



Activity and Summary Sheet: Holding Fast to the Truth

Introduction: Welcome to the "Holding Fast to the Truth" activity and summary sheet! Inspired by the blog post "Holding Fast to the Truth: Abiding in the Doctrine of Christ," this resource aims to deepen understanding of Christ's teachings. Imagine standing firm in faith like the early believers did when faced with challenges to their beliefs. Through engaging activities, reflective discussions, and educational insights, this sheet encourages families to explore the importance of steadfast faith and discernment in everyday life. Through engaging activities, reflective discussions, and educational insights, this sheet encourages families to explore the importance of steadfast faith and discernment.

Interactive Activities

Activity 1: Truth and Doctrine Trivia

Instructions:

- Prepare a list of true or false statements about the doctrine of Christ. Examples include:
 1. Jesus is fully God and fully man. (True)
 2. We can earn salvation through good deeds. (False)
 3. The Holy Spirit guides us into all truth. (True)
- Participants answer the questions and discuss why each statement is true or false, citing biblical references where applicable.

Sample Question Addition: What does it mean to "abide" in the doctrine of Christ? (True answer should involve living by His teachings.)

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 3. The Holy Spirit guides us into all truth. (True)
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Activity 2: Discernment Scenarios

Instructions:

- Create scenarios where participants must discern whether actions or beliefs align with the doctrine of Christ. Examples include:
 - "A friend says that Jesus was a good teacher but not God."
 - "Someone claims we don't need the Bible because we can trust our feelings."
- After discussing the correct responses, encourage participants to ask: "What does Scripture say about this?" Include verses like 2 Timothy 3:16-17 for reference.

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- Create scenarios where participants must discern whether actions or beliefs align with the doctrine of Christ. Examples include:
 - "A friend says that Jesus was a good teacher but not God."

- "Someone claims we don't need the Bible because we can trust our feelings."
- Discuss the correct responses and biblical foundations for discernment.

Activity 3: Crafting the Shield of Doctrine

Materials Needed:

- Cardboard or poster board
- Markers, stickers, aluminum foil
- Scissors, glue

Instructions:

1. Cut out a shield shape from the cardboard or poster board.
2. Cover the front with aluminum foil to symbolize strength and truth.
3. Write "Doctrine of Christ" in bold letters and add phrases like "Truth," "Faith," and "Eternal Life."
4. Decorate the shield with symbols such as a cross or open Bible.
5. Once completed, display the shield in a common area as a daily reminder to stand firm in Christ's teachings.

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Instructions:

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3. Write "Doctrine of Christ" in bold letters and add phrases like "Truth," "Faith," and "Eternal Life."
4. Decorate the shield with symbols such as a cross or open Bible.
5. Use the shield as a visual reminder to stand firm in Christ's teachings.

Family Challenges

1. Weekly Reflection Challenge:

- At the end of each day, share one way you abided in Christ's teachings. For example, standing up for truth, showing kindness, or resisting temptation.

2. Discernment in Daily Life:

- Encourage each family member to identify and share examples of truth and falsehood they encounter in media, conversations, or actions. Discuss how to respond with wisdom and faith.

Summary Sheet

Key Teachings:

1. Abiding in the Doctrine of Christ:

- To abide in Christ's doctrine means living according to His teachings, trusting His Word, and rejecting false doctrines.
- "Whoever abides in the teaching has both the Father and the Son." (2 John 1:9)
- *Practical Example:* Imagine navigating school or work while standing firm in truth when others stray. It's a commitment to faith in action.

2. Discernment:

- Discernment is the ability to distinguish truth from falsehood, guided by the Holy Spirit and Scripture.
- *Biblical Example:* Paul commended the Bereans for examining the Scriptures daily to verify teachings (Acts 17:11).
- *Discussion Prompt:* How can you apply discernment in modern-day media consumption?

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Historical Insights:

• Context of John's Epistles:

- Written to address false teachings that denied Christ's divinity and humanity, such as Gnosticism.
- Early church leaders, like John, emphasized staying faithful to Christ's truth as a defense against heresies.
- *Historical Example:* Athanasius, a bishop in the 4th century, stood firm against Arianism, a heresy denying Christ's divinity. His steadfast defense of truth shaped the Nicene Creed, a cornerstone of Christian doctrine today.

- **Context of John's Epistles:**

- Written to address false teachings that denied Christ's divinity and humanity.
- Encouraged believers to remain steadfast amidst challenges.

Educational Connections:

- Reflect on how Christ's teachings provide guidance in contemporary issues like integrity, compassion, and truthfulness.
 - Consider how early church leaders defended the doctrine of Christ against heresies and how we can apply similar principles today.
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Section 4: Reflective Questions

1. What does it mean to abide in Christ's doctrine in your daily life?
2. How can we lovingly correct someone who misunderstands Christ's teachings? Share an example from your own experiences.
3. What role does the Bible play in helping us stay grounded in truth? Reflect on how a specific verse has guided you.
4. Why is it important to recognize and reject false teachings? How can we do this with compassion?
5. What does it mean to abide in Christ's doctrine in your daily life?
6. How can we lovingly correct someone who misunderstands Christ's teachings?
7. What role does the Bible play in helping us stay grounded in truth?
8. Why is it important to recognize and reject false teachings?