

SMALL GROUP GUIDE: THIS IS TRUE

WEEK 1 - The Crisis of Knowing: Why Truth Feels Fractured

INTRODUCTION: The following is a guide to help facilitate discussion between you and the person you're studying with or with your Connect Group. Feel free to add, subtract, or change questions to fit the conversation, and pray for the Spirit to lead in all things.

OPEN: Think of a time when you were absolutely certain something was true — and later discovered you were wrong. How did that realization feel? What did it teach you about knowing, certainty, or humility?

Follow-up: In one sentence, how would you describe the “truth climate” of our world today?

SCRIPTURE READING

Read together: John 18:33–38, 1 Corinthians 13:9–12, John 14:6

Listen for the tension between certainty and revelation, information and encounter, data and relationship.

CONTEXT & SETUP (Read Aloud)

We live in a time where access to information has never been easier — yet finding truth has never felt harder. The internet overwhelms us with content, algorithms shape our attention, and culture swings between wanting absolute certainty and trusting nothing at all. Pilate's ancient question — “What is truth?” — has become the modern cry of a confused world.

This week's teaching reminds us that Christian truth is not just a concept, a doctrine, or a set of right answers. Truth is a Person — Jesus Christ. And knowing Him forms how we see everything else. We are not asked to become certain people. We are invited to become formed people — humble, attentive, and anchored in Christ.

HEAD: Explore the Text

1. When you hear Pilate ask, “What is truth?”, how do you hear that question? Curious? Cynical? Exhausted? Defensive? Something else? Why?
2. Read John 14:6 again. What does it mean that truth is not just something Jesus teaches, but something Jesus is? How does this reframe our approach to Christian belief?
3. The sermon introduced the Greek word *aletheia* (“unveiled,” “revealed”). How does this reshape the idea that we “discover” truth versus truth being “revealed” to us?
4. Modernism says truth is provable. Postmodernism says truth is perspectival. Metamodernism says truth is held in tension. Which cultural worldview has shaped you the most? Why?
5. How has the internet changed how you know things? Does your feed shape your worldview? Your sense of truth? Your emotions?
6. Paul says we “see through a glass dimly.” How do you personally relate to the idea that Christians only “know in part”?

7. What helps you discern truth more deeply — Scripture? Community? Prayer? Silence? Conversations? Practices? Something else?
8. Where does Christian humility sit in conversations about “being right”? Why do you think humility is essential to Christian epistemology?

HEART: Personal Reflection

1. Where do you experience “epistemic anxiety” — the fear of being wrong, misled, or uninformed? How does that fear affect your spiritual life?
2. Have you ever felt pressure to “pick a side” in something before you had time to think, pray, or discern? What was that like?*
3. Can you recall a time when Jesus revealed truth to you not through information, but through relationship or experience?
4. Where might Jesus be inviting you to slow down, listen, or let go of a need for certainty?

HANDS: Practice This Week

Spiritual Practice: Curating Attention

- Choose one of the following practices for the next 7 days:
- Scripture Before Screens: Don’t look at your phone until you’ve read Scripture.
- Digital Sabbath: One full day with no social media or news.
- Listening Prayer: 5 minutes of silence asking Jesus, “Reveal truth to me.”
- Communal Discernment: Ask a trusted friend: “Where do you see blind spots in me?”

Invite the group to check in next week about their experience.

FINISH WELL: Bring It Home

1. What is one place in your life where you want truth to be “unveiled” — for God to make something clearer to you?
2. Who are the people in your life that help you see more clearly? How can you invite them into your discernment this week?*
3. What will be your one intentional step toward becoming a more truthful, humble, Christ-formed person?

CLOSING PRAYER (Leader or Participant Reads)

Jesus, our Truth,
Unveil what we cannot see.
Reveal what we do not understand.
Heal our blind spots, calm our anxieties,
and lead us into deeper humility and love.
Form us into a people who know You,
follow You, and reflect You to the world.
Amen.

