



Walking in Truth: A Journey of Joy and Encouragement

By Ariel Presswood

Live Authentically | Inspire Joy | Encourage Faith

This activity and summary sheet set is designed to inspire participants to embrace the teachings of 3 John 1:1-4, encouraging them to walk in truth, experience joy in faith, and encourage others in their spiritual journey. Through interactive activities, meaningful reflections, and practical applications, participants will explore how living authentically in faith can transform their lives and bring joy to those around them. Let this guide lead you on a journey of truth and encouragement.

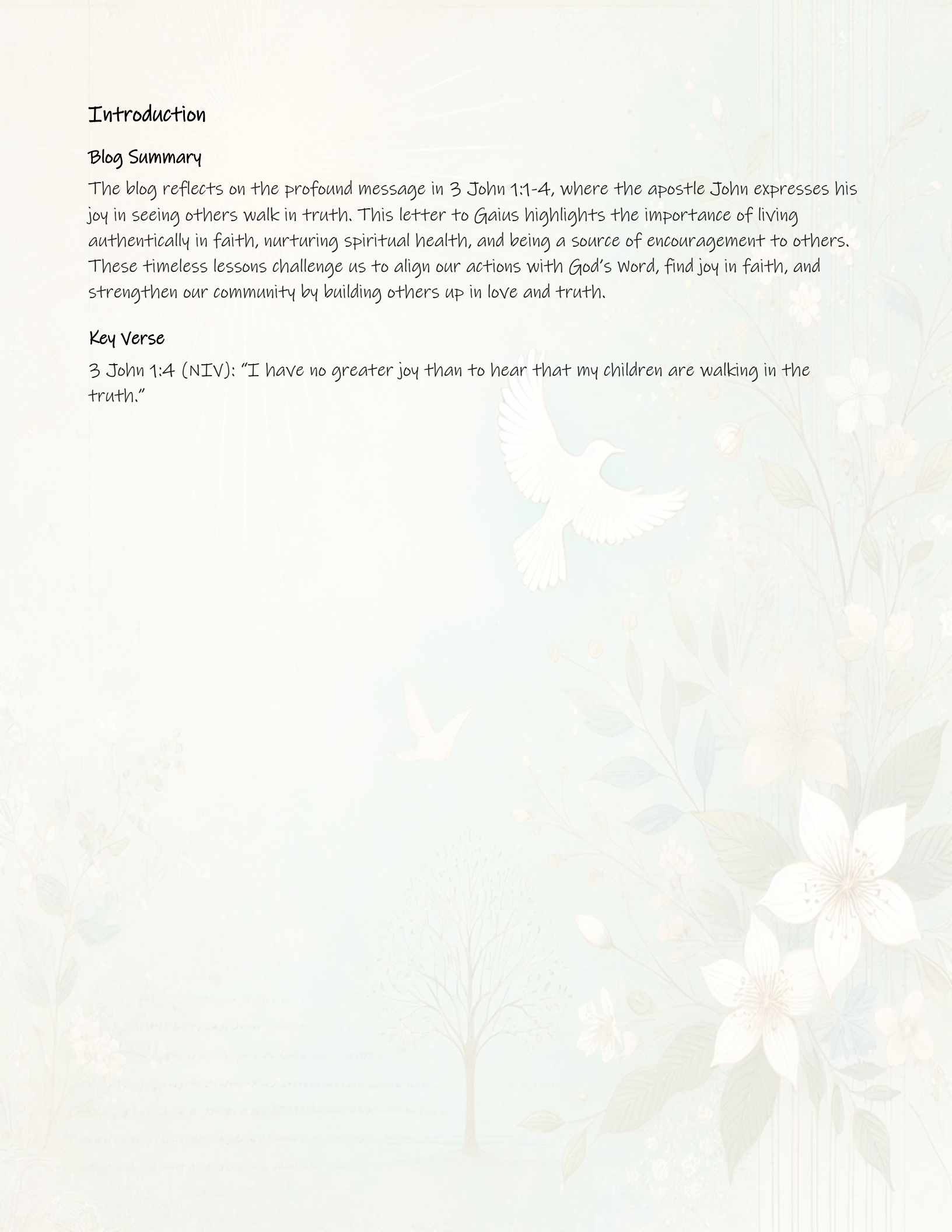
Introduction

Blog Summary

