



THE BIBLE - LESSON 1

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THE BIBLE

Lesson 1: How Do I Know the Bible Is True?

Bible: 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.

LESSON SUPPLIES

Opening Game:

- 8 washable markers
- Tube socks
- Flour
- (Optional: pool noodles instead of the socks and flour, see note)

Small Group:

- 6 Bible Facts Cards (cut out each of the six facts on the Bible Fact Cards document)
- 1 Bible Fact Student Handout for each student
- 6 envelopes
- 6 Bible Facts Challenge Cards (cut out each of the six challenges to make six cards)

NOTES

All Bible verses are NLT unless otherwise indicated.

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.]

How to play: Number off eight 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 eight stations. Tell the students that their job is to be “spies” and find all of the stations in order from 1–8. They must find the stations in numerical 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 that station on their arm.
- If it is not their correct number, 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 students are running around looking for the eight stations, designate remaining leaders to be the “assassins.” Give each of them a tube sock filled with flour. These assassins will run around hitting students with the socks. Any student getting hit must sit down and count to 50 before returning to the game.

[Note: You could give the assassins each a pool noodle each, or half a pool noodle, instead of a sock filled with flour if you need the game to be less messy.]

Award prizes to the first three students to find all eight 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?
 3. 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

[Note: Due to the small group activity, the teaching is shorter than usual.]

Today I'd like to start off by talking about books.

Now, books are awesome because they are often meant to entertain or teach us something.

What kind of books do you guys like to read?

[Take answers.]

What's the best book you've ever read?

[Take answers.]

Well, those books are all great.

Over the next four weeks, we are going to talk about the most popular and important book of all time!

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: How do you know the Bible is true?

Christians claim that the Bible is 100 percent true. But how do you know it's 100 percent true?

One of the ways we know the Bible is 100 percent true is because even though it was written by over 40 different authors over a period of over 1,600 years, it is completely consistent and never contradicts itself.

That means that one author in the Bible didn't say that one thing is true, and then another said that 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 that Moses 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 percent true is because it is the most historically accurate book ever written.

Every time an archeologist digs up old treasures, or an ancient map, it often proves what the Bible says about history was true.

Never have they found something that showed the Bible was wrong – EVER!

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

And thirdly, the Bible has predicted many things way before they've happened.

For instance, back in biblical times, people thought the earth was flat, and it wasn't until sailors began to sail around the world in the 1400s 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**:

[Emphasize the word "circle" in this verse.]

**God sits above the circle of the earth.
The people below seem like grasshoppers to him!
He spreads out the heavens like a curtain
and makes his tent from them.**

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

[Take answers.]

Right, because God told him.

And the Bible is full of a lot of the different predictions (or prophecies) where men learned things from God either through a dream or through an angel.

And how many times do you think the Bible has been wrong?

Right. The Bible has been correct 100 percent of the time.

It's never been wrong!

And those are the facts about the Bible. So, how do YOU know the Bible is true?

Well, if you know:

1. The Bible never contradicts itself
2. That nothing has ever been proven wrong from it
3. That it has 100 percent of the time predicted things correctly ...

What conclusion can you make based on those facts?

I hope over the next few weeks that our series will help you understand more and more the trustworthiness of the Bible.

[Pray and dismiss to small groups.]

SMALL GROUP

Activity: The Hunt for Proof

Students will go on a short hunt for six different stations to learn about different facts that help us know the Bible is 100 percent 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:

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

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

- A physical challenge (*all six 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 the 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 percent 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 six 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 students start the hunt. Give them a time limit to make sure they get back in time to go over the discussion questions in their small groups. Make sure they know there are six facts to discover.]

After the hunt, discuss the following questions:

- Why do you think some people don't believe the Bible is 100 percent true?
- What makes you believe that the Bible is 100 percent 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 percent 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 you can try and answer your students' questions later.]*