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WEEK 2 - Algorithms of Belief: How Attention Economics Shapes Truth

INTRODUCTION: The following is a guide to help facilitate discussion between you and the person you're studying with or with your Connect Group. Feel free to add, subtract, or change questions to fit the conversation, and pray for the Spirit to lead in all things.

OPEN: Share an example of a time when the internet surprised you by “knowing” something about you. Was it a recommendation, an ad, a video, an article? How did it make you feel — intrigued, amused, unsettled, seen, creeped out?

Follow-up: In one sentence, describe how the internet is shaping truth in our world today.

SCRIPTURE READING

- Romans 12:1–2 (“Be transformed by the renewing of your mind...”)
- Luke 8:18 (“Consider carefully how you listen.”)
- Proverbs 4:23 (“Above all else, guard your heart...”)
- John 8:31–32 (“Then you will know the truth...”)

Invite participants to listen for themes of attention, formation, and discernment.

CONTEXT & SETUP (Read Aloud)

We live in a world where our attention is more valuable than our data.

The internet constantly studies us — our loves, fears, and habits — and shapes what we see, what we trust, and what feels plausible. Algorithms have become one of the most powerful discipleship systems in human history.

But Christians believe our minds are formed not by accident but by intention. Not by algorithms but by Christ. Not by emotional reaction but by the renewing work of the Spirit.

This week's teaching invited us to understand:

- How algorithms shape belief
- Why attention matters spiritually
- How Christian community and Scripture counter-form us
- How to practice wise digital discernment

Truth in the digital age requires humility, intentionality, and a community that helps us see what we cannot see alone.

HEAD: Explore the Text

Read Romans 12:2 again. What stands out to you in the phrase “renewing of your mind”? How does this speak to digital discipleship?

Jesus says “Consider carefully how you listen” (Luke 8:18). Why does how we hear matter as much as what we hear?

In Scripture, the mind (nous) includes desire, imagination, perception, and attention. How does this differ from our culture's view of "mind" as mostly rational thinking?

Algorithms are optimized for engagement, not truth. What impact does this have on how Christians discern what is real or trustworthy?

Have you ever realized that your online environment shaped your beliefs without you noticing? What helped you become aware of it?

How do echo chambers and confirmation bias show up in your own life? Where are you most vulnerable to hearing only one kind of perspective?

HEART: Personal Reflection

In what ways has your online consumption impacted your emotional or spiritual life? (Examples: stress, fear, anger, division, comparison)

What content tends to disciple you the most — not what you want to disciple you, but what actually does?

Where do you sense the Holy Spirit nudging you toward healthier patterns of attention?

Have you ever felt ashamed, overwhelmed, or confused about what's true online? How did Jesus meet you in that space — or how might He want to?*

What would it look like to let Jesus shape your imagination before the internet does?

HANDS: Practice This Week

Forming a digital rule of life. Choose one of the following (or create your own):

A) Scripture Before Screens: Each morning, read a psalm or gospel passage before unlocking your phone.

B) The 24-Hour Digital Sabbath: Choose one day with no news, no scrolling, no social feeds.

C) Digital Examen

- At the end of each day, ask:
- What shaped my attention today?
- What formed my imagination?
- What stirred fear?
- What stirred love?

D) Community Discernment: Invite someone to speak honestly into one digital habit that may be shaping you.

Encourage group members to check in next week.

FINISH WELL: Bring It Home

What is one digital habit or pattern you feel Jesus inviting you to surrender, reframe, or heal?

Where do you feel the need for a “renewed mind” — in your thought life, emotional life, or digital life?

What step will you take this week to let Christ — not your feed — be the loudest voice in your life?

CLOSING PRAYER (Leader or Participant Reads)

Jesus, our Teacher and our Truth,
Renew our minds and reshape our attention.
Break every false formation, calm every fear,
and guide us into wisdom.
Teach us to hear Your voice above all others,
and form us into a people who love truth
because we love You.
Amen.