The blog reflects on the profound message in 3 John 1:1-4, where the apostle John expresses his joy in seeing others walk in truth. This letter to Gaius highlights the importance of living authentically in faith, nurturing spiritual health, and being a source of encouragement to others. These timeless lessons challenge us to align our actions with God's Word, find joy in faith, and strengthen our community by building others up in love and truth.

Key Verse

3 John 1:4 (NIV): "I have no greater joy than to hear that my children are walking in the truth."



Reflection Questions

Walking in Truth

1. What does walking in truth mean in your daily life?
2. How can you ensure that your actions and words align with God's Word?
3. Who inspires you to live authentically in faith, and how can you follow their example?

Experiencing Joy in Faith

1. When have you experienced joy from seeing others grow in their faith?
2. How can you find joy in your own spiritual journey?
3. What steps can you take to bring joy to others through your actions and words?

Encouraging Others

1. How can acts of kindness and support reflect God's truth in your relationships?
2. Who in your life needs encouragement in their faith journey, and how can you help?
3. What does it mean to be a source of encouragement and joy to others?

Section 1: Interactive Activities

Activity 1: Truth Tree Craft

Objective: Reflect on what it means to walk in truth and grow spiritually through a creative activity.

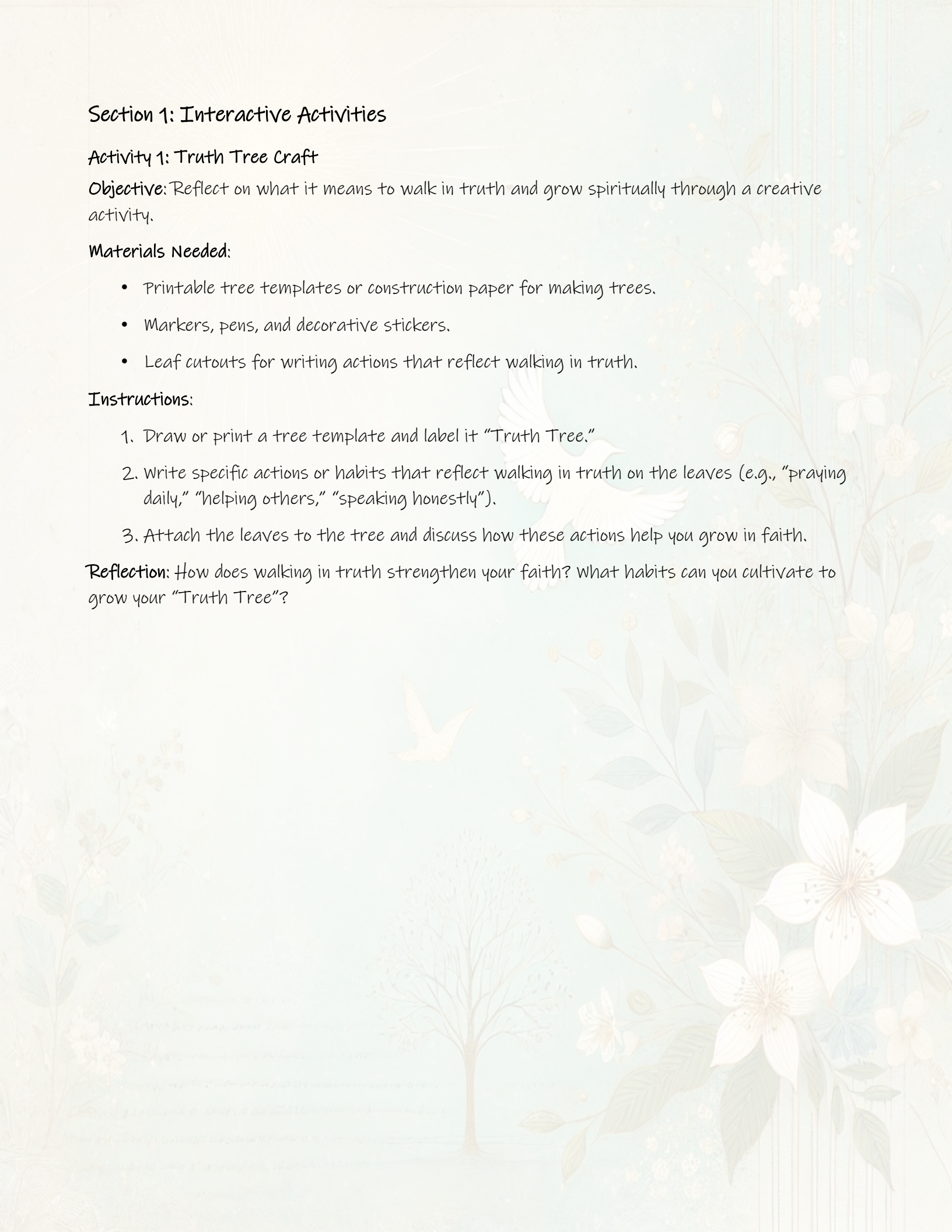
Materials Needed:

- Printable tree templates or construction paper for making trees.
- Markers, pens, and decorative stickers.
- Leaf cutouts for writing actions that reflect walking in truth.

Instructions:

1. Draw or print a tree template and label it "Truth Tree."
2. Write specific actions or habits that reflect walking in truth on the leaves (e.g., "praying daily," "helping others," "speaking honestly").
3. Attach the leaves to the tree and discuss how these actions help you grow in faith.

Reflection: How does walking in truth strengthen your faith? What habits can you cultivate to grow your "Truth Tree"?



Activity 2: Joyful Steps Obstacle Course

Objective: Simulate the journey of walking in truth and spreading joy through a physical activity.

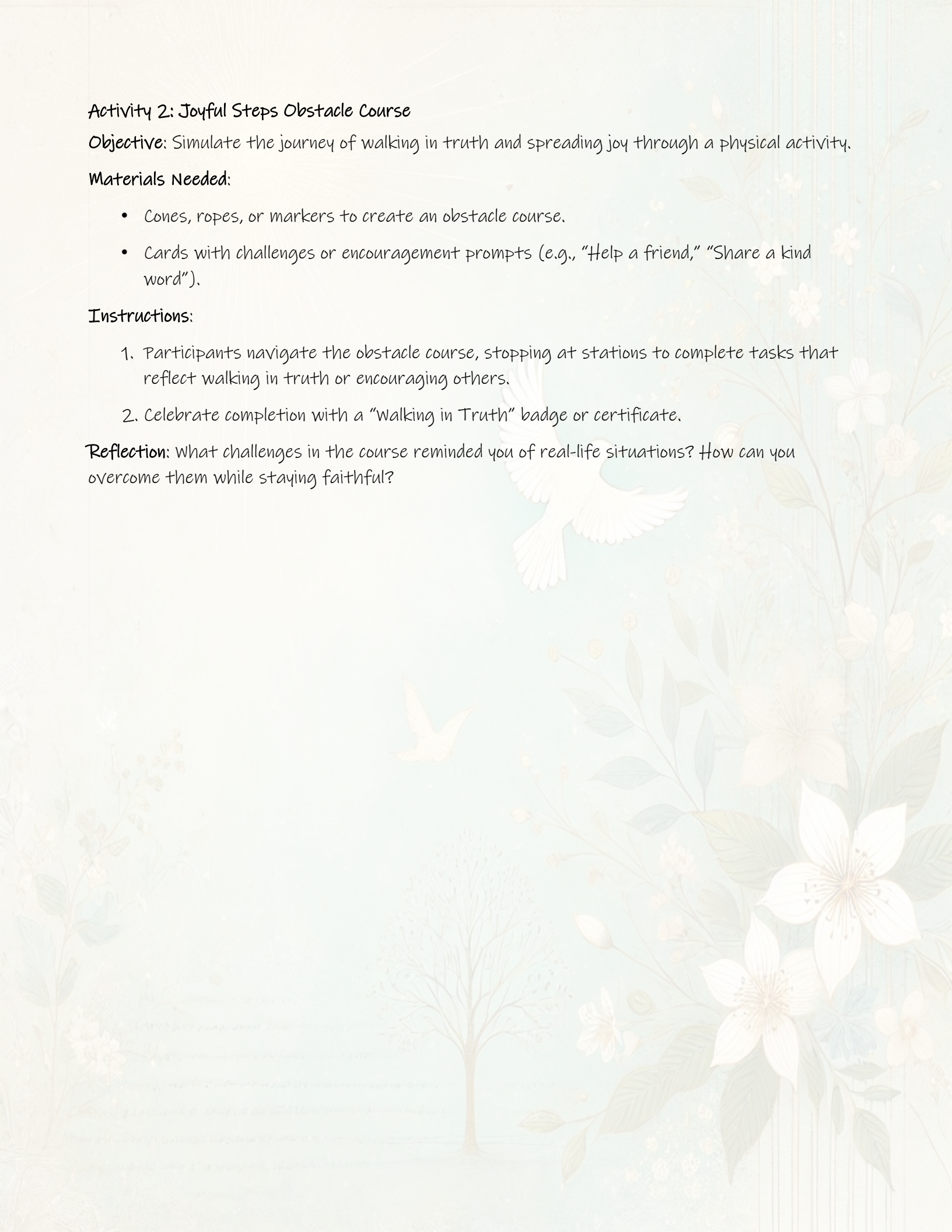
Materials Needed:

- Cones, ropes, or markers to create an obstacle course.
- Cards with challenges or encouragement prompts (e.g., "Help a friend," "Share a kind word").

Instructions:

1. Participants navigate the obstacle course, stopping at stations to complete tasks that reflect walking in truth or encouraging others.
2. Celebrate completion with a "Walking in Truth" badge or certificate.

Reflection: What challenges in the course reminded you of real-life situations? How can you overcome them while staying faithful?



Activity 3: Encouragement Jar

Objective: Practice encouraging others through a thoughtful, hands-on activity.

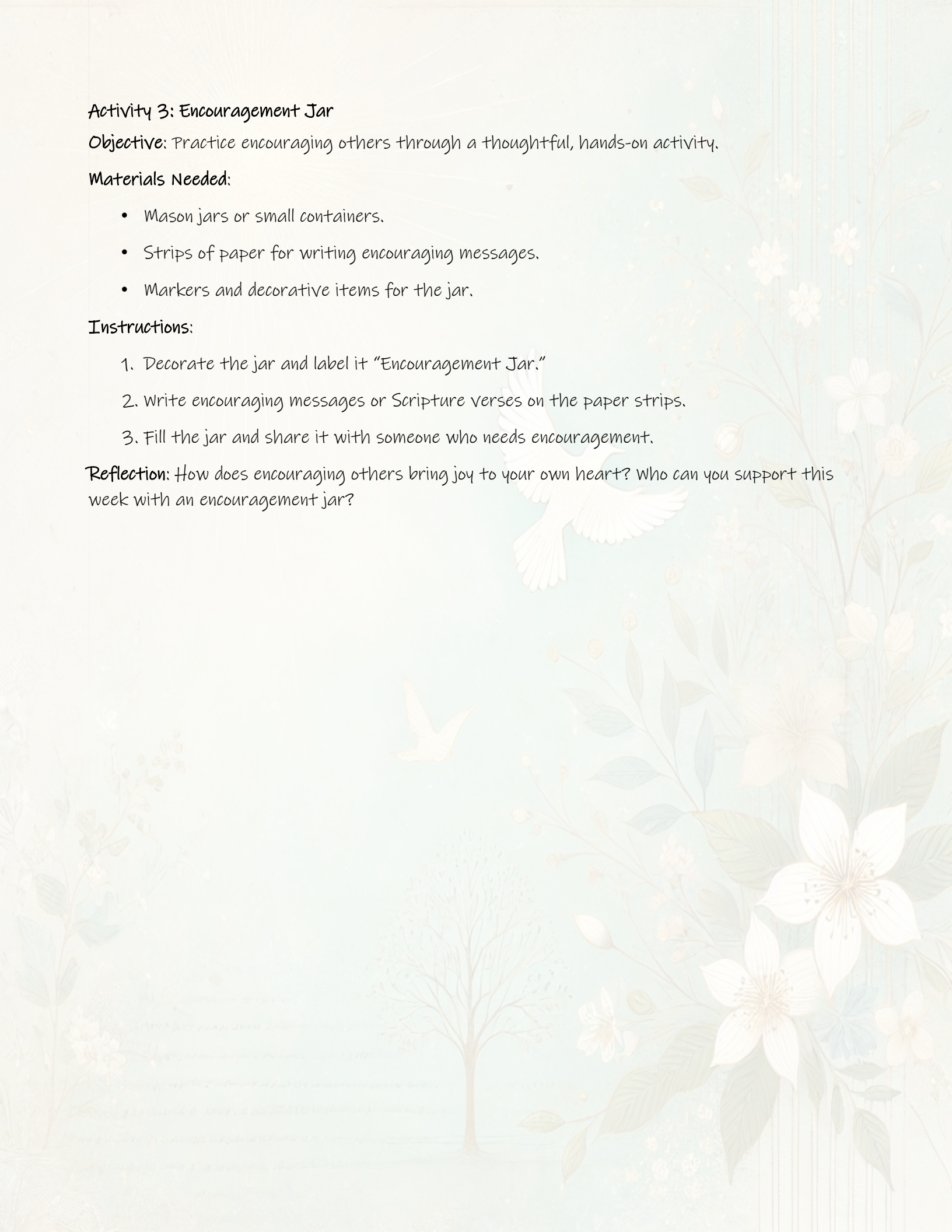
Materials Needed:

- Mason jars or small containers.
- Strips of paper for writing encouraging messages.
- Markers and decorative items for the jar.

Instructions:

1. Decorate the jar and label it "Encouragement Jar."
2. Write encouraging messages or Scripture verses on the paper strips.
3. Fill the jar and share it with someone who needs encouragement.

Reflection: How does encouraging others bring joy to your own heart? Who can you support this week with an encouragement jar?

