

Book You Can Trust

For teens ages 12–14 · about 45–60 minutes · Buried & Raised · game **Book You Can Trust** · built on **2 Timothy 3:16, Psalm 119:105, and 2 Peter 1:21**

Your students carry a library in their pocket — memes, hot takes, thirty-second theology, and voices that sound confident while contradicting each other. Many have never been taught *why* the Bible is different from all of that. They may own a Bible. They may even respect it. But when a TikTok clip says Scripture was corrupted, or when a friend claims science killed the Book, they do not know what to say. Before baptism, every candidate needs to know that Scripture is God's breathed-out Word — trustworthy, alive, and the lamp for every step — not trends, feelings, or internet experts.

Before you teach anything, pray.

Some students think the Bible is boring or outdated. Some have only heard it used to shame people. Some secretly wonder if it is true. Ask the Spirit to make Scripture sound alive again — authoritative without arrogance, and welcoming without watering down inerrancy.

The heart of the lesson

The Bible is not a human advice column that happens to mention God. **All Scripture is breathed out by God** — theopneustos, God-spirated (2 Timothy 3:16). Holy men spoke as they were **carried along by the Holy Spirit** (2 Peter 1:21). That means the Bible's authority does not rise and fall with our mood, our culture's approval, or the latest viral clip. God spoke. We listen.

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Scripture is also **useful** — not museum furniture. It teaches, reproves, corrects, and trains in righteousness so the man or woman of God may be complete, equipped for every good work (2 Timothy 3:16–17). Teens need that concretely: when friends pressure you at lunch, when anxiety spikes at night, when you do not know which road to take — *Your word is a lamp to my feet and a light to my path* (Psalm 119:105). The Bible does not light the whole highway at once; it lights the next faithful step.

The root issue underneath Bible-doubt is often not intellect but authority: who gets the final word? Worldly wisdom says follow the crowd, follow the feeling, follow the feed. God's way says build life

on the Book. Symptoms in a 12–14 student's life look like quoting influencers instead of verses, treating church like optional background noise, or assuming Google can replace God's Word. The caring contrast is not anti-questions — questions are good — but pro-honest inquiry that actually opens Scripture instead of dodging it.

Your word is a lamp — not the crowd, not the feeling, not the feed.

2 TIMOTHY 3:16

“All Scripture is **breathed out by God** and profitable for teaching, for reproof, for correction, and for training in righteousness.”

PSALM 119:105

“Your word is a lamp to my feet and a **light to my path.**”

How the session flows

- 1 Lamp in the dark.** Hook with flashlight vs. phone glow; read Psalm 119:105. ~7 min
- 2 God breathed it.** Teach inspiration, authority, and why the Book is reliable. ~12 min
- 3 Play the game.** “Book You Can Trust” two-team showdown on screen. ~12–15 min
- 4 Quiet honesty.** Reference card — private heart response. ~5 min
- 5 Worksheet.** Structured Scripture practice in class or take-home. ~15 min
- 6 Build on the Book.** One concrete reading habit + prayer. ~8 min

Screen for the game, printed reference cards and worksheets, pens, one physical Bible visible in the room, and leaders ready to help students start a simple daily reading rhythm.

Leading it, part by part

Lamp in the dark

Dim lights if you can. Hand a student a phone flashlight and a printed Bible. Ask: which light would you trust on a trail you have never hiked? The phone helps — but batteries die and algorithms lie. Read Psalm 119:105. God's Word is a lamp, not a floodlight of every future detail. It shows the next step of obedience. Baptism candidates are pledging to build life on this Book — they need to know why that is wise, not weird.

God breathed it

Read 2 Timothy 3:16–17 and 2 Peter 1:21. Explain *breathed out by God* in plain language: the Holy Spirit superintended human authors so what they wrote is God's Word in their words. This is classical Pentecostal inerrancy — the Bible is without error in the original writings and is the final authority for faith and life. Contrast TikTok theology: “my truth,” “the Bible was edited by politicians,” “science disproved it.” Answer briefly: the Bible is historically rooted, internally consistent on its main story, and has transformed billions — not because it flatters culture, but because God speaks through it.

Name symptoms: scrolling past Scripture, treating sermons as optional, letting a friend's doubt become your default. God's way out is not blind anti-intellectualism — it is opening the Book, asking honest questions *inside* Scripture, and letting the Spirit apply what God said. Hope line: you do not have to guess in the dark.

Play the game

Run “Book You Can Trust” on screen. Round 1 sorts God's Word from cultural counterfeits. Round 2 names Bible people and facts about Scripture. Round 3 puts teens in real dilemmas — TikTok doubt, boredom, conflicting voices. Round 4 drills the one-liners. Twelve to fifteen minutes. Bridge afterward: points are fun, but the real win is knowing which voice gets the final word.

Quiet honesty

Hand out the reference card — private, five minutes. Nobody collects it. Students honestly circle whether they treat the Bible as authority, background noise, or something they want to trust more deeply. Honor the silence.

Worksheet

Structured reinforcement — true/false, lookup, one real-life answer. Different job than the card: learning and application, not private emotional processing only.

Build on the Book

Close with one concrete habit: read one chapter of Mark this week, or one Psalm a day, or ask a leader for a teen reading plan. Invite a short prayer: “God — You spoke. Help me listen. Light my next step.” No shame for students who are new to reading — start small and stay consistent.

Take it further

- What does *breathed out by God* mean in your own words? (2 Timothy 3:16)
- How is Scripture different from a popular influencer's opinion? (2 Peter 1:21)
- What does Psalm 119:105 teach about how the Bible guides daily decisions?
- What are four things Scripture is profitable for? (2 Timothy 3:16–17)
- What is a symptom of building life on trends instead of the Book — in your school or phone habits?
- How would you answer a friend who says, “The Bible contradicts itself”? (point them to context and Christ)
- Why does Jesus say heaven and earth will pass away but His words will not? (Matthew 24:35)
- What one step will you take this week to let the Bible light your path?

A final word

Teens do not need a culture war lecture. They need confidence that the Book is God's voice — reliable, alive, and enough for real life. Give them Scripture about Scripture, a game that makes it stick, a private card for honesty, and a worksheet that sends them back into the text. Then send them home with one small reading habit and a big truth: God spoke. We listen.