

Courage to Speak Truth

By RLD Editorial Team

for use as
STEP 1

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

It takes courage to be truthful.

Lesson 5**Bible Basis:**

Exodus 20:16;
John 8:12-47

Lesson 5**Memory Verse:**

“Speak the truth to each other.”
—Zechariah 8:16

Students will discuss the need for courage as they explore the importance of telling the truth.

Materials:

- Internet access
- Whiteboard and markers (or screenshared document)

Before class, write the following question on the whiteboard (or display it on a screenshared document): When do you need courage?

When it's time to begin the lesson, take a few minutes to check how the past week went for your students. When everyone has had an opportunity to share, move on to the discussion.

What are some different things for which you need courage? Call on individuals who are willing to share.

Let's watch a short video about a young woman who has courageously overcome challenges to chase her dreams.

Show the following short video to your students [0:50]:

2024 Paralympics: Teen Athlete Arelle Middleton

<https://www.youtube.com/watch?v=hfzwXnw4tpk>

- **What obstacles did Arelle have to overcome?** (Answers may include navigating a disability and training to compete as a world-class athlete—all while being a full-time student.)
- **How do you think it might have taken Arelle courage to overcome challenges?** (Accept all answers.)
- **It takes courage to do other things. Think about telling the truth. How much courage does it take to tell someone the truth when you know they will be angry?** (Encourage discussion about truth telling and possible reactions from the people who may be involved, such as anger and bitterness.)

When you think that someone is not going to like what you say—even if what you are saying is the absolute truth—it takes courage to speak out. Let’s open our Bibles and find out how Jesus handled a situation like that.

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

Courage to Speak Truth

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STEP 4 

Lesson 5**Focus:**

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be truthful.

Lesson 5**Bible Basis:**

Exodus 20:16;
John 8:12-47

Lesson 5**Memory Verse:**

“Speak the truth to each other.”
—Zechariah 8:16

Materials:

- Whiteboard and marker (or screenshared document)
- Printouts of Truth poster (1 per student; template found at the end of this step)
- Colored markers
- Pencils

If your class is meeting online, email the template for families to print ahead of time. Invite students to bring printouts and other supplies with them to class. The template can be found at the end of this step. Create a slide (or Word document) of the Zechariah 8:16 memory verse. Underneath the memory verse, write the lesson focus: It takes courage to be truthful.

Point to the memory verse on the whiteboard (or screenshared document). **Today we’ve learned that God wants us to speak truth, and that sometimes doing that takes courage.**

- **Have you ever been in a situation where you needed to say something that was not entirely true so that you would not hurt someone’s feelings? How do you think God feels about that?** (Answers will vary. Jesus taught that we should love and be kind to one another, but there is no such thing as a “white” lie.)
- **How might you rephrase an answer so as not to hurt someone’s feelings and yet remain truthful? For instance, if someone got a haircut that you didn’t like and asked you what you thought, how might you answer appropriately?** (Answers will vary, but help them think of truthful positives they can say that forego negative opinion such as “That looks like it will be nice and cool for the summer” or “That makes you look [older/younger]” or “How fun!” If pressed into giving their opinion, they might say something like, “You know, I don’t think that would look good on me, but I bet you’ll like it.”)
- **When would you say it is most important to speak truth?** (Accept all answers and encourage discussion.)
- **When is it hard for you to be courageous about telling the truth?** (Allow preteens to share candidly.)

Distribute supplies (or invite students to have supplies ready at home).

Courage to tell the truth is something we need every day—in the morning when your sister asks who ate the last of her favorite cereal, throughout the school day when the pressure to be like your peers is different from who God wants you to be, in the evening during conversations with parents or interaction with friends or teammates, and at night when, just as you are about to drift off to sleep, your parent asks if you remembered to feed the dog.

Encourage your students to write things that will remind them or encourage them toward truthfulness. Invite students to color their poster during the week. Urge your students to place the poster somewhere that will remind them to keep on telling the truth.

When class time is finished, close with prayer.

Text or email with students during the week. Check to see how they are doing with telling the truth. If needed, remind them that it takes courage to get around a challenge. They can follow Zechariah 8:16.

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GOVERNMENT

TO TELL THE

TRUTH

ZECHARIAH 8:16