

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 word "trinity" is not used in the Bible. It is rather an expression of a biblical truth that is fundamental and unique to the Christian faith. Only Christianity holds on to the trinity; three persons – the Father, the Son, and the Spirit, unified in one God. We will try to gain a better understanding of the Trinity God and what it implies regarding our salvation and our relationship with God.

- 1. God is three persons*
- 2. Every person is 100% God*
- 3. There is only one God*

1. ONE GOD – THREE PERSONS

Already at the very beginning of the Bible we see evidence of a trinity God.

Intro: Do you think the Trinity doctrine is complicated? If so, what do you think is difficult about it?

Bible: Read Genesis 1:26-27; Deuteronomy 6:4 and Matthew 28:19.

SEE What do the Old Testament texts say about God? How many persons are mentioned in Matthew 28:19? How many names are mentioned? (Tip: Read the text in Norwegian or English.)

THINK How do you think the disciples who were strictly monotheistic made this connection?

LIVE Since God has always been a Trinity and thus never lacked fellowship or love (cf. John 17:24), he did not create the world because he was lonely or needed to be loved. Does this information affect the way you view God, and possibly also how you view yourself?

Pray: Pray to understand more of God in these gatherings - how great, unimaginable, and unique He is.

There is nothing in the creation that fully corresponds to the Trinity, but still look for something that is both one and three at the same time.

2. THE TRINITY OF CREATION

All three people in the Trinity were present when the universe was created.

Intro: How do you imagine creation unfolding?

Bible: Read Genesis 1:1-3; Psalm 33:6-9 and Job 33:4.

SEE What do these verses say about how God creates? What is the connection between his words, Spirit and breath?

THINK What happens when we let John 1:1-3 shed more light on these Old Testament texts?

LIVE Did you learn anything new about God from these verses?

Pray: Thank God for speaking to us and pray that He will speak to you through creation.

Learn the so-called "John's Prologue", John 1:1-3 by heart.

3. THE DIVINITY OF JESUS I

The Jews did not expect a divine Messiah and were often provoked by what Jesus said.

Intro: Which qualities does God alone possess?

Bible: Read John 8:51-59 + 17:1-5.

SEE What does Jesus say about himself here?

THINK Why do you think the Jews react as they do in John 8:59? (See also 5:18)

LIVE Why is it important for our salvation that Jesus is God?

Pray: Thank Jesus for being willing to let go of his glory to save us.

Do some research on what Jehovah's Witnesses, Mormons, and Muslims say about the nature of Jesus.

4. THE DIVINITY OF JESUS II

Today we are going to look at a healing story that tells us more about the identity of Jesus.

Intro: Why is it important to ask God for forgiveness when we sin against other people, and not just the person in question?

Bible: Read Mark 2:1-12.

SEE Where and why does the turning point in this story happen?

THINK What is right and what is wrong with what the pharisees are thinking?

LIVE What makes the most impact on you in this story?

Pray: Thank God for forgiving us and meeting our deepest and most important needs in life. We pray to live a life of gratitude for this.

Look for opportunities to tell others that Jesus can take away our deepest guilt and set us free.

5. DIVINITY OF THE SPIRIT

The Holy Ghost is the third person in the Trinity and often the one we least talk about.

Intro: The Spirit does not always receive as much attention as the Father and the Son. What do you think is the reason for that?

Bible: Read John 4:24 + 14: 16-18 and Acts 5:3-4.

SEE What do these verses say about who the Spirit is?

THINK Try to familiarize yourself with the disciples' situation the night before Jesus died. How would they feel hearing the words of John 14: 16-18?

LIVE How do these verses make you feel? What does it mean to you that you are not left to yourself?

Pray: Thank God for giving you the Holy Ghost. Pray that you will realize how great this is.

Watch the video "Holy Spirit" by The Bible Project on YouTube.

6. THE SPIRIT AS A PERSON

We believe that the Spirit is a person and not just a force because the Bible describes him with personal qualities.

Intro: What do you think are the qualities you must possess to be called a person?

Bible: Read Acts 5:3-4; 1. Cor. 12:11 and Eph. 4:30.

SEE How do these verses imply that the Spirit is a person?

THINK How can you understand what the will of the Spirit is – according to these passages?

LIVE What made the most impact on you in these verses?

Pray: Pray to become better acquainted with the Holy Spirit.

Practice becoming more aware of the Spirit in your daily life.

7. TASKS OF THE SPIRIT

Today we will look at some of the tasks of the Holy Ghost.

Intro: What do you think are the tasks of the Holy Ghost?

Bible: Read Romans 8:13; Acts 1:8 and 1. Cor. 12:7-14.

SEE What does the Spirit do according to these verses? Can you find four pointers?

THINK What does it mean to "kill the deeds of the body" by the Spirit?

LIVE If you have experienced growing in faith, living more according to God's will or experienced the Christian community, you have already experienced the work of the Holy Ghost. What do you need the Spirit's help and power for this week?

Pray: Pray that the fellowship among you and among the Christian community should be unified and strengthened.

Talk to some Christian friends about what gifts of the Spirit they have and how they have developed their gifts. You can also take tests online if you want to dive a little deeper.

8. A FUNCTIONAL TRINITY

The last part focuses on how the Trinity works in everyday life.

Intro: Why do you think the three people are called the Father, the Son and the Spirit?

Bible: Read Gal. 4:4-6.

SEE What do these verses tell us about how the Trinity works? Who does what?

THINK How do the Father, the Son, and the Spirit complement each other in what they do?

LIVE The Son's work makes us God's children, and the Spirit within us allows us to call upon God as our Father. Is this something you both understand and experience?

Pray: Pray that the Spirit will explain Jesus' work and make it real for you.

Meditate on this: "The most important thing is not to understand God, but to know God and be known by Him."