

True Lies: The Lies Society Feeds Us, How to Recognize Them and Keep Them Out Of Our Lives.

Learning Objectives for the Class

Day 1: **Truth** Study and discuss 5 common lies society is feeding us

Day 2: **Truth** Study and discuss 4 common lies society is feeding us

Day 3: **Recognition and Redemption** Of the lies we have discussed which ones have I accepted. How do you recognize when you start believing the lies of the world. If we have started believing the lies and find ourselves in trouble because of it. Is there a way to come out of them and live God's way?

Day 4: **Goals and Examples** You cannot move forward and avoid the lies of society without solid goals and examples that will encourage you do follow God's will.

Today's society offers many beliefs that when considered in the light of what the scriptures tell us we can clearly see are lies. These lies are very pervasive in our society and reach even into middle school and even elementary ages. The following lessons are to help us recognize some of these beliefs for the lies that they are so that we can help others and keep ourselves from falling into the traps Satan would set for us.

Under each Lie are listed several Truths that disprove the lie. Next to the truths will be listed in parenthesis either points to think about and discuss as a group, or scriptures to read which

support that truth. The goal is to have a round table type class with students being an active part of the class.

Teacher's Lesson Plan Day One: Lies 1–5

Below you will see several lies that society would have us believe are true. Under each Lie are listed several Truths that disprove it. Next to the truths will be listed in parenthesis either points to think about, or scriptures to read which support that truth.

1.)Lie: Texting Inappropriate Photos or Messages is not a big deal and can be a Fun/Exciting way to Interact.

- a. Truth:** Once sent into cyberspace these photos/ messages will never go away. (Consider: is this communication something you will be embarrassed about in the future? If so you better not send it.)

- b. Truth:** By sending this information digitally you give up legal rights to it. (Whenever you upload pictures or words digitally you lose individual rights to those items. This means whoever you send it to, or whoever that person sends it to, can manipulate the picture/ message however they want and share it with anyone they want to legally. It may be days or it may be years, but this one bad decision can come back to haunt you when you least expect it.)

c. **Truth:** Being willing to send inappropriate pictures/ messages doesn't make you look cool or attractive, it shows others that you don't have respect for yourself. (1 Thessalonians 4:22)

d. **Truth:** If you send an inappropriate photo of yourself, or if you have an inappropriate photo of someone else on your electronic device it may be a crime. (Consider: depending on the inappropriate message or photo it may be illegal for you to have it on your electronic device. Don't allow such things to be on your phone and if someone sends you something inappropriate delete it and let them know that is not acceptable.)

2.)Lie: Dressing Inappropriately Will Get a Guy's Attention

a. **Truth:** Skimpy attire non-verbally shows that you are not respectful of yourself and God tells us to dress in a respectful manner. (1 Peter 3:2-4; 1 Timothy 4:12
Example: Are you a pick up or a Lamborghini? A pickup is not treated with the same care and respect as a Lamborghini, it is treated as a work vehicle and no one cares if it is clean or running at its best. A Lamborghini is treated with great care, it is washed and detailed and given only the best treatment because

its owner knows and respects its value. In the eyes of the boy you are interested in, do you want to show you are the pickup that is okay with being treated without care or concern for your best interest or do you want to show that you are the Lamborghini and have great value? How you present yourself is your way of telling people how you want to be treated. This does not mean you have to wear the most expensive clothing; this means your clothing decisions should be thoughtful and reflect to others how you think of yourself.)

- b. Truth:** You will get attention by wearing skimpy clothing, but that attention may also come from someone whose attention you are not wanting. (Consider: we don't get to pick who looks at us in public. You may be dressing a certain way to get the attention of one specific person, but you may be attracting the attention of someone you don't want.)

3.)Lie: Real men have inappropriate relationships with women, watch bad or violent things, party and prove how tough they are by showing how weak other men are.

- a. Truth:** It takes more courage and strength to build a Godly relationship with a young woman than to build a physical one and God expects real men to treat women with great respect. (1 Peter 3:7, Jacob 2:36)

- b. Truth:** A life of partying, while enticing and fun at first, becomes very empty and can become a power that will take over your life. (Alma 19:74 Consider: the people and activities we surround ourselves with quickly become who we are and what our lives are like. In movies and music they make 'parties' seem fun and exciting, what they don't show is how things look when the 'fun' is over and someone finds themselves waking up somewhere they don't know or in the hospital.)

- c. Truth:** Strong and respectable men don't need to 'prove' how strong they are they respect the men around them and treat the women around them as they would want their mothers and sisters to be treated. (Alma 19:1-10)

4.)Lie: Drugs and Alcohol make life more exciting.

- a. Truth:** Over 3,000 teens die every year due to alcohol related accidents. (Consider: accidents rarely involve just the driver. If you are a passenger in a car with someone who is intoxicated by anything you are literally putting your life in danger.)

