



EXPLORE THE BIBLE.

Session 3: The Truth

Suggested Week of Use: September 15, 2024

Core Passage: Acts 14:11-23

News Story Summary

Teenagers receive endless messages on their phones through social media, the internet, and texts. Unfortunately, much of this communication can be inaccurate or even harmful. But one text message campaign has been both truthful and helpful. A recent study in the *Journal of the American Medical Association* (JAMA) showed that an interactive and tailored text message program was effective in helping teens quit vaping nicotine (using e-cigarettes). The study was conducted by the Truth Initiative, a non-profit organization aimed at preventing teen and young adult nicotine addiction. The results showed that almost 38 percent of teens who received tailored text messages were more likely to report cessation of nicotine use after seven months, compared with 28 percent in the control group.

The texts are specific to teens' ages, the type of device they are using, and their quit date. The messages use open-ended questions, true/false questions, and yes/no questions, as well as advice and suggestions from teens who have quit vaping.

For more about this story, search “Study on text messages helps teens quit vaping”

Engage

To supplement the Engage activities, instruct the group to stand up. Explain that you will read a statement. Direct adults to remain standing if they would do or say the action in the sentence and to sit down if they would not. For each statement, allow a few adults to share their reasoning.

1. I would tell a friend if they had something stuck in their teeth.
2. I would tell a supervisor if I knew of someone stealing office supplies.
3. I tell people I'm fine even when I am not.
4. When signing up for something online, I say I have read the terms and conditions even when I haven't.
5. I would tell a friend their _____ (insert piece of clothing) looked great even if I thought it was ugly.
6. To cancel a meet-up with a friend, I would say that I wasn't feeling well even though I felt fine.
7. I would tell a family member that I liked a gift they gave me, even if I didn't.

Say: Sometimes the truth is difficult to hear and to share. But in one study, telling teens the truth brought about positive results. Share the study on texting teens about vaping. Say: Today, we will talk about the most important truth we can tell others. Open in prayer.

Challenge

To supplement the Challenge activities, recall the story about the texting campaign against vaping. Say: *This study showed that telling the truth can produce enormous benefits, but telling someone the truth can involve risk.* Tape a large sheet of paper to a focal wall. At the top, write “The truth about sharing the truth.” Say: *Today we have talked about believers declaring the truth about Jesus. It involves risk.* Provide markers and direct adults to list reasons that sharing the truth about Jesus can be risky on the paper. (Examples: *rejection, being misunderstood, loss of respect, get overlooked for a promotion, disassociating with you, physical harm, and so forth*) Direct adults to find a partner and to share one risk they face in telling others the truth about Jesus. Encourage them to pray for one another. Then close the session in prayer.