



I Know a Guy | 2-5-25

LARGE GROUP GAME: We'll start off with a quick game of "[Spy The Lie](#)" but we'll try to make it quick to hopefully give you time for the "Undercover" game in groups.

Our number one goal for tonight is for students to learn how Jesus can be trusted.

SMALL GROUP DISCUSSION (45 minutes)

This past Sunday, we continued our series called I Know A Guy (that guy being Jesus). Remember, this series looks at the characteristics of Jesus. Tonight, we're talking about how he keeps his word.

Before you begin, play a game of "Undercover." Divide into groups of 4-8 (8 max). Think of the name of a person, place or thing. For however many people are in the group, rip off that many pieces of paper and write the name on every piece except one. Pass out the pieces of paper, one to each person. Whoever gets the blank piece of paper is the "sneak." The group goes around in a circle and describes the person, place, or thing with one word. On their turn, the "sneak" must make up something to not have their identity revealed. The goal is for the group to identify who the sneak is after everyone goes through the circle twice.

When you're done, talk about these questions together.

1. What does the word "trust" mean to you?
2. What makes someone trustworthy (worthy of your trust)?
3. Who are some people you know who are trustworthy?
4. Thumbs up or thumbs down: "I trust people easily" (yes = thumbs up, no = thumbs down)
5. What makes it difficult to trust others? What makes someone *untrustworthy*?

He Keeps His Word

Jesus was trustworthy. He kept his promises and did exactly what he said he would. No matter how you answered the previous question, know this – You can ALWAYS trust in Jesus!

1. Read Matthew 5:33-37
 - a. What do you think it means to make a vow?
 - b. Have you ever vowed to do something? What did you vow? Did you keep your word?
 - c. When are some times you may tempted to not fully tell the truth or tell a partial truth? What makes it difficult to plainly say "yes" or "no?"
2. Jesus didn't just teach us to be honest and keep our word. He backed up his words with his actions. In the book of Isaiah (700 years before Jesus), it is written that the Messiah (Jesus) would come to heal the sick – and he fulfilled this promise on multiple occasions!
 - a. How does it make you feel knowing that Jesus did what was said about him?
 - i. Does it make it easier or increase your trust in Jesus knowing this? Why or why not?
 - b. What is one thing you can trust Jesus with this week? How can you model Jesus' characteristic of trust this week?

MATTHEW 5:33-37

33 "You have heard that it was said to our people long ago, 'When you make a vow, you must not break your promise. Keep the vows that you make to the Lord.' 34 But I tell you, when you make a promise, don't try to make it stronger with a vow. Don't make a vow using the name of heaven, because heaven is God's throne. 35 Don't make a vow using the name of the earth, because the earth belongs to him. Don't make a vow using the name of Jerusalem, because it also belongs to him, the great King. 36 And don't even say that your own head is proof that you will keep your promise. You cannot make one hair on your head white or black. 37 Say only 'yes' if you mean 'yes,' and say only 'no' if you mean 'no.' If you say more than that, it is from the Evil One.

HIGH/LOW/GOD THING (15 minutes)

Depending on group size, you might split into even smaller (shepherding) groups for this. Have each student go around and identify a highlight of their week, a low point from their week and where they have seen God show up in their week. This time is to help them see God around them, to celebrate when something goes well and for them to be supported when they have had a rough week. If you're short on time, let them choose one of those three to share.

PRAY

Encourage one student to pray for the group, specifically that each member would strive to be a reflection of Jesus' trustworthiness and put their trust in Jesus this week.