FREE SAMPLE LESSON · YOUTH · LESSON 1

Can You Still Tell What Is True?

Not yet reviewed This lesson uses four steps: Introduction, Development, Word of God, Expression. Using them for a youth group is our assumption. It still has to be checked with an animator. It has not yet been reviewed by a pastor or priest, or by an animator. Pastors, priests and animators 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 gives us wisdom and right judgement. They 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 animator

The one thing: AI can make false things look and sound real. It can make a video of something that never happened. It can copy a person's voice. It can give an answer that is simply made up. The Holy Spirit gives us wisdom and right judgement. They 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. Your Bible may word them a little differently. If so, 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. People made it 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. Pray together: "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. It has 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. He is making fun of their English teacher. Her 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. He used 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 about truth from a famous Christian writer. 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. 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. 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 very well. A video, photo or voice note of something that never happened can look 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. 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. He gives us 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 sounds exactly like your youth group animator. It 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. One: keeps hearing it, in church on Sunday and in a few Gospel verses each day. Two: keeps it in mind and prays with it. Three: does what it says, even 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 and by the wish to be first with the news. She was also pushed 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. That means what is cruel, what flatters us, or 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. We also notice more quickly what does not ring true. Freedom here means not being pushed around by the crowd or by our own anger. It also means not being pushed around 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 Holy Spirit gives wisdom and right judgement to those who ask. Ask Him every day." (These are our own words. See Isaiah 11:2.)

Then add this. It is our own application: "These gifts are for the whole of your life. That includes what you watch, believe and share on your phone."

Second, one of the Ten Commandments. "One of the Ten Commandments says: 'You shall not bear false witness against your neighbor.'" (Exodus 20:16) Then say, in our own words: "We wrong a person when we believe the worst of them without good reason. We also wrong them when we spread something false that harms their good name."

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

Third, 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 and say sorry to the person. You can bring it to Jesus in prayer and ask his forgiveness. 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 the Lord's Prayer.

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. It can make fake videos, photos and voices. It can give 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 group heard an invented story about Anika, a Std 11 student. She forwarded a video of a classmate that turned out to be an AI fake. A chatbot also gave her a made-up quotation. 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 group learnt three steps: Stop, Source, Share? Which one is hardest for each of us?
- Suppose a voice that sounds like one of us 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.