



Session Objective

In this session, participants will learn what Presbyterians believe about themselves and what they can do to respond to God's grace.

Faith Statement

Now it is most certain that all of us are by nature sinners and godless, and before God's judgment-seat are convicted of godlessness and are guilty of death, but that, solely by the grace of Christ and not from any merit of ours or consideration for us, we are justified, that is, absolved from sin and death by God the Judge.

—The Second Helvetic Confession (5.107)



Engage

Open your time together in prayer and lead a conversation based on the following questions:

- What do Presbyterians believe about the people of God?
- What is God's relationship with humanity?
- Does God have a different relationship with Christians compared to non-Christians? Why or why not?
- What do Presbyterians believe about the role of humanity in God's world?



Explore

Read the first and third chapter of the book of Jonah and explore these questions:

- Why did Jonah first disobey God? Why did he eventually obey God?
- Why do people obey God?
- Does God command the right things because they are right, or are they right because God commands them?
- When you care about someone, why do you do things that they would appreciate?
- When you think about God giving you a life full of blessings, how should you respond?



Express

Use the following questions to help the young people express what they've learned.

- In what ways do you currently live your life as a thankful response to God's grace? In what ways do you fall short of living your life as a thankful response to God's grace?



Exit

Toss a wadded-up napkin to someone in your group. Have the participants continue tossing the napkin to people in the group so that everyone receives the napkin only once. When all of the participants have had the napkin tossed to them, have the last person toss it back to you. Repeat the same pattern of tossing among the participants until everyone knows who tosses the napkin to them and to whom they toss the napkin after it is received. Explain to the participants that in the closing prayer, they will have the opportunity to pray for the person they tossed the napkin to. Close in prayer, giving the participants an opportunity to pray for their assigned person in the same order that the napkin was tossed.