- b. Truth:** The current 'party' drugs on the market have been linked to not only overdoses but psychosis and

yet undetermined health issues. (Consider: the new drugs that are being used and considered 'legal' ways to have fun and get high are actually very dangerous chemicals that are causing a bunch of health issues. There are many cases of people becoming very sick and injuring themselves or others just from one try of these drugs.)

- c. **Truth:** When you consume any amount of alcohol and drugs you not only slow the development of your brain it also impairs your judgment making you more likely to make bad decisions. (Alma 16:230–232 Consider: God warns us that the spirit which we allow to control us when we die is the spirit that will have power over us for all eternity. If you are doing something that causes you to lose your judgment and make bad decisions, who is controlling you?)

5.)**Lie:** Celebrities are people to look up to as role models

- a. **Truth:** A celebrity's life is 100% an act to make money. A lot of what they portray in movies and music are not things they personally would be involved with or allow in their own homes to influence their own families. (2 Timothy 3:1–5 Consider: the famous rapper Eminem has been quoted as saying that he does not allow bad language around his daughter and would never allow her to listen to the music he creates or have it in his

home to influence her. He doesn't mind if you have it because he wants to make money on you. But he recognizes it is poison to keep out of his own child's life.)

- b. Truth:** The connection you may feel to a celebrity is not a true connection, it is a fairy tale. (Consider: in our society where celebrities are constantly reported on and followed daily we can get the feeling that we 'know' who they are or what they are like. You can never know who someone is through the eyes of a reporter who has a specific agenda. You only know the side of that person that the reporter wants you to know. If you don't know someone in real life, you don't know if they are a good person or not. Relationships are built on respect and trust which take time to develop.)
- c. Truth:** The People who care about you, who would reach out to help you when you are in trouble...those people deserve to be role models. (Mosiah 1: 47-50 Consider: many times in the scriptures God warns us about the influences we allow ourselves to have in our lives.)

Teacher's Lesson Plan Day 2: Lies 6-9

6. Lie: As long as I'm not a bully or being bullied I can keep my mouth shut and ignore what other people are doing around me.

a. Truth: The scriptures ask us to speak for those who have no voice. (Scriptures we looked up in class: _____)

b. Truth: We are called to 'bind up the wounds' of the broken for a reason. Hurt people with hurt people. (Read parable of the Good Samaritan. Martin Luther King took from that scripture this thought. Many people will encounter a situation and think about what will happen to them if they step in and do something. We should be like the good Samaritan who thought not of himself but of what would happen to the injured man if he did not step in and become involved)

7. **Lie:** Social Media like Twitter, Instagram and Facebook are great ways to meet new people.

- a. **Truth:** Spending time on social sites and not being careful about it is like spending time with a bunch of strangers. (Consider: the reality of internet sites is you have millions of people from around the world who have access to the site. This is an environment that can be ideal for someone who is searching for another person to take advantage of.)

- b. **Truth:** Unless you know and have met the other person in real life you have no idea who you may be talking to and sharing information with. (Consider: there are people who will pretend to be someone they are not, because of that it is very important to only interact online with people you have a real life relationship with.)

- c. **Truth:** You can put your other friends and family in danger by interacting with strangers online. (Consider: you may think you are safe communicating with strangers online because they are not physically near you, however they can have computer skills that would allow them to be able to find out where you live. And if they want to hurt someone you may have just put your loved ones in danger.)

8. Lie: Bad entertainment has no effect on me.

- a. Truth:** Studies from many groups and universities have shown a connection between violent entertainment and aggression. (Consider: you may think the movie you are watching or the song you're listening to doesn't affect what you are thinking or who you are, but even science has shown again and again that there is an obvious connection between the things you entertain yourself with and how you act.)

- b. Truth:** People who find themselves in trouble because of bad decisions they make have stated the entertainment they immersed themselves in affected their thoughts/ actions. (Consider: if participating in violent entertainment was an influence to people before you, why do you think you will not be influenced by it?)

- c. Truth:** God knows we are designed to be influenced by what is around us which is why He warned us to always think on those things that are good and holy. (Consider: what you allow yourself to see and hear changes your heart for good or bad, and from your heart comes your actions. Scriptures we looked up in class)

9. Lie: We have no inherent value and no divine purpose, so what we do or don't do won't really matter in the end.

a. Truth: All life is formed by our omnipotent God and is therefore priceless. (Scripture we looked up in class)

b. Truth: God never designs something without a purpose and a plan. (Scripture we looked up in class)

c. Truth: We are loved beyond our understanding by our Father in Heaven who asks us to serve Him so that we can have His joy and return to His presence in His due time. (Scripture we looked up in class)

d. Truth: You are a unique creation of a divine being, God, who is your Father in Heaven. (Scripture we looked up in class Consider: Just like a dollar bill has intrinsic value that cannot be taken away by anything that happens to it, we have an intrinsic value established by God when He created us. Only God can give us that value and no one can take it away from us.)

