FREE SAMPLE LESSON · YOUTH · LESSON 1

Can You Still Tell What Is True?

Not yet reviewed

This lesson uses the four steps used in Sunday School: Introduction, Development, Word of God, Expression. Using them for youth groups is our assumption and still has to be checked with a youth leader. The lesson has not yet been reviewed by a pastor or a youth leader. Pastors, priests and youth leaders are invited to comment. Write to **remainhuman.lessons@gmail.com**

The one thing: AI can make false things look and sound real. The Holy Spirit's gifts of wisdom and right judgement help us test what we see before we believe it or pass it on.

TIME	FOR	WORD OF GOD	CODE
40 minutes	older teens and young adults	John 8:31–32	YT-1

For the teacher

The one thing: AI can make false things look and sound real: a video of something that never happened, a voice that is not the person's, an answer that is simply made up. The Holy Spirit gives us His gifts. Two of them, wisdom and right judgement, help us test what we see before we believe it or pass it on.

Word of God: John 8:31–32.

Memory verse: "You will know the truth, and the truth will set you free." (John 8:32)

You need: a Bible and a board or chart paper. No phones, no screens, no printouts.

Bible wording: the verses quoted in this lesson follow the English Standard Version. If the Bible in your hand words them a little differently, read from your Bible.

Preparation: under ten minutes. Read John 8:31–32 once and read Anika's story below.

A note on AI: most of this group use AI already, for homework, photos and chat. In this lesson AI is a tool and a gift of God, made by people with the minds He gave them. It is not a monster and it is not a person. The lesson is not "do not use AI". It is "do not hand your judgement over to it".

A note on tone: some in the group will have forwarded something false, or been hurt by something false. Keep the tone merciful. Nobody is asked to confess anything aloud.

1 Introduction 7 minutes

Opening prayer. Make the Sign of the Cross together and pray: "Come, Holy Spirit. Give us wisdom to see what is true and right judgement to do what is good. Amen."

Two truths and a fake. Tell the group three short things about yourself: two true, one invented. Ask them to vote by show of hands for the fake. Reveal the answer. Then ask: "How did you decide? What were you looking for?" Take three or four answers.

Raise the question. Say: "That was easy, because you know me and you could look at my face. Now suppose the fake came as a video on your phone, with the right face and the right voice. Could you still tell?" Write on the board: CAN YOU STILL TELL WHAT IS TRUE?

2 Development 15 minutes

Anika's story. Tell it in your own words. The people in it are invented.

Anika is in Std 11 at a junior college in Mumbai. On a Friday night a twenty-second video lands in her class group. It shows Kevin, a quiet boy from her class, making fun of their English teacher, whose mother had died the week before. It is his face. It is his voice. Someone has added: "Can you believe him?"

Anika is angry. She forwards the video to two other groups with one word: "Shocking." By Saturday morning more than three hundred people have seen it. Kevin's phone fills up with insults. On Monday he does not come to college.

On Tuesday the truth comes out. Kevin never said those words. A boy in another division had made the video in ten minutes with a free AI app, using Kevin's photos and old voice notes. He said it was a joke.

Anika did not make the video. She only forwarded it. But she cannot stop thinking about the three hundred people, and about Kevin's empty chair.

The same week something smaller happens. For a project she asks an AI chatbot for a quotation from a famous writer about truth. It gives her a beautiful line, with the writer's name and the title of a book. Her teacher looks for it and cannot find it anywhere. The writer never wrote it. The chatbot had produced a line that only looked like a quotation, and nothing in its answer showed that anything was wrong.

Talk about it. Ask the whole group:

- Anika did not make the video. Did she do anything wrong?
- What could she have done in the ten seconds before she pressed "forward"?
- Why did she believe the video so quickly? Why did she believe the chatbot?
- What can she do now?

Two kinds of fake. Write DEEPFAKE and MADE-UP ANSWER on the board. Say: "AI is a computer program that has learnt from millions of examples. That makes it a powerful tool, and people made it with the minds God gave them, so it is His gift to us. But notice two things. First, AI can copy a face and a voice so well that a video, photo or voice note of something that never happened looks real. That is a deepfake. Second, a chatbot does not know what is true. It puts together the words that are most likely to come next. Usually that gives a right answer. Sometimes it gives a wrong one, and the wrong answer reads exactly like a right one. AI is a machine, not a person. It does not know what is true and what is false, and it is not aware of what its words or actions do to anyone. To know the truth, to love it and to care who gets hurt belong to persons alone."

The three-step test. Say: "The Holy Spirit gives us wisdom, to see things as God sees them, and right judgement, to choose what is good. Here is one way to use those gifts before you believe or share anything." Write on the board:

- **Stop.** Do not react yet. Strong feelings such as anger, fear or excitement are the moment to slow down. Pray one line: "Come, Holy Spirit."
- **Source.** Who made this? Where did it come from? Can I check it in a second place I trust, or ask the person it is about?
- **Share?** Is it true? Is it kind? Is it needed? Who could be hurt if I am wrong?

Small groups (5 minutes). Put the group into three teams. Give each team one case. Each team runs the three steps and reports back in one or two sentences.

