

## Transform Your Nature, Using Jesus as Your Example: *Why do I need to be like Jesus?*

### LESSON AT A GLANCE

#### Facilitator Notes:

- For Your Journey episodes can be found on the [NAC USA YouTube](#) channel *and* in the [NAC USA mobile app](#)
- Sermon clips can be found in the [NAC USA mobile app, or at the link to the right](#)

#### I wonder...

- Who is Jesus?
- How do we know what Jesus Christ was like?
- Why do I need to be like Jesus?
- How will my character impact those around me?

#### I believe...

- Jesus is God, the Son. He is true Man and true God. He has two natures – human and divine. Jesus is like other human beings but without sin. (Catechism Q&A questions 94, 103, 104)
- I learn what Jesus was like through the written word (Holy Scripture) and preached word (divine service) as well as experiencing Him in Holy Communion. (Catechism Q&A questions 25, 120, 512, 624, 626)
- Jesus Christ is the example and teacher of perfection for which mankind is to strive. (Catechism 3.1.8) (Catechism Q&A question 60)
- Living like Jesus in word and deed will help me to spread the gospel. (John 13:34-35)

#### Materials:

- IGNITE Bible
- Catechism
- Catechism Q&A
- For Your Journey –
  - [Episode 26 - Practice and Profession](#)
- Chief Apostle sermon clip - 25 Jesus Shines through us <http://subsplash.com/nacusa/v/5ce64d3>
- Pieces of paper and pen/pencil for each participant
- Dry Erase board/Chart paper and markers

#### References:

- Bible verses: John 13:13-17, John 13:34-35, 1 Corinthians 11:1, Ephesians 5:1-2, Colossians 3:17, Hebrews 12:2,
- Catechism Q&A questions 25, 60, 93, 94, 103, 104, 120, 512, 565, 624, 626,
- Catechism 3.1.8

### PRE DISCUSSION MESSAGE TO PARENTS AND STUDENT (TO BE SENT VIA EMAIL OR TEXT)

Have you ever had to follow a template? Whether you were building a Lego set or cooking a recipe, when we're trying to figure out what to do in order to obtain a certain outcome, it helps to have an example and instructions to follow. Join us for small group \_\_\_\_\_(place and/or time) to discuss our ultimate example, Jesus.

### MESSAGE TO PARENTS (TO BE SENT VIA EMAIL OR TEXT)

**Facilitator Notes:**

- Please feel free to add local information as necessary.

Dear Parents,  
 This week the "I Wonder...." questions are about who Jesus is, how to develop a relationship with him, why we should be like Him, and how others are impacted when we demonstrate Jesus's traits. The students discussed why we want to be like Jesus and how it will impact others. In the coming week, take time to discuss qualities of Jesus that you see in each other and why they are important.  
 As always, if you have questions about the topic, please feel free to contact your Youth Leaders.  
 Your Youth Leaders

### SUNDAY SERMON REFLECTIONS (up to 10 minutes)

**Facilitator Notes:**

- Allow 2-3 students to share their reflections. For larger groups, vary who shares from week to week.

- What Bible verse was used for the basis of last Sunday's sermon?
- What were some of the main takeaways? What did you learn?
- So far this week, how have you applied what you learned from the sermon last Sunday?
- Going forward, how will you apply what you learned from the sermon last Sunday?

### HOOK (up to 15 minutes)

**Facilitator Notes:**

- Allow 2-3 students to share their reflections. For larger groups, vary who shares from week to week.

- How are you and how are you feeling today?
- Who would like to share their point to ponder or call to action from last week?
- Have each participant write down a list of 3-5 physical characteristics and/or personality traits he/she demonstrates. Put all the lists into a container & pick one out. The facilitator reads each list & participants guess who the list is about. If the group doesn't have enough students to do this activity of identifying each other, have them write down characteristics of a famous person that everyone in the group would know.
- Ask the students how they were able to guess who was being described.
- Today we are going to discuss Jesus – some of His characteristics and why we want to demonstrate them.

### SET THE STAGE (up to 1 minute)

**Facilitator Notes:**

- Preview the "I wonder" questions with the students.

**I wonder...**

- Who is Jesus?
- How do we know what Jesus Christ was like?
- Why do I need to be like Jesus?
- How will my character impact those around me?