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WEEK 3 - The Truth We Tell: How Story Shapes Seeing

INTRODUCTION: The following is a guide to help facilitate discussion between you and the person you're studying with or with your Connect Group. Feel free to add, subtract, or change questions to fit the conversation, and pray for the Spirit to lead in all things.

OPEN: Think of a story from your childhood, family, or past that has shaped you in some way — it could be funny, serious, or meaningful. Why does that story still live in your memory? What about it formed you?

Follow-up: Share a time when someone's story impacted your faith or worldview more than an argument ever could.

SCRIPTURE READING

- **John 20:11–18** (Mary Magdalene's testimony)
- **Luke 24:13–35** (The Emmaus story)
- **Acts 4:18–20** ("We cannot help speaking...")
- **Revelation 12:11** ("They overcame by the... word of their testimony.")

Listen for themes of **story**, **seeing**, and **witness**.

CONTEXT & SETUP (Read Aloud)

We live in a culture that is skeptical of institutions, distrustful of authority, and suspicious of truth claims. Yet people still crave something real, something lived, something authentic. That is why *story* — testimony — continues to be one of the most powerful ways truth is revealed.

This week, we explored how Christian truth is not just something we argue or explain, but something we **bear witness to**. God forms us into a storytelling people: people whose lives tell the truth about Jesus.

Testimony is not "my truth."

It is **my witness to the Truth** — Christ at work in my life.

In a world full of curated identities and algorithmic narratives, Christians embody a different reality:
truth that has become flesh in us.

HEAD: Explore the Text

1. What stands out to you in Mary Magdalene's simple testimony, "I have seen the Lord"? Why is that more powerful than an argument?
2. In Luke 24, why do you think the disciples failed to recognize Jesus until after He re-told the story? How does story shape what we are able to see?
3. Acts 4:20 shows Peter and John refusing to be silent. What gave their testimony such authority?

4. Revelation 12:11 describes testimony as part of overcoming evil. How can a story be spiritually powerful?
5. Discuss this statement from the sermon: “We don’t see with our eyes; we see with our stories.” What does this mean in practical terms?

HEART: Personal Reflection

1. What story have you believed about yourself that God is beginning to rewrite?
2. Do you ever feel nervous or unqualified to share your testimony? What holds you back?
3. Consider a moment when God revealed Himself to you — even in a small way. How did that moment change your sense of truth?
4. How have other people’s stories strengthened your faith? What did you receive from their honesty?
5. Where in your life do you sense Jesus inviting you to “see differently” by trusting a new story?

HANDS: Practice This Week

Testimony Practice: “The 3-Minute Story”

Invite group members to do this at home and share next week:

1. Write a simple 3-minute testimony following this pattern:
 - **Before:** What was your situation, mindset, or struggle?
 - **Encounter:** Where did Jesus meet you?
 - **After:** How did your story shift — even a little?
2. Share it with:
 - a friend,
 - a family member,
 - or someone who needs encouragement this week.

This is NOT about sharing a “big” or dramatic story.

This is about **truth-telling**, humility, and authenticity.

FINISH WELL: Bring It Home

1. What story do you sense Jesus asking you to share right now — and with whom?
2. What part of your life needs to be re-narrated by the gospel — your identity, your fears, your relationships, or your sense of purpose?
3. How can you become a more attentive listener to the stories of others?

CLOSING PRAYER (Leader or Participant Reads)

Jesus, our True Story,
You meet us on the road,
You open our eyes,
You rewrite our lives in Your love.

Make us a people who tell the truth with our lives.

Give us the courage to speak honestly,
the humility to listen well,
and the imagination to see the world through Your resurrection.

Shape our stories into testimonies of grace.
Amen.

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WEEK 4 - When Truth Becomes a Weapon: Recovering Humility in a Culture of Certainty

INTRODUCTION: The following is a guide to help facilitate discussion between you and the person you're studying with or with your Connect Group. Feel free to add, subtract, or change questions to fit the conversation, and pray for the Spirit to lead in all things.

