

# INSTRUCTIONS

## 1. INTRO (CA. 5 MIN)

A question that helps you to tune into the subject of the lunch. Have a round so everyone can answer.

## 2. BIBLE (CA. 20 MIN)

Read the text out loud once and give everyone time to read for themselves. Use the questions from these three categories to make a conversation.



*See: What does the text say?*



*Think: What does the author want to tell their readers?  
How would the first readers understand this?*



*Live: What does the text mean to us today?*

## 3. PRAY (CA. 5 MIN)

Remember that we are different. Some are used to pray out loud, others like to pray in quietness. At the same time this group is a good arena to try out new things. When you pray the prayer of the gathering you can also pray for each other and co-students.

## CHALLENGE (CA. 2 MIN)

The challenge of the week is not an exam, but a voluntary practice. Try it out and see what happens!

# INTRODUCTION

## WHAT

A conversation guide that brings the faith conversation right into daily life.

## WHO

Students in the midst of reality.

## VISION

A faith that is embodied in life.



2-5 people



30 minutes



6-10 lunches

Find more lagslunches and register your group at [nkss.no/lagslunsj](https://nkss.no/lagslunsj)

# LAGSLUNCH



*Unconditional kindness is so surprising and groundbreaking that it can change an entire nation - just imagine what it can do to your school if you pass on what you have been given! All people long for goodness, but some experience less goodness than others. In this lagslunch, we explore what it means that all goodness comes from God, that God desires goodness for all, and how, with Jesus as an example, we can take goodness from thought to action, and make it an integral part of our lifestyle.*

# GOODNESS



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## 1. GOODNESS FROM GOD

*When talking about goodness, it is natural to start with the origin of all that is good, namely God.*

**Intro:** Take a round and share the first thing you think of when you hear the word; 'Goodness'.

**Bible:** Read Psalm 23.

**SEE** What does the text say about the different aspects of God's goodness towards us?

**THINK** In what way has God been good to you in your life?

**LIVE** How can we become more conscious of receiving God's goodness in everyday life, both in good and in challenging circumstances?

**Pray:** Thank God for all goodness and for helping us to share his goodness. Ask him to show us new things through the next gatherings.

*What specific things can you do to become more aware of God's goodness in your life?*

## 2. GOODNESS WITH JESUS AS A ROLE MODEL

*"By God becoming human, we've got a role model for how to interact with other people."*

**Intro:** What characterizes Jesus' encounters with people? Share examples you remember from the Bible.

**Bible:** Read John 13.4-6 + 12-17.

**SEE** What does Jesus expect from his disciples as he washes their feet? (v. 14-15)

**THINK** How can Jesus serve as a role model for our lives?

**LIVE** What would be the consequences for your college if the characteristic of the Christians were that they were good?

**Pray:** Thank Jesus that he became human and is continually showing us the way to go. Ask Jesus to help us live with him as our role model.

*What can you do this week to make Jesus even clearer as a role model in your life?*

## 3. GOODNESS: FROM THOUGHT TO ACTION

*It may be easy to think good thoughts about others, but often difficult to act on them.*

**Intro:** Think back to a time when you thought about doing something good. Did you act on it?

**Bible:** Read Mark 6.35-42 and John 6.5-11.

**SEE** What are the disciples thinking in Mark 6.36? What is the little child's action in John 6.9? Compare.

**THINK** What would have been your first impression upon meeting this child who gives Jesus his lunch?

**LIVE** Have you had good thoughts that have felt difficult or pointless to act on? How should you deal with this?

**Pray:** Thank God for sharing his goodness. Pray for strength to turn our good thoughts into good deeds.

*Next time you get the urge to do a good thing for someone, try to act on it too.*

## 4. GOODNESS OR KINDNESS THAT IS COSTLY

*In Norway we have many material goods that are of great importance to us. Today we will talk about goodness that costs.*

**Intro:** Mention three important things you use every day. If you had to give away one of them, what would it be?

**Bible:** Read Mark 12.41-44.

**SEE** In what way did the poor widow give more than the rich?

**THINK** Imagine what life was like for this widow: Materially? Socially? with God?

**LIVE** How will an everyday life where we constantly give at our own expense shape our character?

**Pray:** Thank God for providing. Ask for opportunities to put the needs of others above your own.

*Do you give money to a good cause monthly? Consider increasing the amount.*

## 5. GOODNESS TO ALL

*The goodness of God is radical. It is, unlike God's grace, not only to those who believe in Him, but to all people.*

**Intro:** Mention one thing you are grateful for in this group.

**Bible:** Read Romans 12.17-21

**SEE** What do you notice as you read this text?

**THINK** What does Paul mean by the quote from the Proverbs in v. 20?

**LIVE** Do you find it hard to be kind to someone or to certain people? How can you show them kindness?

**Pray:** Thank God that goodness triumphs. Pray for those you find it difficult to pray for.

*Continue to pray for someone you find it difficult to show kindness to.*

## 6. GOODNESS CHANGES YOU

*Today we will look at what can happen when God meets us.*

**Intro:** How did Jesus meet you the first time? How is he meeting you today?

**Bible:** Read Luke 15.11-24

**SEE** What was the father doing while his son was on his way home?

**THINK** How would you react to your father's reception if you were the son?

**LIVE** Is there anything in your life that stands in the way of receiving God's forgiveness and grace?

**Pray:** Thank God for forgiving us and inviting us to fellowship with his son Jesus. Pray to be constantly changed by being in His goodness.

*Is there anything you want to ask God forgiveness for? (v. 21).*

## 7. GOODNESS CHANGES OTHERS

*Many people think of God as distant or indifferent. The goodness we Christians display can help them to understand that God is near and real.*

**Intro:** Do you know anyone who has been visibly changed after meeting God?

**Bible:** Read Luke 19.1-10

**SEE** How did Jesus meet Zacchaeus? What was Zacchaeus' response?

**THINK** What caused Zacchaeus to change his attitude so drastically in the face of Jesus?

**LIVE** Can people change through our encounters with them? What can we learn from Jesus here?

**Pray:** Give thanks that the goodness of God has the power to change lives. Pray for people in our lives to change in the face of the goodness we give.

*What can we do this week to make our fellow students feel valued and important?*

## 8. GOODNESS OF LIFE

*Today, we will see how our lifestyle and choices make a difference for us who believe, and for those around us who do not.*

**Intro:** What do our fellow students think about how Christians are in general?

**Bible:** Read Acts 2.42-47

**SEE** What did the Christians do? What did the people (the non-believers) do? What did God do?

**THINK** Mention a similarity /difference each, that you see between the first Christians and Christians today.

**LIVE** What is most motivating about the lifestyle of the first Christians, and that you want to give a bigger place in your life?

**Pray:** Thank Jesus for the student group. Pray for Jesus to become an even greater part of our lives, choices, and relationships.

*Mention one thing that you want to work on in your life to make it a lifestyle.*