

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



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LAGSLUNCH



THE CROSS

The cross is the foundation on which the Christian faith stands. Still, we don't often talk about what it really means. Welcome to a deeper journey into concepts, significant bible texts and different aspects of history's most important event.

1. THE CROSS OF THE OLD TESTAMENT

Although the word 'cross' is not mentioned in the OT, there is one Bible text in particular that is important for understanding what happened when Jesus died on the cross.

Intro: What is the difference between a sinner and a scapegoat?

Bible: Read Isaiah. 52:13 + 53:12.

SEE What did the Lord's servant do on behalf of others?

THINK When the people of Israel heard this for the first time, they were prisoners in Babylon because they had sinned against God. How must they have felt when they did?

LIVE As Christians, we see that what is described is in fact Jesus. How does this impact you?

Pray: Thank God for taking on all our sins so that we may have peace with him. Ask for opportunities to share this with others.

*Watch the movie 'Passion of the Christ'.
Bring some thoughts to the next session.*

2. THE CROSS THAT SETS FREE

*The Bible says that people are trapped in sin and need to be set free.
What did Jesus say about that?*

Intro: What does it look like to be "caught in sin"? Do you have examples?

Bible: Read Mark. 10:35-45.

SEE Do you see similarities between v. 45 and Isa. 53:4-12 from the last session?

THINK "Ransom" was what you paid to buy free prisoners of war and slaves. Why did Jesus choose exactly that word?

LIVE If someone who used to be a slave was redeemed, how would it affect their life? How is our life characterized by Jesus buying us free?

Pray: Thank Jesus for giving his life to free us from sin. Ask for help to live in gratitude.

Ask the Holy Ghost to show you what you as a Christian have been bought free from sin and how much it cost to buy your freedom.

3. THE CROSS WHERE JESUS TOOK OUR PLACE

*We shall see how the cross deals
with and settles human sin.*

Intro: What do you think about God punishing sin?

Bible: Read Rom. 3:20-26

SEE Paul portrays the human situation as a trial. Identify the various parties: The accused, the "offender", and the judge. What is the solution?

THINK What does it mean for the trial that God became human through Jesus?

LIVE So, what do we have to be proud of? Nothing! (v. 27; cf. Gal 6:14). How does this affect our Christian life, our evangelism, and our reputation as Christians?

Pray: Thank God for salvation and that Jesus took our punishment. Pray that we should not take pride in anything other than the cross and that this becomes visible in our lives.

Familiarize yourself with Paul's explanation of the gospel in Rom. 1-8.

4. THE CROSS THAT TRIUMPHS OVER SIN, DEATH AND THE DEVIL

Jesus' victory on the cross is related to his resurrection.

Intro: What associations do you get from the word "death"?

Bible: Read Rom. 8:1-4 and Heb. 2:14-15

SEE What did Jesus' death accomplish in these texts?

THINK What is the connection between sin and death? How has Jesus defeated sin along with death? (See Romans 5:12 + 6:23)

LIVE Thank God that Jesus has taken care of the power of sin and that we do not need to fear death. Pray for daily help to live the new life in freedom from sin.

Pray: Thank God that Jesus has taken care of the power of sin and that we do not need to fear death. Pray for daily help to live the new life in freedom from sin.

*Talk to a friend who is not a Christian
about his / her thoughts about death.*

5. THE CROSS AS THE RESTORATION

*The Atonement means that everything that
went wrong when man fell has been restored.*

Intro: What is sin? What role does sin play in the world today?

Bible: Read Rom. 5:9-21.

SEE What consequences of Adam's sin has Jesus restored?

THINK In what ways is "grace, the gift of God, something infinitely greater" than Adam's fall? (as seen in verse 15)

LIVE God's plan is for the entire creation to eventually "be gathered in Christ" (Eph. 1:10). What might be your role in God's plan?

Pray: Thank God for His great grace that saved us. Ask for help to live the new restored life "in Jesus."

*Watch the videos 'Heaven & Earth', 'Messiah' and 'The Story
of the Bible' by The Bible Project on YouTube for more
overview of God's plan of salvation in the Old Testament.*

6. THE CROSS AS FOOLISHNESS

*The gospel of a crucified Savior
has always been seen as foolishness.*

Intro: Have you ever been ridiculed for being a Christian?

Bible: Read 1. Cor. 1:18-25

SEE What does Paul say about why God chose to save mankind at the cross?

THINK The Corinthians were passionate about philosophy and wisdom. What must they have thought about God choosing to save the world by something so weak and despised?

LIVE Is it tempting to be considered an "intellectual Christian"? Does it affect how we communicate the gospel to others?

Pray: Thank God for choosing to make salvation available to all in this way. Pray for strength to endure ridicule and opposition for Jesus' sake.

Be ready to be laughed at a little for Jesus' sake.

7. THE CROSS AS A CALL TO HUMILITY

*The cross was the most humiliating way
to die - even more so for one who was God.*

Intro: What characterizes a humble person?

Bible: Read about Jesus' example in Phil. 2: 3-11

SEE How is Jesus portrayed as the greatest example of humility?

THINK In the culture at the time, humility was nothing positive, but more a lack of character (almost "cowardice"). What would it then be like to follow Jesus in humility?

LIVE In what daily situations can we set others higher than ourselves?

Pray: Thank God that Jesus also left us an example to live by. Pray for God's love to set others higher than ourselves.

*Do a good deed for someone
that costs you.*

8. THE CROSS AS A CALL TO SUFFERING

Part of following Jesus is to follow Him in suffering as well.

Intro: Do you expect life to be better because you are a Christian? Why?

Bible: Read 1 Pet. 2:19-24 and 4:12-16

SEE What examples and responses to suffering do you see?

THINK What would this mean to Peter's readers, who might experience persecution?

LIVE What does this mean for you and the situations you may be in?

Pray: Thank Jesus for suffering for us. Pray that we will be able to rejoice when we face adversity for His sake.

*Enter the Open Doors' (using this link - opendoors.no) list of
the 50 countries in the world where it is most dangerous to be a
Christian. Choose one country and pray for Christians there.*