



SESSION 1

WHO IS JESUS?

Jesus is worth following because
there is no one like Him.



WORSHIP

READING PLAN

Read through the following Scripture passages this week. Use the space provided to record your thoughts and responses.

Day 1

Isaiah 9:1-7

Day 2

Isaiah 44:6-23

Day 3

John 6:22-33

Day 4

John 6:34-59

Day 5

John 8:12-29

Day 6

Romans 8:31-39

Day 7

Hebrews 2:5-18



JESUS: FULLY HUMAN

The term “Son of Man” identified Jesus as fully human. You may ask, “Why is this important? Wasn’t it obvious that Jesus was human?” During the late second century, a group of people taught that Jesus wasn’t fully human; He only “appeared” to be human. One of the early church leaders named Ignatius fought against that erroneous teaching. He wrote that Jesus “was really born, and ate, and drank, was really persecuted by Pontius Pilate, was really crucified and died . . . and really rose from the dead” (Ignatius, *Epistle to the Trallians* 9).

Look up the verses below and identify how Jesus’ humanity is seen in each situation.

John 4:6-7

Luke 2:52

John 11:33-35

Matthew 4:1-2

John 19:28-30

You may also ask, “What relevance is it for me today that Jesus was fully human?” The answer is simple: Because Jesus experienced every range of human experience—pain and loss, anger and suffering, love and joy, hunger and thirst, temptation and disappointment—He can identify and sympathize with our hurts and weaknesses. Every emotion or experience you have gone through, Jesus has been through. And in your darkest moments you can turn to Him. He understands. He’s been there.

Another reason Jesus used the term “Son of Man” for Himself was because this term was a prophetic title given to the Messiah. The Promised One would come from God, deliver people from their sins, and make them right with God. Look at the following prophecy about the coming of the Son of Man.

¹³ I continued watching in the night visions, and I saw One like a son of man coming with the clouds of heaven. He approached the Ancient of Days and was escorted before Him. ¹⁴ He was given authority to rule, and glory, and a kingdom; so that those of every people, nation, and language should serve Him. His dominion is an everlasting dominion that will not pass away, and His kingdom is one that will not be destroyed.

DANIEL 7:13-14

In this vision, how did Daniel describe the Son of Man?

Daniel saw the day coming when the Son of Man would be revealed as the Christ—the Messiah—the One who would bring the people back to God. And this was exactly who Jesus claimed to be. In John 1:41, Andrew found his brother and said, “We have found the Messiah!” (which means ‘Anointed One’). Nathanael declared Jesus as the “King of Israel” (John 1:49), another reference to Jesus as the Messiah.

Read the verses below. How did Jesus claim to be the Messiah?

John 4:25-26

Matthew 16:13-18

Matthew 26:63-64

What stands out to you most about Jesus’ title as the “Son of Man”?

What is your reaction to Jesus’ claim to be the Christ?



JESUS: FULLY GOD

The Bible gives us several facts about Jesus that prove His divine nature.

First, Scripture tells us that Jesus existed before time. Jesus has always existed. Before time and space, before anything was created, Jesus existed. He existed eternally with God the Father, and through Jesus all things were created. In a confrontation with religious leaders, Jesus said, “You are from below. . . I am from above. You are of this world; I am not of this world” (John 8:23). When they appealed to Abraham as their father, Jesus boldly declared, “Before Abraham was, I am” (John 8:58). In that statement He declared Himself to be God, existing before Abraham.

How does Colossians 1:15-20 describe Jesus’ preexistence and authority?

Not only did Jesus exist before time and create all things, He chose to come into the world.

¹ In the beginning was the Word, and the Word was with God, and the Word was God. ² He was with God in the beginning. ³ All things were created through Him, and apart from Him not one thing was created that has been created. ⁴ Life was in Him, and that life was the light of men. ⁵ That light shines in the darkness, yet the darkness did not overcome it.

⁹ The true light, who gives light to everyone, was coming into the world. ¹⁰ He was in the world, and the world was created through Him, yet the world did not recognize Him. ¹¹ He came to His own, and His own people did not receive Him. ¹² But to all who did receive Him, He gave them the right to be children of God, to those who believe in His name, ¹³ who were born, not of blood, or of the will of the flesh, or of the will of man, but of God. ¹⁴ The Word became flesh and took up residence among us. We observed His glory, the glory as the One and Only Son from the Father, full of grace and truth.

JOHN 1:1-5,9-14

What promise do we have in verse 12?

Jesus also became a Man. Jesus came into this world, but He didn't come as a conquering king or a wealthy aristocrat. He came as a simple baby, born in a manger. He came in silence, on a clear night, in a small town in Israel called Bethlehem. He was born to common parents. Yet His birth was miraculous. God was becoming one of us.

Look at the birth accounts in Luke and Matthew. How did the angel describe this birth to Mary in Luke 1:26-37?

Why is Jesus given the title "Immanuel" in Matthew 1:20-23?

God came to us in the person of Jesus. He was in every way "God with us." Jesus never ceased to be God, but He emptied Himself (see Phil. 2:7) and became a man so that He could die for our sin on the cross.

Jesus claimed to be God. While the Bible is full of statements about Jesus' identity as God, none are more powerful than the words of Jesus Himself. Take a moment to read Matthew 25:31-32; John 10:22-33; 14:6-7.

How would you summarize the claims Jesus made about Himself in these passages?

Jesus demonstrated His divine power. Jesus not only claimed to have authority, but He also demonstrated His authority in many ways:

- Jesus demonstrated His authority over sickness (see Luke 4:40).
- Jesus demonstrated His authority over demons (see Luke 4:33-36).
- Jesus demonstrated His authority over sin (see Luke 5:20-25).
- Jesus demonstrated His authority over death (see John 11:43-44).

Ultimately, Jesus' greatest demonstration of His authority and the greatest vindication of His claim to be God was His own resurrection from the dead. Jesus told His disciples He would die and be raised to life again (see Matt. 16:21), Jesus was raised from the dead (see Matt. 28:1-10), Jesus showed Himself to His disciples after His resurrection (see Acts 1:1-3; 1 Cor. 15:3-8), and His disciples boldly proclaimed Jesus' resurrection (see Acts 2:29-32; 4:1-2).