## LESSON (up to 25 minutes)

### Facilitator Notes:

- Make a list of responses on dry erase board or chart paper.

- If a student says they haven't made any friends recently or says they do not have friends, ask how the participants think a friendship could develop. Be sure to follow-up in a one-on-one setting later about this situation.

- Sacramentally, our relationship with God started at our baptism. There will be an entire discussion on baptism in the "E" semester. For those that are already Confirmed, they have Confirmed the baptismal vow that their parents made on their behalf when they were a child.

- If you know the students have a specific sport, activity, or career they are interested in, please use it as an example.

### Student Question #1 What do we know about Jesus already?

- Allow for a variety of answers. Summarize with something like:  
*Jesus is true Man and true God. He was perfect. He experienced hunger, thirst, joy, sadness, and pain just as we do. He was obedient to God until His death. He is different from us because He never sinned.*

### Student Question #2 Think about a friendship you've made in the past year or so. How did that friendship develop?

- You learned something about that person
- You found out you had something in common
- You admired something about that person

### Student Question #3 Now think about a friendship you've had for a long time – Why have you maintained that relationship? How did you keep it going?

- You still find that you have some things in common
- You continue to learn about that person – likes/dislikes, etc.

### Student Question #4 How did you start your relationship with Jesus? (open discussion)

- Maybe because your parents brought you to church as a child
- Maybe a Sunday School teacher/mentor taught you something special
- Maybe you had an experience of faith
- Maybe you're not even sure when or how it all started, just like with a friendship

### How can you develop/maintain your relationship with Jesus?

- To continue developing a relationship with someone, you need to spend time together and learn about each other.
  - We learn what Jesus was like through the written word (Holy Scripture) and preached word (divine service) as well as experiencing Him in Holy Communion. (Catechism Q&A questions 25, 120, 512, 624, 626)

### If you really love soccer and want to be a professional soccer player, what steps might you take?

- Exercise
- Practice every day for hours
- Imitate a professional soccer player

<ul style="list-style-type: none"> <li>Sermon clips can be found in the <a href="#">NAC USA mobile app, or at the link to the right</a></li> </ul>	<p><b>Student Question #5 Why do we want to be like Jesus?</b></p> <ul style="list-style-type: none"> <li>➤ God's perfection can be directly experienced in Jesus Christ, "the author and finisher of our faith" (Hebrews 12:2) because He is perfect in His speech and conduct. <b><i>Jesus Christ is the example and teacher of that perfection for which mankind is to strive</i></b> (Catechism 3.1.8)</li> <li>• Students can take turns reading the following Bible verses to answer this question:             <ul style="list-style-type: none"> <li>○ John 13:13-17</li> <li>○ 1 Corinthians 11:1</li> <li>○ Ephesians 5:1-2</li> </ul> </li> </ul> <p><b>How will my character impact those around me?</b></p> <ul style="list-style-type: none"> <li>➤ Watch Chief Apostle sermon clip 25 <a href="http://subsplash.com/nacusa/v/5ce64d3">Jesus Shines through Us</a> <a href="http://subsplash.com/nacusa/v/5ce64d3">http://subsplash.com/nacusa/v/5ce64d3</a></li> </ul>
<ul style="list-style-type: none"> <li>Facilitator can refer to THRIVE Membership Expectation Booklet page 13 –"H" Help spread the Gospel. The entire next semester of Youth THRIVE small group discussions will focus on the expectation to Help spread the Gospel.</li> <li>The Articles of Faith can be found on page 251 of the Catechism Questions and Answers book.</li> </ul>	<p><b>Read Colossians 3:17 and discuss.</b></p> <ul style="list-style-type: none"> <li>➤ As was discussed earlier, we can recognize other people by their physical characteristics, personality traits, and actions. Those who are around us notice not only our physical characteristics, but also the way we act. We want our actions to represent Jesus. It demonstrates our thankfulness and glorifies our Father.</li> <li>➤ When I live like Jesus in word and deed, I will help to spread the gospel. Our actions are a testimony of who we are. When we emulate Jesus, our actions are a testimony of who He is. We can help others to follow Jesus when they see His traits in us.</li> <li>➤ If I become a firstfruit, I will reign with Him as part of a royal priesthood in His kingdom of peace. I need to demonstrate these characteristics on earth today, so that I'll be prepared during the kingdom of peace. (9<sup>th</sup> Article of Faith)             <ul style="list-style-type: none"> <li>○ Refer to Catechism Q&amp;A question 565: The term "firstfruits" describes those whom Christ will take to Himself at His return. These will be the first to receive complete salvation.                 <ul style="list-style-type: none"> <li>▪ Others will receive complete salvation later, at the Last Judgment, for example.</li> </ul> </li> </ul> </li> </ul> <p><b>When you are dedicated to trying to become a professional soccer player, can you just train for a day or is more training needed? With what intensity do you train?</b></p> <ul style="list-style-type: none"> <li>➤ As we strive to be more like Jesus, what type of intensity do we need to emulate Him?             <ul style="list-style-type: none"> <li>○ It's a continuous process/striving</li> </ul> </li> </ul>

