

Sunday morning
teaching plan

Date:
19/10/25

TITLE:	Why did Jesus come to Earth?
THEME:	Christian Foundations
AIM:	To understand that God came to the earth as a human to rescue us and forgive us.

BACKGROUND AND CONTEXT

This session helps us explore who Jesus really is and why He came to earth. The Bible tells us in Colossians 1:15 that *“Christ is the visible likeness of the invisible God.”* Jesus shows us exactly what God is like—His love, His goodness, His forgiveness, and His power. Although people turned away from God through sin, Jesus came to break down that barrier and make a way for us to know Him again. He lived a perfect life, setting an example of how to live in a way that pleases God, and He understands our struggles because He experienced life as one of us. Through Jesus, we can see and know the heart of God—loving, near, and full of grace.

WARM UP

Guess the object. Hide objects in bags and pass them round and they have to guess what it is inside

Colossians 1:15 Christ is the visible likeness of the invisible God.

MAIN TEACHING

1. Barrier Activity – The Wall of Sin

- On boxes write down wrong things in the world (pollution, lies, stealing, etc.) and stack them to build a wall.
- Key Question: How does sin separate us from God?

Point to discuss:

There is a barrier of sin in our way to God. Jesus came and made a way to get back to God again.

Teaching point: The Bible tells us that God loves the world and everyone in it deeply. When He created people, He gave them the ability to think, choose, and be creative—not to act like robots. Sadly, people often choose to do wrong—lying, cheating, stealing, and hurting others. These sins create a barrier between us and God, who is holy and just. Because sin must be punished, the result is separation from God.

Jesus, who lived a perfect life without sin, took our punishment when He died on the cross. He broke down the barrier of sin so we can be close to God again—the friendship He always wanted with us.

Our part is to say sorry, trust Jesus, and let Him lead our lives. Then we begin the amazing journey of living for God instead of ourselves.

As **John 3:16–17** says, “God loved the world so much that He gave His one and only Son, so that whoever believes in Him will not perish but have eternal life. God sent His Son not to condemn the world, but to save it through Him.”

2. Origami Activity – Make a boat

Give out paper and ask them to make an origami boat.

When they have finished give out instructions and do a demonstration together so they can do it well.

Question: was it easier to do this with or without instructions and demonstration.

John 13:13-15 ‘I have set an example for you so that you will do just what I have done for you.’

Although God gave His people lots of instructions about how to live, they can be hard to follow! Jesus sets us an example of a life lived in a way pleasing to God.

Teaching Point: To understand that one reason Jesus came to earth was to give us an example to follow.

3. If God Came to Visit

In small groups ask:

Imagine if God came to visit the earth today — what would you expect Him to do or say?

Read passages about what Jesus actually did:

John 8:1–11, Luke 5:12–13, Mark 4:35–41.

Discuss for each passage:

How does what Jesus does in these passages compare to what you would expect from someone who calls themselves God?

Teaching point: Jesus came to show us exactly what God is like — loving, forgiving, powerful, and near.

4. The Struggle Map

In groups write down Human Struggles on one side of a piece of paper, common to all the group. Examples include:

- Peer pressure, bullying, rejection
- Loss, sadness, fear
- Feeling misunderstood, stress, temptation

Give each group a few of these verses to look up and get them to pull out what Jesus' struggles were in each passage.

- Tempted in the wilderness (**Matthew 4:1–11**)
- Betrayed by Judas (**Luke 22:48–49**)
- Mocked and rejected by people (**John 1:10–11**)
- Grieved the death of friends (**John 11:33–36**)
- Experienced fear and distress (**Luke 22:44,**)

Draw lines or arrows connecting the human struggles to the corresponding experiences of Jesus, creating a visual "Struggle Map."

Question:

"Why does it matter that Jesus faced struggles like ours?"

Read **Hebrews 2:18 and 4:15–16**

Teaching point:

Life can be tough. Everyone faces challenges, pressure, rejection, or sadness. Sometimes it can feel like God doesn't understand. But Jesus came to earth and experienced life as a human, so He really does know what we're going through. Jesus came to earth not only to teach and save, but also to experience human life fully. Because He did, He understands our struggles and can help us in ways no one else can.

Jesus walked through life's struggles — and He understands us.

TAKEAWAY

EXTRA INFORMATION

Next week we will look at why Jesus died and what that will mean for us.

CAP video for CAP Sunday.... <https://capuk.org/get-involved/how-your-church-can-be-involved/cap-sunday/>