

Life Group Study: “Who Is Jesus?”

Session Aim

To help participants explore who Jesus really is — historically, biblically, and personally — and to respond to His invitation to know Him deeply.

1. Welcome & Icebreaker (5 minutes)

Leader tip: Keep this light and engaging to draw everyone in.

Activity:

Play a quick version of “*Guess Who?*” (either physically or by describing famous people).

Then ask:

- “*How do we usually figure out who someone really is?*”

Transition: “In our series *Made for More*, we’re asking if there’s more to life — and part of that is asking, *Who is Jesus?* Because how we answer that question shapes everything about who we are and why we’re here.”

2. Exploring the Question: Who Is Jesus? (10 minutes)

Leader prompt: Give the group 2–3 minutes to brainstorm how different people might answer this question.

Ask:

- How would a *historian* describe Jesus?
- How would a *Christian* describe Him?
- How might *culture* today describe Him?
- Why do these views differ?

Leader note:

Draw out that history recognises Jesus as a real person and teacher; culture often sees Him as inspirational; but Christianity declares He is *God incarnate*.

Read together: John 10:30–33 and John 14:9

Ask:

- What do these verses reveal about what *Jesus said about Himself?*
- How did the religious leaders and His disciples respond?
- What does it mean that Jesus and the Father are “one”?

Leader reflection:

Emphasise that Jesus wasn't crucified for being "a good teacher" but for *claiming to be God*.

That's the heart of Christian belief — *fully God and fully man*.

3. The Names of Jesus (10 minutes)

Leader tip: Choose 3–4 of these names (depending on time) and discuss what each tells us about who Jesus is and what He offers.

Options:

- *Bread of Life* (*John 6:35*) — satisfies our spiritual hunger
- *Light of the World* (*John 8:12*) — reveals truth in a world of confusion
- *Good Shepherd* (*John 10:11*) — loves, protects, guides
- *Resurrection and the Life* (*John 11:25*) — power over death
- *The Way, the Truth, and the Life* (*John 14:6*) — the way to the Father
- *The Vine* (*John 15:5*) — our source of life and fruitfulness

Ask:

- Which of these names means the most to you personally right now? Why?
- What does this reveal about Jesus' heart for us?
- How might knowing Jesus in this way change how we live?

Leader reflection:

Draw connections between these names and *our identity and purpose in Him* — the theme of the *Made for More* series.

4. Personal Reflection & Application (10 minutes)

Read aloud: Matthew 16:13–16

Jesus asks, "Who do people say that I am?" ... then, "Who do you say that I am?"

Discuss:

- What do you notice about how Jesus makes the question personal?
- How would *you* answer that question today?
- What helps you deepen your relationship with Him — and what hinders it?

Leader direction:

Encourage honesty without pressure. Remind the group this isn't about having perfect theology, but a growing relationship.

Key reflection:

Knowing Jesus isn't a "Guess Who?" game — it's a living relationship. Relationships grow through the investment of time, conversation(prayer), reading/study of the Bible and wholehearted trust in the triune God.

5. Prayer & Response (5 minutes)

Leader tip: Invite reflection and response in prayer.

Prayer ideas:

- Thank Jesus for revealing who He is.
- Ask for deeper understanding and a closer walk with Him.
- Pray for anyone exploring faith to encounter the living Jesus personally.

Optional closing verse: John 3:16

"For God so loved the world that He gave His one and only Son..."

Leader Notes / Optional Follow-Up

- If your group has seekers or new believers, you could follow up with an *Alpha invitation* or a conversation about what it means to begin a relationship with Jesus.
- Encourage everyone to spend time this week reading one Gospel passage where Jesus reveals who He is (e.g., John 10, John 14, or Matthew 16).