

Small Group Guide: One of Us - The Wonder of the Incarnation

Opening Prayer & Icebreaker

Icebreaker Question: Share a Christmas memory that has shaped how you view Jesus. What made it meaningful?

Sermon Overview

This week we explored the humanity of Jesus—how He became fully human in every way, yet without sin. Understanding that Jesus experienced everything we do helps us grasp that He truly sympathizes with our weaknesses and can be our perfect High Priest and Savior.

Key Scripture References

- Hebrews 2:17 - Jesus made like us in all things
- Luke 2:7 - Jesus' humble birth
- John 4:6 - Jesus experienced weariness and thirst
- Hebrews 4:15 - Tempted in all things, yet without sin
- Romans 5:19 - Through one man's obedience, many made righteous

Discussion Questions

Understanding Jesus' Humanity

1. The Reality of Incarnation

- Why was it necessary for Jesus to become fully human? What would have been lost if He had only "appeared" human?

- How does knowing Jesus experienced hunger, thirst, tiredness, and emotional pain change your view of Him?

2. **Temptation Without Sin**

- Discuss the three temptations Jesus faced in the wilderness (lust of the flesh, lust of the eyes, pride of life). How do these same temptations show up in our lives today?
- What does it mean that Jesus was "tempted in all things as we are, yet without sin"? How is this possible?

3. **Jesus Knows Our Struggles**

- The sermon mentioned Jesus as our "sympathetic priest." Share a time when you felt Jesus understood your struggle. How did that awareness help you?
- How does it change your prayer life knowing Jesus is currently interceding for you before the Father?

Personal Application

4. **Daily Bread**

- The sermon emphasized the need to "feed daily" on God's Word, like the Israelites gathering manna. What keeps you from consistent time with God?
- What practical steps can you take this week to make daily time with Jesus a priority?

5. **Suffering and Obedience**

- The message stated: "Jesus learned obedience through the things He suffered." How have you grown through difficult seasons?
- Share a current struggle. How might God be using it to build something you can't yet see?

6. **The Great Exchange**

- Reflect on the truth that Jesus took your sin and gave you His righteousness. How does this truth combat feelings of condemnation or unworthiness?
- Who in your life needs to hear about this "gift exchange" this Christmas season?

Key Takeaways

1. **Jesus became fully human** to be our perfect substitute and sympathetic High Priest
2. **He experienced every human struggle** yet never sinned, proving victory is possible
3. **He ever lives to intercede for us** at the right hand of the Father
4. **We need daily feeding** on God's Word to sustain our spiritual lives
5. **Our suffering has purpose** in God's hands, building eternal glory
6. **Jesus chose us knowing our weakness** and still calls us His own

Practical Applications

This Week's Challenge

Choose one of the following to practice this week:

Option 1: Daily Manna Commit to spending 10-15 minutes each morning reading Scripture and asking, "How does Jesus' humanity speak to what I'm facing today?"

Option 2: Intercession Awareness Each time you face temptation or struggle this week, pause and remember that Jesus is praying for you in that moment. Thank Him for His intercession.

Option 3: Share the Story Tell someone this week about how Jesus became human to save us. Use the "great exchange" concept—He took our sin and gave us His righteousness.

Option 4: Agony in Prayer Set aside time this week for honest, "agony prayer" about something weighing on your heart. Follow Jesus' example: express your desire, but surrender to the Father's will.

Prayer Focus

Group Prayer Requests

Take time to share and write down specific prayer needs

Closing Prayer Themes

- Thank Jesus for becoming human and understanding our struggles
- Ask for faith to trust God's work even when we can't see beyond the corner
- Pray for daily hunger for God's Word
- Intercede for those who don't yet know Jesus as their Savior
- Ask for strength to obey God through current difficulties

Looking Ahead

Next week we'll explore **Jesus' Deity**—how He is fully God. Come prepared to discuss how Jesus can be both 100% human and 100% divine.

Additional Resources

- Read through the Gospel accounts of Jesus' birth this week (Matthew 1-2, Luke 1-2)
- Memorize: Hebrews 4:15 - "For we do not have a high priest who cannot sympathize with our weaknesses, but one who has been tempted in all things as we are, yet without sin."

"Because Jesus was fully man and fully God and paid that price, He took our sin. And in exchange for our sin, He gave us His righteousness."