OPEN: Share a moment when you were absolutely convinced you were right about something... and later discovered you were wrong. What did it feel like to confront your own certainty?

Follow-up: Think of a time when you witnessed "truth" being used in a harsh or harmful way. What impact did it have?

SCRIPTURE READING (Read Aloud)

- **John 8:1–11** — Jesus and the woman caught in adultery
- **1 Corinthians 8:1–3** — "Knowledge puffs up, but love builds up"
- **1 Corinthians 13:9–12** — "We know in part..."
- **James 1:19–20** — "Slow to speak, slow to anger..."

Listen for themes of **humility, self-awareness, love,** and **the way Jesus holds truth.**

CONTEXT & SETUP (Read Aloud)

We live in a culture obsessed with certainty, quick to judge, and eager to defend its own correctness. Truth has become something people use to win arguments, prove superiority, or protect their identity.

But Christian truth is not a weapon. It is a way of **being** — humble, gentle, compassionate, Christlike. Jesus never separated truth from love, and He never used truth to crush, shame, or dominate. Instead, He told the truth in ways that healed, restored, and liberated.

The danger for Christians is to claim correct beliefs while embodying the wrong spirit. Scripture teaches that we "know in part," and that only humility makes us trustworthy witnesses of the truth.

This week's teaching invited us to recover humility as a core Christian posture — not as weakness, but as wisdom.

HEAD: Explore the Text

1. In John 8, what stands out to you most about the difference between how the Pharisees hold truth and how Jesus holds truth?
2. Jesus does not deny the law — yet He refuses to use it as a weapon. What does this tell us about Christian truth?

3. Paul says “knowledge puffs up.” How can knowledge (even correct knowledge) become prideful or harmful?
4. Why do you think humility is so essential to Christian discernment?
5. How does “seeing in part” (1 Cor. 13:12) shape the way we hold truth?*
6. How does James 1:19 challenge the way many Christians engage online or in heated conversations?

HEART: Personal Reflection

1. Where in your life are you most tempted to equate “being right” with “being faithful”?
2. Can you think of a time when your certainty caused harm — to yourself or to someone else? What might humility have changed in that moment?*
3. How does it feel to admit “I might be wrong” or “I don’t know everything”? Does it feel like weakness? Freedom? Fear? Relief?*
4. What fears tend to make you defensive or rigid in your beliefs? Fear of being misunderstood? Fear of losing control? Fear of losing respect?*
5. Where in your life is Jesus inviting you to hold truth with gentleness instead of certainty?

HANDS: Practice This Week

Practice: “The Humility Pause”

This week, choose one conversation or moment of potential tension and practice a simple pause before responding. In that pause, ask yourself:

- “Am I trying to **win**, or am I trying to **love**?”
- “Am I speaking from **fear**, or from **faithfulness**?”
- “Am I listening to understand, or listening to react?”

Then respond — or choose silence — out of humility instead of instinct.

Encourage group members to share their experience next week.

FINISH WELL: Bring It Home

1. What is one belief, conversation, or relationship where you need to hold truth more humbly this week?
2. Who has modeled Christlike humility for you?

3. How might their example guide you now?*
4. What would change if you truly believed that humility is not the opposite of truth, but the way truth becomes beautiful?

CLOSING PRAYER

Jesus, the gentle and humble Truth,
teach us to hold what we know with grace.

Where we are rigid, soften us.

Where we are fearful, calm us.

Where we are prideful, humble us.

Where we are wounded, heal us.

Make us people whose truth looks like Your truth —
gentle, wise, patient, and full of love.

Amen.

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WEEK 5 - Truth in Community: Why We Need Each Other to Discern Well in a Divided World

OPEN: Share about a time when you made a decision completely on your own — without input from others — and later realized you missed something important. What happened? How did you see differently once others spoke into it?

