

Sunday morning
teaching plan

Date:
12/10/25

TITLE:	Who Is Jesus?
THEME:	Jesus: The Real and Promised Son of God — God Revealed to Us
AIM:	To look at evidence and the Bible to see if Jesus is God.

BACKGROUND AND CONTEXT

Jesus was a real man who lived over 2,000 years ago. He died on a cross, and historians agree that He truly existed and that many of the events described in the Gospels took place. But Jesus claimed to be far more than just a good teacher or religious leader — He claimed to be the Son of God.

This session invites us to look at the evidence for who Jesus is and to ask an important question: *Was He just a man, or is He truly God?*

WARM UP

Is it Cake?

Play the game looking at the slides and guess if the pictures are real items or are cake.

Teaching point:

An introduction to the topic of what is real and isn't.

MAIN TEACHING

Activity 1: Quiz

Quiz about Jesus. All questions and answers are on the power point. Sweets are in the garden room if wanted as prizes.

In groups discuss how do we know that Jesus is real? Where do we get our evidence from?

Examples and answer to help with ideas and help discussion:

- The story of his birth was recorded.
- There's information about his family and where he lived.
- His life was written about.
- There were eye witness accounts.
- Those who wrote about him claimed to be writing real history.
- Jesus' life led to the birth of the church.
- Jesus led to the New Testament being written.
- Someone said all that Jesus talked about – if it wasn't Jesus who was it?
- We have Jesus' words and teachings – he is regarded as one of the greatest teachers ever.
- There are other sources than the Bible that write about a real person called Jesus.

After a few minutes come back together as a group and chat through peoples' thoughts.

Show them the slide about the historical recognition that Jesus was alive as a teacher and he was crucified. There is a lot of evidence to show Jesus was really around and doing the things the gospels say but it is up to us to decide if we believe Jesus is who He said He was...the son of God.

Teaching point:

There are many people who claim that Jesus was not a real person. They say he's just another legend and not God and just like the cake pictures it splits opinion. Do we believe Jesus was the Son of God? If the evidence to His existence and His actions are there, then we have to make a decision about His claims. Is He mad, bad or God? (C.S Lewis asks).

Activity 2:

Jesus' claims to be God are backed up by what He was able to do in the way of miracles.

Explain to the group that Jesus did four kinds of miracles:

- Healed people
- Brought the dead to life
- Set people free from evil spirits
- Power over nature

In smaller groups divide up four of Jesus' miracles and for each passage they need to answer the same 3 questions:

- What kind of miracle is this?
- How did Jesus show His power?
- Write a newspaper headline for this miracle.

1) **Matthew 8:23-27**

2) **Matthew 12:22**

3) **Luke 5:18-25**

4) **Luke 7:11-16**

Discuss the groups' answers.

Maybe write words on the flip chart that describe Jesus.

Teaching point:

Jesus performed many miracles which demonstrated His authority and power over creation, over life and death, over disease and over evil powers. Only God has that kind of awesome power. Encourages thoughts about who Jesus is and if He is the Son of God.

Activity 3:

Look up **Isaiah 42:1**

This is God speaking through Isaiah about Jesus, hundreds of years before Jesus was born. There's no way that Isaiah could have known these things about Jesus unless God was speaking through him.

Question:

- There are 6 things here that we find out about Jesus. What are they?
(He's a servant, He's supported by God, chosen by God, God is pleased with Him, God has filled Him with His Spirit, He'll bring justice to the nations.)

Divide the passages amongst the groups.

- 1) **Matthew 20:28** (Jesus as a servant)
- 2) **Matthew 3:17** (God supports Jesus)
- 3) **John 3:16** (Jesus is chosen by God)
- 4) **Mark 1:11** (God is pleased with Jesus)
- 5) **John 1:32** (God's spirit on Jesus)
- 6) **Luke 4:18** (Jesus brings justice to the nations)

Questions:

- What do these verses tell us about Jesus?
- Which prophecy from Isaiah 42 do these verses match with?
- What does it tell us about Jesus that Isaiah prophesied these things about Him?
- Why are these characteristics important?

Look at **Philippians 2:5-11**.

Questions:

- What do these verses tell us about Jesus?
- How might we feel challenged by this passage?

The Point: Jesus is the fulfilment of God's promises — He wasn't just a good man who appeared by chance, but the one God had planned, chosen, and prepared long before He was born. Through the prophecies in Isaiah and their fulfilment in the New Testament, we see that Jesus perfectly reflects God's heart: a humble servant empowered by the Spirit to bring justice, love, and salvation to the world.

TAKEAWAY

In your 10mins a day with Jesus consider who you think He is. Are you ready to say that you believe He is God? The next two weeks we will look at Jesus more, why did He come to Earth and why did He die. Maybe we could read a gospel to prepare to understand these sessions.

EXTRA INFORMATION

The next two topics are looking at why Jesus came to earth and why He died so in this session it doesn't need to look beyond who Jesus is.