

Being Human study guide



SESSION ONE

Welcome to session one of Being Human. We're at the start of a journey exploring how we live truly, fully human lives. This session sets the scene and encourages us to consider — what does it mean to be human?

AIMS

- To recognise how much culture affects us and how we live.
- To realise that being human is about understanding more of who God is and who He made us to be.
- To respond to God's invitation to reflect His image (who He is and what He's like) out into the world

ICEBREAKER | 5 MINS

Q. Have you ever met a celebrity, or spotted them in public? How did you react?

Q. If not, who would you love to meet?

WATCH | 15 MINS

Watch: *Being Human: What does it mean to be human?*

While watching this session, take notes, and if you find it helpful, consider the hits and the misses of the film (hits are what captures your imagination, gets you thinking or resonates as true, misses are what you don't understand, didn't agree with or didn't connect with you).

DISCUSSION | 20 MINS

In the first part of the video, Jo and Peter talk about some of the big questions we all face and the cracks emerging in our society.

- What big life questions have you come across recently, and how do you prefer to engage with them?
- Do you notice any of the cracks in our society that Jo mentioned? What impact do you see them having in your life or on the lives of those around you?

Peter spoke about our tendency to shrink the gospel story; "You have a problem; Jesus is the solution." or: "God loves you and accepts you unconditionally as you are."

- What are the some of the problems that come from this watered-down gospel?
- Have you ever encountered this telling of the gospel in your life, or been tempted to reduce the gospel like this?

Jo talked about how she recognised King Charles because of all the objects she has seen that bear his image. She went on to explain that humans are objects that bear the image of God, representing, projecting and sharing in the likeness of God.

- What did you think of that analogy?
- What do you understand by the phrase, “made in the image of God”?

BIBLE REFLECTION | 15 MINS

The video ended with Jo reading Psalm 8. Read this passage again together.

- What does this passage tell you about God, and about what it means to be human?
- Where in the Bible can you find examples of God inviting His people to know Him and represent Him out into the world?
- Imagine you were explaining the “God story”, the full gospel we see in scripture, to someone who had never heard it. What would you say?

PRAYER | 10 MINS

Spend some time praying (perhaps in smaller groups) over what you have discussed. Maybe use Psalm 8 to start the prayer time with some words of praise and thanks.

ACTIVATION | 10 MINS

How could the ideas you’ve explored today impact your life this week? Why not commit to putting into practice an idea or a habit that helps you live out and share the truth that you are an image-bearer of God?

Here are some suggestions to get you started; pick one or come up with your own:

- ·Observe – Jo spoke about culture being like a river “pulsating with stories and ideas, cutting through our lives.” This week, when you’re on social media, reading the news or talking to people, try to notice some of the cultural stories and ideas being told. Make a note of them and consider how they affirm or differ from the God story.
- ·Remember – Make Genesis 1:26 your memory verse this week. As you recite and remember it throughout the week, consider what this reveals about who God is and who He made us to be.
- ·Respond – You are an image-bearer; how can you intentionally demonstrate the character of God as you live your life this week? Think about how you might reflect the kindness, compassion and peace of God in each moment.