



# Small Group Discussion

The Week of: Jan. 28, 2026

**What's your life like:**

1. What's the weirdest excuse you've ever heard someone use to get out of something?
2. Would you rather: always know when someone is lying, or make people always have to tell the truth?

**What are we talking about this week:**

This week we are wrapping up our series Reality Check with a message on the importance of telling the truth. In a world full of lies, edits, rumors, and fake stuff, God calls us to live differently, as people who know the truth, live the truth, and tell the truth.

## Main Point of Message

- Telling the truth builds our character and builds trust with other people.

## Bible Verses

- John 14:6, John 18:37, Proverbs 10:9, Proverbs 12:22

## Discussion Questions

1. On a scale of 1-10, how hard is it to tell the truth when you know you might get in trouble?
2. Why else do you think people are tempted to lie, even when they know it's wrong?
3. Which part of the message stood out to you more and why:
  - Telling the truth builds our character
  - Telling the truth builds trust with other people
4. Why does having good character matter? How could it affect you now? How about in the future?
5. How can lying slowly damage trust with parents, teachers, or friends, even if you don't get caught right away?
6. How do you think your life would change if people knew they could always trust your words?

**Now what:**

1. Be honest with yourself: is lying becoming a habit or pattern in your life?
2. Take a brave step: if you've been lying to someone, the next right step might be to apologize and tell the truth, even if it's uncomfortable.
3. Pray for courage: ask God to help you tell the truth, especially when it's difficult.