

# A Word with the Father

By RLD Editorial Team

for use as  
**STEP 1** 

**Lesson 4****Focus:**

You can tell God anything.

**Lesson 4****Bible Basis:**

Psalm 42:1-8

**Lesson 4****Memory Verse:**

Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.  
—Psalm 62:8

**Your students will look at why they keep secrets from others in order to understand why we should be open with God.**

**Materials:**

Internet access

**In 1921, James McKenzie invented the polygraph machine, otherwise known as a lie detector. This machine measures blood pressure, heart rate, movement, and perspiration to determine if someone is telling the truth or a lie. For the last 100 years, government and law enforcement agencies have been using polygraphs as an integral piece of interrogations and trials, but recently, this technology has made its way into the hands of the public.**

**While these tests were once thought to be foolproof, more recent research suggests that these tests are often inaccurate. Let's see what one law enforcement officer has to say about how the results of polygraph test can get skewed:**

Play this clip for your students [0:59]:

Detecting Lies-What They Don't Tell You

<https://www.youtube.com/shorts/ccuj7Cbm5IU>

➤ **After watching this, how many of you would be willing to take the same kind of test the next time someone asks if you're telling the truth? If you didn't answer yes, why not?** (While your students are under no obligation to answer this question, allow any willing participants to share their rationale.)

➤ **Why do we keep secrets?** (There are things we've done, said, or thought that we don't want others to discover.)

➤ **Think about your biggest secret. How would it feel if this secret were to be revealed to those you were closest to?** (For most of us, this would be a mortifying experience that we feel could potentially negatively affect the relationships.)

**There's Someone who already knows all of our deepest—and darkest—secrets. Although we may be able to beat a lie detector test, we can't keep anything a secret from God.**

**Sometimes, this can feel really scary; after all, we've all done things we'd rather the Creator of the universe didn't know about. However, as we'll learn today, we should see this truth as liberating, not frightening.**

**Today, we'll learn how to change our perspective on being open with God, and discover how much stronger our relationship with Him can become when we share out of excitement, not fear. Let's take a look.**

Additional Resources:

The curious story of how the lie detector came to be.

<http://www.bbc.com/news/magazine-22467640>

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

Lesson 4 / June 23, 2024

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**Materials:**

- Pens or pencils (1 per student)
- Paper (1 piece per student)

If your class is meeting online, invite students to bring supplies with them to class.

**So far, we've looked at how we can confide in God with any emotion that we are facing. As pastor Rick Warren phrases it, "God can handle your emotions — He gave them to you, after all! He can handle your anger, doubt, fear, questions, grief, and even your complaints. Be honest; tell it to God. Get it off your shoulders. Spill your guts!"**

**Although in our hearts many of us know this is true, in practice it can be really difficult to change our perception of "complaining" to "sharing." After all, does the Creator of the universe really want to hear about how annoying it is when our Wi-Fi cuts out, even when there are millions of others without enough food and water?**

**In short, yes! Job 1:20 even states that confiding in God with our feelings is an act of worship. With that in mind, we're going to spend the remainder of today's class worshipping God by sharing with Him our emotions and feelings, no matter how small! Distribute supplies (or invite students to have them ready at home). Instruct your students to find a quiet place in the room and spend the next five minutes writing or drawing to express their frustrations, doubts, fears, and complaints to God.**

Close this lesson by challenging your students over the next week to take time at the end of the day to tell God every aspect of their last 24 hours. Encourage them to share in excruciating detail and to write down any changes that occur in their faith during this process.

Close in prayer, thanking God for being willing and eager to listen to us.

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