



Debunk it





OVERVIEW

"Debunk It" is a series designed to address common misconceptions of what the world says and what scripture communicates to us. Every message will tackle a specific belief, examine it, and contrast it with biblical truths. This series aims to equip youth with discernment and a biblical worldview to debunk what they have heard from the world around them.





WEEK 1: “YOU DEFINE YOUR OWN TRUTH”

October 23

MAIN IDEA

This week, we will explore the idea that "you define your own truth," a common belief in today's culture that suggests truth is subjective and personal. We will compare this with the biblical perspective that truth is absolute and found in Jesus Christ through scripture and that truth is the best and purest form of all truth.

ICE BREAKER

"Fact or Fiction" Activity- Share statements and have the group decide if they are true or false.

SCRIPTURE READING

Read John 14:6 and John 18:37-38 together.

PERSONAL APPLICATION

Reflect on areas of your life where you may have been influenced by the idea of relative truth. How can you ground yourself in biblical truth?

This week, commit to reading Scripture daily and asking God to reveal His truth to you.



DISCUSSION QUESTIONS

1. How do you define truth?
2. Read Matthew 6:21-48
 - Where are you struggling to live by these truths?
 - Why did Jesus set this as the standard of truth to live by?
 - Why is it difficult to live up to these truths?
3. How does Jesus describe Himself in John 14:6? What does this imply about the nature of truth?
4. What question does Pilate ask in John 18:37-38, and how is it relevant today?
5. Can you share an example of a situation where you encountered the idea that truth is relative?





WEEK 2: “HAPPINESS IS THE ULTIMATE GOAL”

October 30

MAIN IDEA

This week, we will examine the popular belief that personal happiness is the ultimate goal in life. We will discuss how the Bible calls us to seek God first and find true joy and fulfillment in Him rather than pursuing temporary happiness.

ICE BREAKER

"Happy Moments" Activity- Have each person share a moment when they felt truly happy and discuss what made that moment special.

SCRIPTURE READING

Read Psalm 37:4 and Matthew 6:33 together.

PERSONAL APPLICATION

Reflect on areas of your life where you are chasing happiness. How can you redirect your focus to seeking God first?

This week, set aside time each day to pray and ask God to help you find joy and contentment in Him.



DISCUSSION QUESTIONS

1. What does Psalm 37:4 mean when it says to "delight yourself in the Lord"? How does this differ from pursuing personal happiness?

2. According to Matthew 6:33, what should be our priority in life? How does this lead to true fulfillment?

3. Can you share a time when pursuing happiness left you feeling empty? What was missing?





WEEK 3: “FAME EQUALS SUCCESS”

November 6

MAIN IDEA

This week, we will tackle the idea that fame and popularity are equivalent to success. We will look at what the Bible says about seeking approval from God rather than from people, and redefining success according to God's standards.

ICE BREAKER

"Famous Faces" Activity- Show pictures of famous people and discuss what they are known for.

SCRIPTURE READING

Read Matthew 6:1-4 and Galatians 1:10 together.

PERSONAL APPLICATION

Reflect on your own motivations for the things you do. Are you seeking God's approval or man's?

This week, try doing a good deed in secret and reflect on how it feels to seek God's approval alone.

DISCUSSION QUESTIONS

1. According to Matthew 6:1-4, what should be our motivation for doing good deeds?
2. How does Galatians 1:10 challenge the pursuit of fame and popularity?
3. Can you think of a time when you were tempted to seek recognition or approval from others?





WEEK 4: “LIVE YOUR BEST LIFE NOW”

November 13

MAIN IDEA

In our final week, we will address the cultural mantra of "living your best life now" and contrast it with the biblical call to follow Jesus, often involving sacrifice and focusing on eternal life. We will discuss how to live a fulfilling life that honors God and invests in eternal treasures.

ICE BREAKER

"Life Goals Map" - Provide each person with a blank sheet of paper and markers. Ask them to draw a map of their "ideal life" goals, including career, family, hobbies, etc. Once completed, discuss how these goals align with or differ from what Jesus calls us to prioritize.

SCRIPTURE READING

Read Matthew 16:24-26 and 1 Timothy 6:17-19 together.

PERSONAL APPLICATION

Consider your current lifestyle and goals. How can you align them more closely with God's call to follow Him? This week, make a conscious effort to prioritize spiritual growth and serving others over personal gain.

DISCUSSION QUESTIONS

1. What does Jesus say about following Him in Matthew 16:24-26? How does this contrast with the idea of living your best life now?
2. According to 1 Timothy 6:17-19, what should our attitude be towards wealth and possessions?
3. Share a time when you felt conflicted between pursuing personal happiness and following Jesus.





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