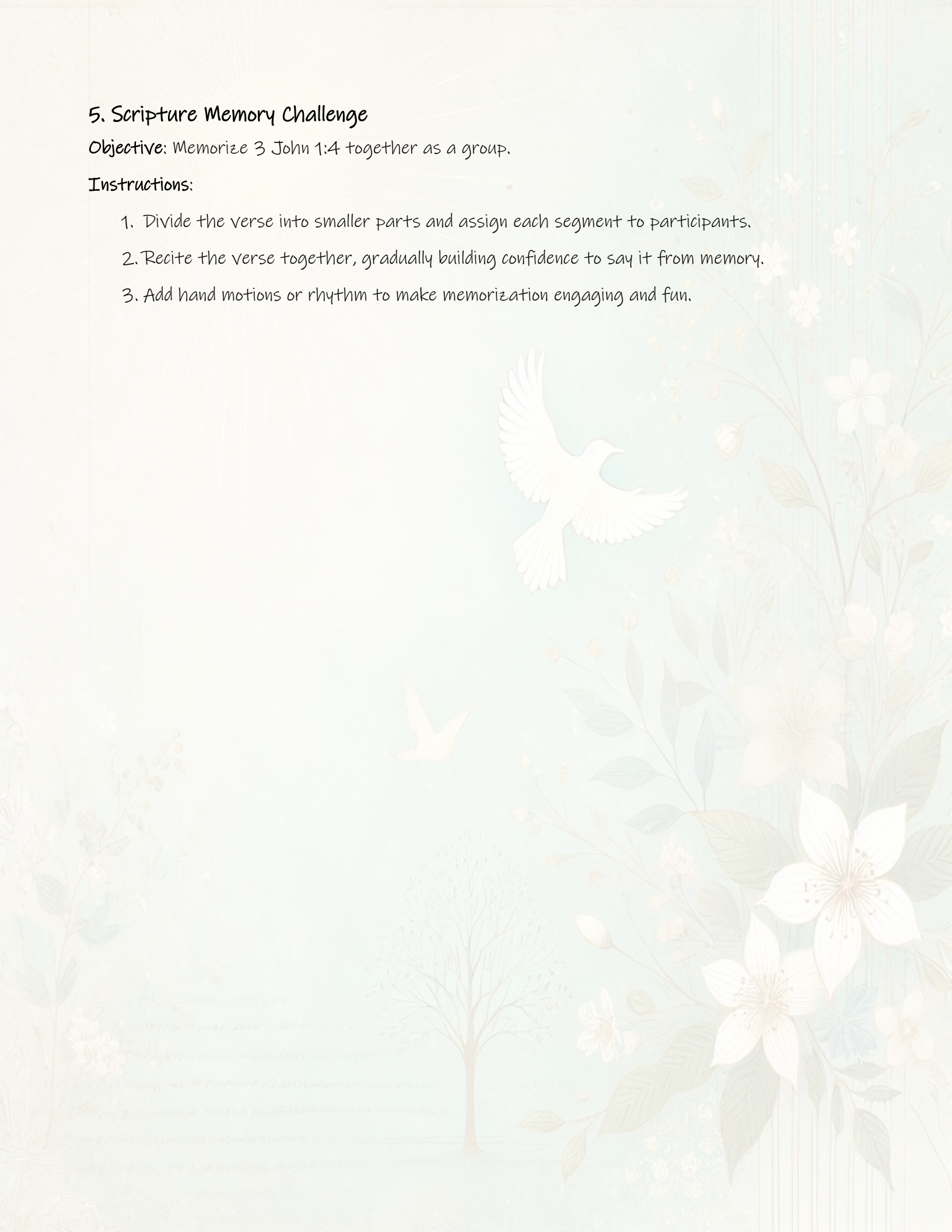


5. Scripture Memory Challenge

Objective: Memorize 3 John 1:4 together as a group.

Instructions:

1. Divide the verse into smaller parts and assign each segment to participants.
2. Recite the verse together, gradually building confidence to say it from memory.
3. Add hand motions or rhythm to make memorization engaging and fun.



6. Practical Applications

Spiritual Growth Journal

Instructions:

1. Write daily reflections on how you practiced walking in truth and encouraging others.
2. Note moments of joy you experienced in your faith journey and how you shared it with others.

Family Prayer Guide

Structure:

- Monday: Pray for strength to walk in truth.
- Tuesday: Reflect on how to bring joy to others through your actions.
- Wednesday: Thank God for the people who encourage and inspire you.
- Thursday: Pray for opportunities to encourage someone in their faith journey.
- Friday: Encourage family members to share their experiences of living faithfully.
- Saturday: Celebrate moments of joy and encouragement as a family.
- Sunday: Recommit to walking in truth and sharing God's love with others.