Follow-up: Share a time when community helped you discern something you could not have seen alone.

SCRIPTURE READING

Read together:

- **Acts 15:1–35** (the Jerusalem Council)
- **Proverbs 11:14** (“In the multitude of counselors there is safety”)
- **Philippians 2:1–4** (humility and others-centeredness)
- **1 Corinthians 12:12–27** (the Body of Christ)

Invite the group to listen for themes of listening, humility, difference, discernment, and the Spirit’s leading through community.

CONTEXT & SETUP (Read Aloud)

Truth in Scripture is rarely discovered alone. From Genesis to Revelation, God reveals truth in community — among people who think differently, come from different backgrounds, and bring unique perspectives. The early church understood this deeply. In Acts 15, when disagreement and confusion arose, they gathered, listened, prayed, told stories, opened Scripture, and discerned slowly and humbly. And then they said something astonishing:

“It seemed good to the Holy Spirit and to us...”

This model challenges our modern, individualistic ways of knowing. We often make decisions in isolation, assume our interpretation is correct, or seek only voices that validate us. But Christian truth is discerned *together*, in humility, with the Spirit guiding us through one another.

This week’s message invited us to rediscover why we need each other — why no one sees the whole picture, why every believer brings something essential, and why truth becomes clearer when we seek it within the Body of Christ.

HEAD: Explore the Text

1. What part of the Acts 15 story surprised you or challenged the way you think about “church disagreements”?
2. Why do you think the early church chose to gather, listen, and discern together rather than issue a decree from a single leader?

3. What role did testimony (Paul & Barnabas' stories) play in their discernment? Why is story important in discovering truth?
4. How did Peter's humility ("Why put a burden on them we couldn't carry?") change the direction of the discussion? What does humility make possible in conversations about truth?*
5. How did James use Scripture to interpret what was happening? What does this tell us about the relationship between Scripture, experience, and community?*
6. What do you think it meant for them to say, "It seemed good to the Holy Spirit and to us"? How does that phrase challenge or encourage you?

HEART: Personal Reflection

1. Where in your life do you tend to make decisions alone? Why is that? (pride, fear, privacy, self-reliance, mistrust, habit?)
2. What blind spots might you have that community can help reveal? Are there areas where you struggle to hear other perspectives?
3. Think about a recent disagreement (big or small). What would have changed if the goal had been communal discernment instead of winning or proving your point?*
4. Who has been a source of wisdom, perspective, or correction in your spiritual life? How have they helped you see something you could not have seen alone?
5. Is there a situation right now where you need to invite community into your discernment? What holds you back from doing so?

HANDS: Practice This Week

This week, choose a decision, tension, or question you are experiencing. Before acting, reach out to: one trusted believer, **or** a small circle of wise, grounded people and ask:

- "What do you see here that I might not?"
- "How does this look from where you stand?"
- "Do you sense the Spirit nudging in any particular direction?"

Then — and this is key — listen without defensiveness.

Let their perspective become part of the way God guides you.

Encourage group members to share next week how this practice shaped their discernment.

FINISH WELL: Bring It Home

1. What might Jesus be trying to teach you about humility, listening, or belonging through this week's message?
2. What practical step can you take to make discernment more communal in your life?
3. Who in your life could benefit from your presence in their discernment right now? How could you offer gentle, humble wisdom?

CLOSING PRAYER (Leader or Participant Reads)

Holy Spirit,

We trust that You speak through Your people.

Teach us to slow down, listen deeply, and learn from one another.

Protect us from pride, isolation, and narrow vision.

Make us a community that discerns with humility and hope.

Help us to say, with the early church,

“It seems good to the Holy Spirit and to us.”

Amen.

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WEEK 6 - You Will Know the Truth: How Jesus Rewrites Our Way of Knowing

INTRODUCTION: The following is a guide to help facilitate discussion between you and the person you're studying with or with your Connect Group. Feel free to add, subtract, or change questions to fit the conversation, and pray for the Spirit to lead in all things.

