small groups]

## SMALL GROUP

### Activity: The Hunt for Proof

**Supplies:** 6 Bible Facts Cards (cut out each of the six facts on the Bible Fact Cards document), one Bible Fact Student Handout for each preteen, 6 envelopes and 6 Bible Facts Challenge Cards (cut out each of the six challenges to make six cards).

**The Activity:** Preteens will be going on a short hunt for 6 different stations to learn about different facts that help us know the Bible is 100% true. At each station, they will receive an envelope that contains: a “Bible Fact” that must be read out loud, a physical challenge, and a clue to find the next station.

**Before the Activity:** Set up 6 stations throughout your church campus. The 6 Stations will be: “Dead Sea Scrolls,” “Walls of Jericho,” “King David,” “Jesus’ Birth,” “Jesus’ Crucifixion,” and “Temple Destruction.” Make a small sign to label each station that can be seen from a short distance. You may want to make a map for each small group of the locations of the 6 stations, to help them if they can’t figure out the clues.

At each station, provide one envelope per group that will include 3 cards:

- A physical challenge (*all 6 physical challenge cards are provided*)
- The “Bible Fact” for that station in the envelope (i.e. at the Dead Sea Scroll station each group will have an envelope with the fact about the Dead Sea Scroll on it). (*provided*)
- A clue that will give them a hint to the next station (i.e. Your next fact is hidden, we might say, underneath the slide where the preschool kids play.) The clues themselves are not provided, since you will be designing the course. You don’t have to get too creative with the clue, it could be as simple as saying, “You’ll find the next clue outside of Pastor’s office.”

Pass out one starter envelope to each group that contains a clue to one starting location. (Make sure you spread the groups out and don’t have them all starting at the same place.)

**Say:** We can know the Bible is 100% true because of the many amazing archeological discoveries that have been found and for the many prophecies that were made and then came true... every time.

We are going to go on a little hunt to see if we can discover 6 different archeological facts and prophecies on our own. We get to start with one clue, which I have in my hand. Let’s read it and discover where our first location is.

*Have the preteens start the hunt. Give them a time limit to make sure they get back in time to discuss the discussion questions. Make sure they know that there are 6 “Facts” to find.*

**After the hunt, discuss the following questions:**

- Why do you think some people don't believe the Bible is 100% true?
- What makes you believe that the Bible is 100% true?
- If a friend told you that they did not believe the Bible was true, what would you say to them? How could you help them understand that the Bible is 100% true?
- Which of the facts that we discovered on our hunt might help you believe in the Bible the most?
- Do all these facts help you to trust God more? How?
- Do you have any other questions about the Bible? *(if you can, write these down, so that we can try and answer some later)*