

Being Human study guide



SESSION SIX

Our last session of Being Human circles back to the big question ‘what does it mean to be human?’ We look to Jesus who came to teach us how to be fully human.

AIMS

- To recognise the three major storylines of our culture and how they affect our understanding of it means to be human.
- To focus on how Jesus came to teach us how to be fully human.
- To respond by becoming living, breathing, hope-filled, non-anxious, walking-about temples of the Holy Spirit in our communities, seeking to bless and be a blessing.

ICEBREAKER | 5 MINS

What’s your favourite story? This can be from a book, film or real life. Why is it your favourite?

FOLLOW-UP | 5 MINS

Discuss as a group any questions or further thoughts that have arisen following last week’s session. Discuss how you found doing the activation points throughout the week. What worked, what didn’t go well and why?

WATCH | 15 MINS

Watch: Being Human: Being 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

Jo and Peter encourage us to pay careful attention to the stories we hear about life, success, happiness, meaning and purpose. We are surrounded by, and immersed in, cultural stories. We are storied creatures. Stories matter. They shape how we live and think and act. They form us and often define us.

- What are some of the big questions people in your community are asking to make sense of reality?
- How do you think the Christian story has shaped our western world?
- How would you explain the cultural waters we are swimming in?

Peter states that what it means to be fully human can only be found by living in the God story.

- How do you see the God story answering these big life questions: Who are we? Where are we? What is wrong? What's the solution?
- Why are simplistic versions of the God story not strong enough to support the weight of our lives?
- What do you think it means to be made in the image of God?

This series is about the being human lens – a biblical way of seeing ourselves and others.

- How has the way in which you view the world changed or developed throughout this course?
- What is one of your takeaways from this course? What would you like to learn more about?

BIBLE REFLECTION | 15 MINS

Jesus is the model of perfect humanity. He's also the means and mode by which we can live into our full humanity. Read Colossians 1:18–23 together.

- What do we learn about Jesus in this passage?
- How does this impact who we are and how we live?
- Read the Great Commission in Matthew 28:19–20 in a few different translations. What do you find challenging in these verses and what excites you?

PRAYER | 10 MINS

Share what you will be doing tomorrow and how you hope to see that as partnering with God to make all things new. Then spend time praying for each other in smaller groups.

ACTIVATION | 5 MINS

“As you go and live your lives, help everyone you encounter to become imitators of Jesus. Immerse them into a community built upon the characteristics of, and the relationship between, God the Father, Jesus Christ and the Holy Spirit. Enable them to put into practice Jesus' instructions for life: to love God with all you do, say, think, feel and will, and to love all others as you are loved.”

- Jo shared this paraphrase of Matthew 28:19–20. How will you put this into practice this week?
- Meditate – Acts 17:27–28. Read it aloud if possible or write it out from a few different Bible translations. What is God showing you from these verses about what it means to be human?
- Write – Hans Rookmaaker said, “Jesus did not die to make us Christian. He died to make us human.” Spend some time journaling your thoughts on being human. What is most precious to you about this life on planet Earth? What do you love about being human? Which other humans are you most grateful for?
- Go deeper – Jo and Peter have written a whole book exploring these ideas in more detail. Why not commit to reading the book or listening to the Being Human podcast to spend more time reflecting on what it means to be image-bearers and to get more practical ideas on how to represent God to the world around us. For more, read *Being Human* by Jo Frost and Peter Lynas, listen to the Being Human podcast, or visit beinghumanlens.com