





## LAKE MOSS MONSTER

Liz is fishing for the truth about a monster in the lake.

### Let's Get Started

**Episode Theme:** Finding out the truth.

1. [John 14:6](#) says that Jesus himself is the ultimate trustworthy source. Do you know someone who doesn't know Jesus? They may be looking to you as a follower of Jesus to show them the truth. Are you a trustworthy source?
2. In [Matthew 4:1-11](#), Jesus is tempted by Satan in the wilderness. Satan tells lies to Jesus to try to get him to disobey God. Jesus compares what Satan tells him to God's word in Scripture. By comparing these two things, he can resist the temptation. That's because he knows the truth. Think about how well you know God's truth from the Bible as you listen to today's episode.

### Memory Verse

"I am the way, the truth, and the life. No one comes to the Father except through me"

**John 14:6**

### After You Listen

In this episode, Liz and the gang have to sort out what's true from what's false. In [Ephesians 6:14](#), Paul describes part of the armor of God as the the "belt of truth." In [John 8:32](#), Jesus tells us that "...the truth will set you free." Belts are tight! How can something that tightens around you set you free? Imagine that you were a Roman soldier in a large tunic with a sword to carry. A belt kept your tunic from getting in your way. But it also gave you a place to hang your sword so your hands were free. A belt made it easier for you to do your job. In modern times, a belt keeps your pants from falling down. That means one less thing to worry about as you go through your day.

You are called to put on God's belt of truth everyday. You learn God's truth from the Bible. Knowing the truth frees you from worry and helps you do your job in God's Kingdom.

Want dig deep and learn more about God's truth? Check out [Psalm 119:160](#), [John 17:17](#) and [Psalm 25:5](#).

### Challenge

Ask God to teach you the truth about him, about yourself, and about your world. Where do you find different kinds of truth: Personal experiences, the Bible, other people, or the internet?

Make a chart with three columns: Truth about God — Truth about Me — Truth about the World. For one week, write down what you learn.

## Take the Episode Quiz

**Question 1:** What is an “urban legend”?

**Answer:** Something that is repeated so many times that it is believed to be true, even though there is no scientific evidence for it.

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**Question 2:** What are some of the urban legends that Chamy says are not true?

**Answer:** That a goldfish has a memory that lasts only 8 seconds; that a penny dropped from a high building can crack a sidewalk; that a shark can detect a single drop of blood in the water.

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**Question 3:** What were Liz and his friends looking for?

**Answer:** The Lake Moss Monster.

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**Question 4:** When they go “fishing” and catch the monster, what does it turn out to be?

**Answer:** A remote controlled submarine that sank in the lake 50 years ago.

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<https://kidscorner.reframemedia.com/liz-and-friends/episodes/lake-moss-monster>

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