

# The Weight Of Lies

## Small Group Application Activity Lesson 4 - I Will Tell The Truth!

### PURPOSE:

This activity will demonstrate how the guilt and consequences of lies build up until they are too heavy to bear.

### DESCRIPTION:

In this activity, the children will see an object lesson in which more and more weight will be applied to a cup until it is crushed.

### MATERIALS NEEDED:

For this activity, you will need this Help Sheet, a small foam or paper cup, and a large amount of books, bricks, or weights.

*Note: The total weight that you have needs to be enough to crush the cup. Be sure to test BEFORE the children arrive.*

### TO INTRODUCE THE ACTIVITY SAY:

1. Lying to avoid getting in trouble is just an exercise in putting off the consequences.
2. Eventually, we will get caught and the consequences will be all the worse because of the lies we told trying to cover up whatever we did wrong.
3. I am going to show you what I mean using these two cups.

**For detailed instructions on how to lead the activity, watch the Training Video.**

### DURING THE ACTIVITY SAY:

1. When we do something wrong, we have a choice. We can try to lie and cover it up, or we can tell the truth, take the consequences, and put it behind us.
2. Watch this cup. I can place one brick on top of the cup with no problems.
3. This represents doing something wrong. Now we have a choice.
4. If we tell the truth, we face the consequences and put them behind us.

*Note: Remove the book and set it to the side or behind the cup.*

5. Just like taking the weight off of this cup relieves the pressure on it, telling the truth relieves the pressure on us by putting the event and it's consequences behind us.
6. Now watch this other cup. I can place one brick on top of this one, too.
7. But if I don't move it and keep piling more and more bricks on top of it, something bad will happen.
8. This represents what happens when we lie about something we have done. The consequences and more lies just keep piling up until we get caught, or can't take the pressure.

*Note: Pile the bricks up until the cup crushes. If the weight of putting the bricks on the cup does not crush it, tell the children to imagine more and more weight, and put your own weight on top of the cup until it crushes.*

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### AFTER THE ACTIVITY SAY:

1. These two cups represent us when we have done something wrong.
2. When we do something wrong, we need to tell the truth and take the consequences.
3. If we choose to lie, that won't be enough. We will have to lie again and again.
4. We are just piling up more wrong and punishment to hang over our heads.
5. Eventually, we will be crushed by the weight of all the lies that build up.
6. Which cup would you rather be? The crushed one or the other one? *(The other one.)*

### CLOSING STATEMENT:

Lies and dishonesty will always bring your life down. If you choose to be truthful you won't regret it. If you choose to lie, you will.