

Lesson Plan for Lesson 8

Jesus Christ: True God and True Man

Preparation and Supplies

- Study chapter 8, “Jesus Christ: True God and True Man,” in the handbook.
- Gather Bibles, one for each participant.

Pray It! (10 minutes)

Tell the participants that class will begin with an ancient prayer called the Jesus prayer. **Ask** a volunteer to read the Pray It! “The Jesus Prayer,” on page 90 in the handbook. You may wish to write the prayer on the board. When the volunteer finishes reading, demonstrate the prayer by saying it out loud. With exaggerated breath, pray out loud, “Lord Jesus Christ, Son of God” as you inhale; pray, “have mercy on me, a sinner” as you exhale several times. **Lead** the class in the Sign of the Cross and then **invite** the young people to pray the Jesus prayer silently, repeating it at least six times to themselves. Suggest that they close their eyes once they have the prayer memorized. Allow a minute or two of silence before continuing.

Study It! (35 to 45 minutes, depending on your class length)

A. The Gospels: Faith Portraits of Jesus

1. **Distribute** the Bibles, and direct the young people to find the four Gospels. **Ask** them to page through the Gospels and share a favorite or familiar passage from one of them. **Tell** them that they will be studying the significance of the Gospels in the first part of the class.
2. **Direct** the participants to read the chapter introduction and the section “The Gospels: Faith Portraits of Jesus,” on pages 84–87 in the handbook. The content covers points 1 through 4 on the handout “Lesson 8 Summary” (Document #: TX003374).
3. **(Optional)** After the young people have finished the reading, direct them to the Reflect directions on page 87. Direct the participants to form pairs and compare the two versions of the Beatitudes. After 5 minutes ask them to report what they found. Invite them to share their thoughts on the final question. (*Short answer:* Matthew emphasizes the spiritual nature of the Beatitudes, while Luke emphasizes their earthly application.)

B. Titles of Jesus in the Bible

1. **Ask** the young people to name as many titles for Jesus as they can. List these on the board as the participants call them out. Now ask them which of these titles refer to Jesus’ human nature, which to his divine nature, and which to both.



2. **Direct** the young people to read the sections “Titles of Jesus in the Bible” and “The Incarnation: True God and True Man,” on pages 88–90 in the handbook. The content covers points 5 through 9 on the handout “Lesson 8 Summary.”
3. **(Optional) Invite** questions and observations on the content. You could also invite discussion on the Reflect questions on page 91.

C. Mary, Mother of God

Direct the participants to read the section “Mary, Mother of God,” on pages 91–92 in the handbook. The content covers points 10 through 11 on the handout “Lesson 8 Summary.”

Note: If you are running short on time, you may wish to just briefly summarize this section of the handbook.

Live It! (10 to 15 minutes)

1. **Direct** the young people to form pairs. Give each pair a sheet of blank paper and a pen or pencil. Tell them to divide the paper into three equal columns, each headed by one of the following sentence starters:
 - Others call him . . .
 - He calls himself . . .
 - I call him . . .

Explain the task as follows:

- Under the heading “Others call him . . .,” list the titles and images for Jesus found in the reading you just completed.
 - Under the heading “He calls himself . . .,” list the “I am . . .” images that Jesus gives himself in chapters 6 through 15 of John’s Gospel. An example would be “I am the bread of life” (6:35).
 - Under the heading “I call him . . .,” list other names and images for Jesus that say who Jesus is for you. Some examples would be “Holy Friend” or “Brother of the Poor.”
1. **Review** the lists. In particular, invite the young people to share with the rest of the class their own images of Jesus.
 2. **Share** the following comments in your own words:
 - Many titles for Jesus have come to us from our ancestors in faith. We address Jesus by those titles in our worship and in our communal prayer.
 - Our personal images of Jesus also speak to us and help us to build our relationship with Jesus. These are images for Jesus that we can use in our personal prayer.
 - No matter what titles and images we have for Jesus, remember one thing: Jesus is God, fully divine, and Jesus is fully human, just like us. This great mystery is at the heart of our faith.

Optional Activity: Use the handout “The ‘I Am’ Sayings of Jesus” (Document #: TX003375) to have the young people research the “I Am” sayings of Jesus in the Gospel of John.



Closing Prayer (5 minutes)

Following any announcements, close by **leading** the young people in this litany based on the names of Jesus. Ask the participants to respond “Pray for us” after each invocation.

Leader: Jesus, you are the Messiah, the anointed one who fulfills all God’s promises for salvation.

Leader: Jesus, you are the Son of God, sent by your heavenly Father to save us from sin and death.

Leader: Jesus, you are Lord of Heaven and Earth, you alone are worthy of our worship and obedience.

All: In the name of the Father . . .