Teacher's Lesson Plan Day 3: Recognition and Redemption

Recognition: The dictionary defines recognition as, the identification of a thing or person from previous encounters or knowledge.

- We can't recognize something if we don't know what we are looking for, this is why God tells us to study and show ourselves approved. (2 Timothy 2:15, Proverbs 15: 28) What we have covered the last two days is our study of what the world tells us is right compared to what God tells us is right. Now that we have studied some of these lies and learned the truth about them from God's word we can learn to recognize them in our lives or in the lives of our friends.
- What is the purpose for learning of these things and watching that they do not become a part of our thoughts and actions? (Alma 5: 38-41)

Redemption: The dictionary defines redemption as, the action of saving or being saved from sin, error or evil.

Redeem: The dictionary defines redeem as, to buy back or re-purchase.

- So, what if we look at our lives and see that we have made a mistake or have done something we now realize is wrong? Is there a way for us to be whole again? (Christ is the plan of redemption and has all power to make us whole again; Romans 5: 1–12, 18–19)
- Our God is a God of order and has created a pattern for us to follow when we recognize the need for change. Faith, Repentance, Baptism, Enduring to the End. (2 Nephi 13:10–20; Psalm 51:1–7; Acts 22:14–16)
- Who or what are we supposed to have faith in? (Ephesians 3:17–19)
- What does the process of Repentance look like? (2 Nephi 3: 27–End)

God has a plan to recover us from sin, but we must be willing to honestly look at our lives and be willing to be humble and want to follow Him. He cannot redeem someone who is unwilling to belong to Him.

Coupon Example:

Think about how a coupon is redeemed. You purchase a newspaper and in that newspaper is a coupon for a free box of Cheerios. You drive yourself to the grocery store and take a box of Cheerios to the register. The cashier says that will be \$3.26 with tax and you hold up your coupon saying, “No, this one is actually mine.” You walk out of the store having redeemed the cereal for your own. Well, that’s kind of how I see the redeeming love of Christ. You see, before Christ came God’s people had to offer up sacrifices to God to cover their sin. When Christ came and died on

the cross He became the final and perfect sacrifice for sin. It is His sacrifice that covers our sin and allows us to return to the presence of God when this life is over.

When I die I will stand before God and have to make an explanation for all of my actions that went against the law of God. Because of my sin, I would be consigned to be separated from God for all eternity. But, because I have chosen to be baptized and follow Christ I am covered by His sacrifice. This is how I imagine that day:

I imagine myself standing before the throne of God, remembering how I have failed Him and realizing I stand no chance to be allowed into His presence. I am kneeling on the floor; my head is bowed because I am ashamed and scared to look at my God. In my heart I am consigning myself to the fact that I have failed, when from somewhere behind me Christ walks to me and lifts my chin. He looks into my eyes and I know that He knows me...I am His. He looks at my Heavenly Father on His throne and lifts up a piece of paper. As He hands the paper to my God and King He says, "She is covered. I have claimed her as my own through my sacrifice." As my Heavenly Father takes the paper in His hands I see that on it is written my name...in the blood of Christ. Then Christ lifts me to my feet and I hear, "Welcome in my good and faithful servant."

The thing with the plan of redemption is it only applies to those who desire to follow and belong to Christ. He cannot cover the sins of those who do not desire to have a part of his sacrifice.

Teacher's Lesson Plan Day 4: Goals and Examples

We cannot get where we are going to if we have no destination in mind.

- Can you play basketball with no basket? Or soccer with no goal box? How do games work? (Consider: each game has rules, the rules tell you how to play, you have to do certain things to make points and ultimately you win based on how you play and how many points you earn.) Just like you cannot play a game without rules and an ultimate goal, you cannot live life without knowing what your goal is. Goals are what allow us to know where we are going. Without a goal you wander aimlessly. (Philippians 3:13&14)

- What is your personal goal?
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- Think of some of your goals you have already achieved, how did you achieve them?
- Can you accomplish your goal if you don't know the way? How do we learn the way? (By following those who have gone before us. You will not be able to reach your goal if you do not have successful examples to follow.)
- I do not play the guitar; if one of your goals in life is to play the guitar I would be happy to give you lessons... would you want me to? Why not? You cannot learn how to be successful from someone who does not know what they are doing, they may be a very nice person but that

does not mean they can show you what you should do. God warns us to choose our spiritual examples very carefully and emphasizes that our best example is his Son Christ because He is the only one who is perfect. (1 Peter 2:21–25; Alma 19:1&2; 3 Nephi 8:41–49)

- What are some characteristics of a person who is a good example? Can you think of someone in your life that is a good example? What makes them a good example? Can you think of someone in the scriptures who is a good example? What makes them a good example?
- If you ever need some inspiration of those who have qualities to look up to I will be keeping a blog with inspirational examples. Each post will tell the story of someone who has accomplished great things for others in their life and are an example worth following. The website is: www.thecontinuationoflight.blogspot.com