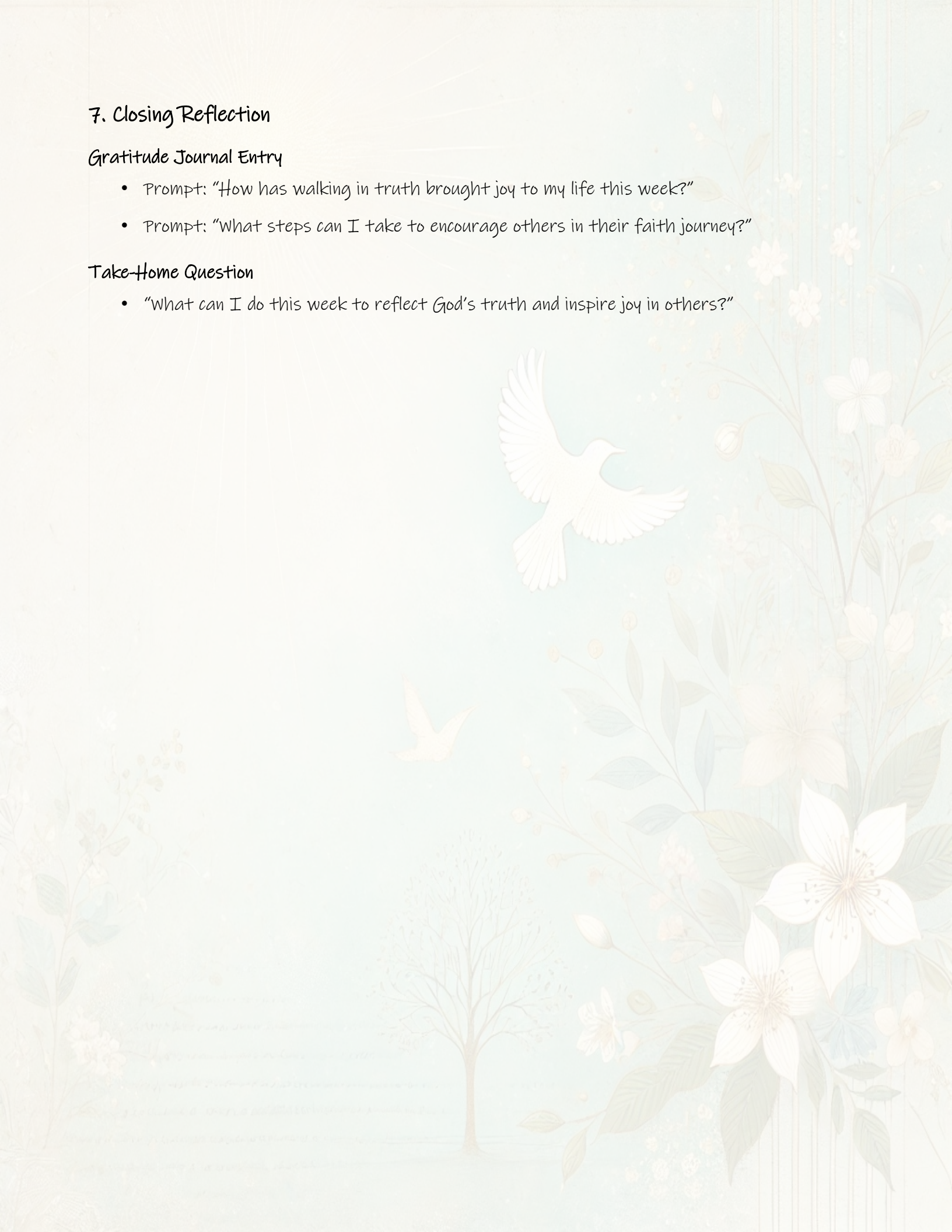
7. Closing Reflection

Gratitude Journal Entry

- Prompt: "How has walking in truth brought joy to my life this week?"
- Prompt: "What steps can I take to encourage others in their faith journey?"

Take-Home Question

- "What can I do this week to reflect God's truth and inspire joy in others?"



8. Bonus Content

Printable Coloring Page

- Design: A tree labeled "Truth Tree" with the memory verse 3 John 1:4 inscribed on the trunk, surrounded by symbols of joy and encouragement.

Encouragement Cards

- Include quotes from Scripture, such as:
 - "Encourage one another and build each other up" (1 Thessalonians 5:11).
 - "Let your light shine before others" (Matthew 5:16).
 - "Rejoice in the Lord always" (Philippians 4:4).

