

# Lying Lie Detectors

By RLD Editorial Team

for use as  
**STEP 1**

**Lesson 5****Focus:**

Use the Bible to recognize truth.

**Lesson 5****Bible Basis:**

Jeremiah 14:14;  
22:3; 23:2, 26;  
28:15

**Lesson 5****Memory Verse:**

“Sanctify them by the truth;  
your word is truth.” —John 17:17

**Students will be reminded that God is the only completely reliable source of truth.**

**Materials:**

- Internet access

- **Do you remember the last time someone lied to you? Without using any names, can you tell us what happened?** (Encourage your students to share brief stories. As the teacher, you may want to begin with your own experience.)
- **In one or two words, how did you feel when you found out someone had just lied to your face?** (Again, begin with a description of your feelings, then encourage your teens to share their own. The bottom line is that no one likes being told an untruth.)
- **If there was a way to know when you were getting the truth—or not—would you use it?** (Most likely, your students would love to have a foolproof way of sniffing out liars.)

**You probably know there’s a device that is supposed to tell you when somebody’s fibbing. It’s called a polygraph or lie detector. Just hook a person up to the machine, and you’ll know when they’re truthful! Just one problem: Lie detectors don’t work nearly as well as they seem to on TV.**

**Actually, there are times when a lie detector may—well, tell lies. Let’s watch this short video explaining why polygraphs aren’t necessarily foolproof.**

Share this short video clip with your students:

Are Polygraph Tests Accurate?

<https://www.youtube.com/shorts/4j2YwhKNfTs>

- **If lie detectors are unreliable at times, why do you think people still use them?** (Guide your students to the idea that we all want to be sure we’re hearing the truth. Even if a lie detection method isn’t perfect, people still hang onto the hope that it will keep them from being fooled.)

**It would be nice if lie detectors worked perfectly. But since they don't, people are going to lie to us. For that matter, all of us are liars ourselves at times. Even when we aren't telling untruths on purpose, we make mistakes. So no human being is a perfect fountain of truth.**

**Of course, there *is* one reliable source of truth—Someone who never lies or makes mistakes. God doesn't often speak out loud, but we can learn how He's revealed truth in the Bible. Let's explore some things the prophet Jeremiah wrote about God and truth.**

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

# Lying Lie Detectors

for use as  
**STEP 4** 

**Lesson 5****Focus:**

Use the Bible to recognize truth.

**Lesson 5****Bible Basis:**

Jeremiah 14:14;  
22:3; 23:2, 26;  
28:15

**Lesson 5****Memory Verse:**

“Sanctify them by the truth;  
your word is truth.” —John 17:17

**Materials:**

- Paper (1 piece per student)
- Pens/pencils (1 per student)
- Bibles with concordances or smartphones with Internet access

If your class is meeting online, invite students to bring supplies with them to class.

Wouldn't it be great if lie detectors were foolproof? It would be great to know for sure when somebody is fibbing. But the truth is, lie detectors can be fooled. And even when people think they're being honest, they make mistakes. That means we never know for sure when we're getting the truth, the whole truth, and nothing but the truth. Sometimes, we even lie to ourselves!

That's why God is the only source of truth that we can always rely upon. He never tells lies or makes mistakes. One of the greatest things about the Bible is that God reveals what He thinks about *us*. If you didn't know better, you might suspect He views us as a bunch of jerks. But that's not the case at all! He knows we're sinners who make mistakes every day. Yet He still thinks we're worth saving and loving—so much so that His Son died to save us.

Think about one lie that you believe sometimes—a lie about yourself. Maybe you think “I'm ugly” or “nobody really cares about me” . . . or even “my life isn't worth living.”

All of those statements are lies. How do we know? Because when God reveals His truth about us, He says the complete opposite!

God doesn't think you're ugly—actually, you're “fearfully and wonderfully made,” according to Psalm 139:14. That's another way of saying He put you together in an amazing, miraculous way. Even when it seems like people don't, God cares about you. Speaking about His chosen people, Jeremiah quotes God as saying, “I have loved you with an everlasting love” (Jeremiah 31:3). God has a purpose for you, even if it sometimes feels like life is pointless. David the psalmist says that God planned our lives before we were even born (Psalm 139:16).

Distribute supplies (or invite students to have them ready at home). Divide your paper into two columns. **At the top of one column write, “lie.” At the top of the other column, write, “truth.” In the “lie” column, write a lie that you sometimes believe about yourself.** Give your teens a minute or so to think and write.

**Now, write down truth from God that contradicts that lie. Maybe you already know a Bible verse that applies to your situation. If not, we’ll work together to help you find one.**

You can always look up verses in a concordance, but we suggest using an online keyword search tool instead. It will help students dig up applicable verses much more quickly. You may want to let them use their smartphones to search. Help any students who need some ideas about where to look.

➤ **Would anyone be willing to share the lie you sometimes believe, and God’s truth that speaks against it?** (Begin by sharing your own. Encourage, but don’t require, a few of your teens to share theirs as well.)

**Sadly, you can’t completely trust humans. We all lie and make mistakes sometimes. We even make mistakes in our own thoughts! That’s why we sometimes believe lies about ourselves. However, God has provided us with the truth—about *Himself* and about *us*. Take your “Truth/ Lie” paper home with you this week. Whenever you start to believe a lie about yourself, pull out the paper and remind yourself of God’s truth!**

**People may tell lies, but God never will—you can count on it.**

Close in prayer.

Additional Resources

BIBLE GATEWAY

<https://www.biblegateway.com/>

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