



Discussion Plan

Joshua Luke-Smith

Theme

Jesus



You are **fearfully** and **wonderfully** made, and Jesus reveals that!



Opener (5 minutes)

Discuss: When was the last time you used a mirror? How often do you like to look in the mirror or on your camera using your phone?

Think about: When you look in the mirror how do you tend to feel about yourself?

Video (3 minutes)

Watch Joshua's video on [Instagram](#), [YouTube](#) or [Vimeo](#).



Table Talk (10 minutes)

In today's video, Joshua shares that when he thinks about Jesus, he doesn't just think about how Jesus revealed what God is truly like - His personality and character. He also thinks about how Jesus was the true expression of humanity, showing us the way that we can live and the potential we all have within us to interact with one another and the world around us. Thinking about Jesus changes the way that Joshua views himself, views God, and views those around him.

Around your table at home, church or in school, with the person next to you discuss these themes that came up in the video.

1

If our view of God is one of distance, judgement, and anger, instead of the kindness, compassion, presence, and love that was revealed in Jesus, then that image will define our whole experience of everything that is around us.

Question - If Jesus reveals what God is really like, then what three things from His life do you think you could use to regularly remind yourself of God's character?

2

Joshua says that Jesus informs the way that we can experience ourselves too. We are not who we are on our worst days or equally who we are on our best days. That is because there is something eternal and divinely inspired within each of us.

Question - What good things of God do you notice in yourself? If you cannot identify any, ask the person next to you to help – sometimes other people can see the good in us more easily than we can!

Action (7 minutes)

Reflecting on Jesus also effects Joshua's view of those around him. When Joshua looks at Jesus, he sees the way that He interacted with people with incredible kindness, empathy, patience, and forgiveness, and this inspires him to do the same.

Discuss: Jesus didn't see anyone not worthy enough to stop and speak to and have a conversation with.

- Who could you reach out to today to simply have a conversation with?
- Can you think of anyone isolated in your community who might really appreciate a kind word, a phone call or even a letter?
- What simple act of kindness could you do for someone in your family, home, school, church, or local community?



Think about your five: Think about your five friends that you committed to praying for at the beginning of these sessions. What good things of God do you see in their lives that you could share with them today to encourage them on their journey.



Prayer at Home

Draw a simple outline of a person with space to write on the inside. Take a moment to think about yourself and write down the good things of God that you or others see in you. Now draw another outline and do the same activity for someone in your family. How could you share some of this with them to encourage them?

Dear God, thank you that I am made in your image and that there are **good** things of you within me. Help me to view you as the God of **love** and **kindness**, and to know more of your great love for me. I thank you, God, for *[insert name of friend or family member]*. Help me to show them kindness this week.

Amen.

Prayer at School

Draw a simple outline of a person with space to write on the inside. Take a moment to think about yourself and write down the good things of God that you or others see in you. Now draw another outline and do the same activity for someone in your school. How could you share some of this with them to encourage them?

Dear God, thank you that I am made in your image and that there are **good** things of you within me. Help me to view you as the God of **love** and **kindness**, and to know more of your great love for me. I thank you, God, for *[insert name of person in school]*. Help me to show them kindness this week.

Amen.

Prayer at Youth Groups

Draw a simple outline of a person with space to write on the inside. Take a moment to think about yourself and write down the good things of God that you or others see in you. Now draw another outline and do the same activity for someone in your youth group. How could you share some of this with them to encourage them?

Dear God, thank you that I am made in your image and that there are **good** things of you within me. Help me to view you as the God of **love** and **kindness**, and to know more of your great love for me. I thank you, God, for *[insert name of person in youth group]*. Help me to show them kindness this week.

Amen.



THY KINGDOM COME