

BECOME *Disciples*

BE ONE • MAKE ONE •

FALSEHOOD TEST

YOUTH EDITION • AGES 12–17

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and Become Disciples



Why This Test?

When you give your life to Jesus, something changes. You start to walk away from sin, and you start to love what is true.

But let's be honest. Lying, pretending, faking it, and putting on a show can still hang around, even in people who love God. Sometimes it's a big lie. More often it's small stuff we've stopped noticing: half-truths, a fake online image, saying "I'm fine" when we're not.

"Surely You desire integrity in the inner self, and You teach me wisdom deep within." Psalm 51:6 (CSB)

This test is not here to make you feel bad. It's here to shine a light on anything fake, so you can be free. Lies cause damage; truth brings healing.

How to Use This Test

- › Take your time. Don't rush.
- › Be honest with God, not with the people around you. Nobody else needs to see your answers.
- › This is about being real, not being perfect.
- › If you start to feel ashamed, stop and remember: if we confess our sins, God is faithful to forgive us and make us clean (1 John 1:9).

Something important

If anyone has asked you to keep a secret that makes you feel uncomfortable, scared, or unsafe, that is not your sin to repent of. It is not your fault. Please tell a parent, a youth leader, or another adult you trust as soon as you can.

My Commitments to Truth

Read each one slowly and prayerfully. Tick the ones the Holy Spirit puts His finger on.

- ☐ I won't keep any friendship or relationship secret because I know it isn't right.
- ☐ I won't go anywhere, online or in real life, that I'd have to lie about.
- ☐ I won't let someone believe our friendship or relationship is something it isn't.
- ☐ I won't tell half the story so people get the wrong idea.
- ☐ I won't say I've done something when I've only planned to do it.
- ☐ I won't post a version of my life that isn't real.
- ☐ I won't pretend to care about someone when I don't.
- ☐ I won't say I've beaten something when I'm still struggling with it.
- ☐ I won't hide what I really love.
- ☐ I won't say sorry to God for something I'm planning to do again.
- ☐ I won't say I hate something I secretly enjoy.
- ☐ I won't keep private habits that don't match the Christian people see.
- ☐ I won't nod along with something I don't believe, just to fit in.
- ☐ I won't make promises I don't plan to keep.
- ☐ I won't make other people's mistakes sound worse than they are.
- ☐ I won't make excuses to people that I couldn't make to God.
- ☐ When the truth needs to be said, I'll say it, even if it costs me.
- ☐ I won't act like I don't know something when I do.
- ☐ I won't act like I know something when I don't.
- ☐ I won't deny what I've seen or heard.
- ☐ I won't twist the story to get out of trouble.
- ☐ I won't say anything I'd be scared to explain to Jesus.

Saying No to Fake

To renounce something means to say, "I'm done with this." Pray through this list and tick anything the Spirit shows you. Then tell God you are turning away from it.

- ☐ **Fake motives** doing good things so people think I'm good
- ☐ **Fake image** pretending to be someone I'm not, online or in person
- ☐ **Fake affection** acting close to someone to send a message I don't mean
- ☐ **Fake words** lies, big or small
- ☐ **Fake actions** doing the right thing only when someone is watching
- ☐ **Exaggerating** hyping things up, putting people down, or going silent to make a point
- ☐ **Fake impressions** letting people believe things about me that aren't true
- ☐ **Fake hopes** saying I want something I don't really want
- ☐ **Fake feelings** faking happiness, anger, or fear to get a reaction
- ☐ **Fake promises** "I'll do it," when I know I won't
- ☐ **Fake sorry** saying sorry to get out of trouble, not because I mean it
- ☐ **Fake worship** going through the motions at church or youth
- ☐ **Fake respect** nice to someone's face, different behind their back
- ☐ **"It's complicated" relationships** anything I keep unclear on purpose
- ☐ **Lying about my time** what I was really doing, screens, study, where I was
- ☐ **Lying about money** what I spent, what I borrowed, what things cost
- ☐ **Fake prayer** praying words I don't mean
- ☐ **Fake anywhere** at home, with friends, at school, online, at church, or when I serve

Think about it

Where has being fake become normal for me, instead of something I can't stand?

Truth Check

Answer each question honestly. Tick Yes, No, or “Make it right” if this is something you need to bring to God.

Are there messages, DMs, or chats you’d hate your parents or youth leader to read?

☐ Yes ☐ No ☐ Make it right

Are there friendships or relationships you hide?

☐ Yes ☐ No ☐ Make it right

Do you have apps or accounts your parents don’t know about?

☐ Yes ☐ No ☐ Make it right

Do you act more Christian at church or youth than you really are?

☐ Yes ☐ No ☐ Make it right

Do you pray out loud to impress people more than to talk to God?

☐ Yes ☐ No ☐ Make it right

Do you say “I’ll pray for you” and then forget?

☐ Yes ☐ No ☐ Make it right

Is there something God has asked you to do that you keep putting off?

☐ Yes ☐ No ☐ Make it right

Do you copy, cheat, or pass off someone else’s work as your own?

☐ Yes ☐ No ☐ Make it right

Do you hide or lie about what you spend your money on?

☐ Yes ☐ No ☐ Make it right

If you get too much change, or a mark you didn’t earn, do you keep quiet?

☐ Yes ☐ No ☐ Make it right

Have you told yourself you’ll be generous “one day,” when God is asking you now?

☐ Yes ☐ No ☐ Make it right

“Search me, God, and know my heart.” Psalm 139:23 (CSB)

What’s True About Truth

Read these slowly. Let them sink in.

- › God never lies.
- › Jesus is the Truth.
- › The Holy Spirit is the Spirit of Truth.
- › A lie never truly helps God’s work.
- › Lies trap you. They open doors you don’t want opened.
- › Truth brings you back close to God.

Truth isn’t just something you say. It’s something you live.

My One Brave Next Step

Pick one thing from this test and decide what you will do about it this week. Keep it simple and real.

Who will I talk to?

Being honest gets easier when it isn't a secret. Write the name of a parent, youth leader, or trusted adult you can share this with.

Closing Prayer

Jesus,

You are the Truth.

I don't want to live a fake life.

I'm sorry for the lies I've told, the lies I've lived, and the lies I've hidden.

Make me clean on the inside.

Help me be the same person at home, at school, online, and at church.

Give me courage to tell the truth, even when it's hard.

Amen.

Final Reminder

This test isn't about feeling condemned. It's about being free.

Truth doesn't destroy disciples; it builds them.

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