- We'll never be perfect – maybe we won't become a professional soccer player, but we may just want to be the best we can be. We want to do the best we can as we strive to be like Jesus.
- Have the students break into small groups to discuss :
  - A characteristic of Jesus they admire most.
  - A characteristic of Jesus they would like to develop.
  - Come up with 1 way they can work on growing in that characteristic in the next week.

### WHAT'S IN IT FOR ME? (up to 15 minutes)

#### Facilitator Notes:

- For Your Journey episodes can be found on the NAC USA YouTube channel and in the NAC USA mobile app

#### Wrap up the lesson with why we want to develop a relationship with Jesus and why we want to be like Jesus.

- If time allows, watch For Your Journey - Episode 26 Practice and Profession

#### Close with the "I Believe..." statements

- As you review each statement, stop and check in with the group to be sure there are no misunderstandings or misconceptions.
- Allow the students to state an "I Believe..." statement for each of the "I Wonder..." questions in their own words.
- Remind the students that on their Confirmation day, they will or have already promised and committed to "surrender myself to You".

#### I believe...

- Jesus is God, the Son. He is true Man and true God. He has two natures – human and divine. Jesus is like other human beings but without sin. (Catechism Q&A questions 94, 103, 104)
- I learn what Jesus was like through the written word (Holy Scripture) and preached word (divine service) as well as experiencing Him in Holy Communion. (Catechism Q&A questions 25, 120, 512, 624, 626)
- Jesus Christ is the example and teacher of perfection for which mankind is to strive. (Catechism 3.1.8) (Catechism Q&A question 60)
- Living like Jesus in word and deed will help me to spread the gospel. (John 13:35)

#### A Point to Ponder....

- Now that you've identified the characteristic of Jesus that you would like to work on, what does it mean to demonstrate that characteristic in your family, in your congregation, and in your community?

#### A Call to Action...

- This week, identify and affirm a characteristic of Jesus that you see in someone from your congregation. Share with them that you see that characteristic of Jesus and thank them for being an example.

### Weekly Reflections

What Bible verse was used for the basis of last Sunday's sermon?

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What were some of the main takeaways? What did you learn?

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So far this week, how have you applied what you learned from the sermon last Sunday?

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Going forward, how will you apply what you learned from the sermon last Sunday?

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**Point to Ponder.....**

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**Call to Action.....**

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<p><b>References:</b> John 13:13-17, Hebrews 12:2, 1 Corinthians 11:1, Ephesians 5:1-2, Colossians 3:17; John 13:34-35. Catechism Q&amp;A questions 25, 60, 93, 94, 103, 104, 120, 512, 565, 624, 626 Catechism 3.1.8</p>	

1. What do you know about Jesus already?

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2. Think about a friendship you've made in the past year or so. How did that friendship develop?

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3. Now think about a friendship you've had for a long time. Why have you maintained that relationship? How did you keep it going?

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4. How did you start your relationship with Jesus? How can you develop/maintain your relationship with Jesus?

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5. Why do we want to be like Jesus?

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**Point to Ponder:** Now that you've identified the characteristic of Jesus that you would like to work on, what does it mean to demonstrate that characteristic?

**Call to Action:** This week, identify and affirm a characteristic of Jesus that you see in someone from your congregation. Share with them that you see that characteristic of Jesus and thank them for being an example.