- A voice note that sounds exactly like your church youth leader asks you to send money to a number urgently and to tell nobody.
- A photo of a flooded railway station in your city arrives with the words "Happening now. Forward to everyone."
- You ask a chatbot for a Bible verse for a quiz. It gives one, with chapter and verse, that sounds right. The quiz is in five minutes.

3 Word of God 10 minutes

Prepare to listen. Ask the group to sit still. Say: "Jesus is speaking to people who have just begun to believe in him. Listen for what he says comes first, and what follows."

Proclaim. Read John 8:31–32 slowly from the Bible. Pause, then read it a second time.

Break it open. Ask:

- Jesus says "if you abide in my word". What does it mean to abide, or stay, in his word? (Some Bibles say "continue" or "remain".)
- He promises that the truth will set us free. Was Anika free on Friday night? What was pushing her?
- Later Jesus says, "I am the way, and the truth, and the life" (John 14:6). What changes if truth is a Person we know, and not only a set of facts?

If the group is quiet on the first question, offer this. To abide means to stay, as you stay in your own home. A visitor to the word of Jesus hears it on Sunday and has forgotten it by Monday. A disciple who abides in his word does three things: keeps hearing it, in church and in a few verses of the Gospel read each day; keeps it in mind and prays with it; and does what it says, including when that costs something. Jesus says this is what makes a person truly his disciple. Point out the order in the verses: first we stay with Jesus, then we come to know the truth, then we are free.

On the second question: Anika was pushed by her anger, by the wish to be first with the news, and by what everyone else in the group was doing. That is the opposite of freedom.

On the third question: a fact can be looked up, but a person is known only by spending time with him. The more time we spend with Jesus, the more easily we notice what does not sound like him: what is cruel, what flatters us, what is too convenient to be true.

Help the group see it: the closer we stay to Jesus and his word, the more we come to love the truth and the quicker we notice what does not ring true. Freedom here means not being pushed around by the crowd, by our own anger, or by a machine that sounds sure.

What the Bible teaches. Make three short points. The words inside quotation marks are for you to say in your own way.

First, the gifts of the Holy Spirit. "The prophet Isaiah speaks of the Spirit of the Lord as the Spirit of wisdom and understanding, of counsel and might, of knowledge and the fear of the Lord." (Isaiah 11:2)

Then add this. It is our own application, not a quotation from the Bible: "These gifts are for the whole of your life. That includes what you watch, believe and share on your phone."

Second, the commandment about truth. "One of the Ten Commandments says: 'You shall not bear false witness against your neighbor' (Exodus 20:16). We wrong a person when we believe the worst of them without good reason, and when we spread something false that harms their good name." (The second sentence is our own application.)

Then add this, again as our own application: "So when I forward a fake that harms someone, I share in that wrong, even if I did not make it."

Third, the apostle Paul's short rule: "Test everything; hold fast what is good." (1 Thessalonians 5:21)

Bring it home. Say: "AI is a good tool. Use it to learn, to make things and to help people. But a tool cannot do your judging for you. And if you have already shared something false, you are not stuck. You can say so in the same group, say sorry to the person, and bring it to Jesus in prayer. Telling the truth about our own mistakes also makes us free."

Memory verse. Say it together three times, the last time with eyes closed: "You will know the truth, and the truth will set you free." Then ask, with no answers aloud: "Is there something on your phone right now that you are not sure is true?" Give a few seconds of silence.

4 Expression 8 minutes

My truth rule. Each person opens a notebook and writes, for their own eyes:

- Before I share anything this week, I will ...
- One thing I have believed or forwarded that I will now check is ...
- One person I may need to put things right with is ...

Those who wish may share the first line with a partner. Nobody is asked to share the other two.

Closing prayer. Stand in a circle. Pray one line at a time and let the group repeat it:

Come, Holy Spirit.

Give me wisdom, to see as You see.

Give me right judgement, to choose what is good.

Give me courage, to say so when I have been wrong.

Keep me in the word of Jesus,

who is the Way, the Truth and the Life.

Amen.

Finish with one Glory Be.

Send them out with this line. Say it once and ask the group to say it back: "Stop. Source. Share? The truth will set you free."

Family page (code YT-1)

For parents. Today your son or daughter learnt that AI can make false things look real: fake videos, photos and voices, and wrong answers that read exactly like right ones. AI is a useful tool and a gift, but it cannot judge what is true or good for us. The Holy Spirit's gifts of wisdom and right judgement help us test what we see.

Story reminder. The class heard an invented story about Anika, a Std 11 student who forwarded a video of a classmate that turned out to be an AI fake, and who was given a made-up quotation by a chatbot. They also heard the words of Jesus in John 8:31–32.

Talk about it at home.

- Has anyone in our family ever believed or forwarded something that turned out to be false? What happened?
- The class learnt three steps: Stop, Source, Share? Which one is hardest for each of us?
- If a voice that sounds like one of us ever asks for money or a password, how will we check that it is really us? Agree on a family question or word.

One thing to do together. This week, before anyone in the family forwards a message, ask aloud: "Is it true? Is it kind? Is it needed?"

Pray together. "Come, Holy Spirit. Give our family wisdom to see what is true and right judgement to do what is good. Amen."

Memory verse. "You will know the truth, and the truth will set you free." (John 8:32)

A Remain Human lesson. Written by Blaise D'Souza with the help of AI, and checked by people before it is taught.