OPEN: Icebreaker: Share about a time when you genuinely thought you understood something — a situation, a person, a belief — only to discover later that you were completely wrong. How did that realization feel? What changed afterward?

Follow-up: If you're comfortable, share one way your understanding of God or faith has changed in the last 5–10 years. What prompted the shift?

SCRIPTURE READING

Read aloud:

- **Acts 9:1–19** (Paul's encounter on the Damascus Road)
- **John 8:31–36** ("You will know the truth, and the truth will set you free.")
- **Colossians 1:15–20** (Christ as the true image)
- **1 Corinthians 13:12** ("We see through a glass dimly...")

Listen for themes of **blindness → sight, encounter, Jesus-centered truth, and transformation.**

CONTEXT & SETUP (Read Aloud)

We end this series where every Christian journey begins — not with certainty, but with *encounter*. Paul was utterly convinced he saw truth clearly. He was sincere. He was zealous. He was committed. And he was totally wrong. His certainty needed to collapse before he could truly see.

Jesus does not give him new information; He gives him **new sight**.

This is the core of Christian epistemology: we do not come to truth by mastering arguments, but by abiding in Jesus. Truth is not something we achieve; it is someone we encounter. And encountering Jesus rewrites everything — how we see God, how we see others, how we see ourselves, how we interpret Scripture, how we participate in the world.

This week we reflect on what it means for Christ to be not just the bearer of truth but the **center of all knowing** — and how that truth leads us into freedom.

HEAD: Explore the Text

1. In Acts 9, what part of Paul's encounter surprises you most? His certainty? His blindness? His vulnerability? His surrender?

2. Jesus confronts Paul not with arguments but with presence. What does this teach us about the nature of Christian truth?
3. How does John 8 redefine the relationship between abiding, knowing, and freedom? What stands out to you in Jesus' sequence?
4. In Colossians 1, Paul describes Christ as the "image of the invisible God." How does this shape the way Christians discern truth?
5. Why is humility essential for "knowing the truth"? What kinds of truth become distorted when humility is absent?

HEART: Personal Reflection

1. Where in your life has Jesus rewritten your way of seeing or knowing? What brought about that transformation?
2. Are there areas where you feel spiritually "blind," confused, or uncertain? How might Jesus be inviting you to surrender those areas?
3. Where have you held on too tightly to a belief, assumption, or interpretation that Jesus may be trying to soften or reshape?
4. What does "freedom" mean for you right now? Where do you long for liberation — in your thinking, emotions, identity, or relationships?
5. Has your pursuit of truth ever been shaped more by fear than by Jesus? How does His presence speak differently into those places?

HANDS: Practice This Week

Practice: A Three-Question Prayer of Surrender

Each morning this week, pray:

- "Jesus, where am I still blind?"
- "What truth are you trying to free me with?"
- "What must die in me so a new way of seeing can be born?"

Then spend two minutes in silence, allowing the Spirit to respond — not through analysis, but through presence.

Invite one trusted person into your discernment:

Share one thing Jesus reveals this week and ask them to pray with you.

Encourage group members to share next week how this practice shaped them.

FINISH WELL: Bring It Home

1. What part of your old way of knowing is Jesus inviting you to let go of? (old narratives, old fears, old certainties, old self-protection)
2. What new truth — about God, others, or yourself — is Jesus inviting you to embrace?
3. What would freedom look like for you in this next season of faith? What kind of person is Jesus forming you into?

CLOSING PRAYER (Leader or Participant Reads)

Jesus, our Truth and our Freedom,
Open our eyes the way You opened Paul's.
Remove the shadows of our old ways of knowing.
Give us new sight, new humility, new wisdom.
Set us free from every false story, false certainty,
and false identity that keeps us from You.
Rewrite our vision and remake our hearts
so we may see the world through Your eyes.
Amen.