



Unity Church
ORPINGTON

Who is Jesus?

SEEK & FIND · A FOUR-WEEK GUIDE

A place to explore, ask honest questions and discover what Jesus said about himself. You don't need to believe anything yet. Just come and see.

“But what about you?” he asked. ‘Who do you say I am?’”

Matthew 16:15 (NIV)

Name _____ Start date _____

BEFORE YOU START

How to use this guide

Set aside about ten minutes, five days a week. Find a quiet spot, a Bible (or a Bible app), and a pen.

1. **Read** the day's short passage, slowly. Tick the box when you're done.
2. **Try** the week's simple practice in everyday life.
3. **Reflect** at the end of the week, and jot down what you noticed.
4. **Pray**, even if it's just: "God, help me to know you more."

Missed a day? No guilt. Just pick up where you left off. This isn't a test; it's an invitation.

THIS GUIDE IS FOR YOU IF YOU'RE...

Curious about Christianity,
but not sure what you
believe

Wondering whether Jesus
was more than a good
teacher

Carrying questions you've
never had the chance to ask

YOUR FOUR WEEKS

WEEK 1

Who did he say he was?

WEEK 2

The promised one

WEEK 3

The cross and the empty tomb

WEEK 4

Grace and a new beginning

You don't have to walk it alone

Find a friend to do this with you, or ask someone at Unity Church to check in with you each week. Call the office on 07723 291151.

Who did he say he was?

Jesus didn't just teach about God. He made remarkable claims about himself. This week, listen to what he said, and how people reacted.

READ: ONE A DAY

☐	DAY 1	John 1:1–18	_____
☐	DAY 2	Mark 2:1–12	_____
☐	DAY 3	John 6:35–40	_____
☐	DAY 4	John 10:7–18	_____
☐	DAY 5	Matthew 16:13–17	_____

Use the line for one word or phrase that stood out.

THIS WEEK, TRY

Each day, write down one thing Jesus says or shows about who he is.

REFLECT

Which claim surprised or challenged you most?

If it were true, what difference would it make?

A PRAYER FOR THIS WEEK

The promised one

Centuries before Jesus was born, the Old Testament looked forward to a coming king and rescuer. Jesus said those promises were about him.

READ: ONE A DAY

☐	DAY 1	Isaiah 9:2-7	_____
☐	DAY 2	Micah 5:2-5	_____
☐	DAY 3	Isaiah 53:3-6	_____
☐	DAY 4	Luke 4:16-21	_____
☐	DAY 5	Luke 24:25-27, 44-47	_____

Use the line for one word or phrase that stood out.

THIS WEEK, TRY Notice one way the Old Testament points forward to Jesus.

REFLECT

What does it mean to call Jesus the Messiah, God's promised King?

What questions has this raised for you?

A PRAYER FOR THIS WEEK

The cross and the empty tomb

At the centre of the Christian faith is Jesus' death and resurrection. This week, read the accounts slowly and ask why it happened.

READ: ONE A DAY

☐	DAY 1	Mark 15:22–39	
☐	DAY 2	Romans 5:6–8	
☐	DAY 3	Mark 16:1–8	
☐	DAY 4	Luke 24:36–49	
☐	DAY 5	1 Corinthians 15:3–8	

Use the line for one word or phrase that stood out.

THIS WEEK, TRY

Read slowly, and ask: why did Jesus die, and what does it mean that he rose again?

REFLECT

What strikes you about the way Jesus died?

What difference would the resurrection make, if it really happened?

A PRAYER FOR THIS WEEK

Grace and a new beginning

Christianity isn't about earning God's approval. It's about receiving his grace: forgiveness, a new start and life with him, as a gift.

READ: ONE A DAY

☐	DAY 1	John 3:1–17	<hr/>
☐	DAY 2	Luke 23:39–43	<hr/>
☐	DAY 3	Ephesians 2:4–10	<hr/>
☐	DAY 4	Romans 10:9–13	<hr/>
☐	DAY 5	Revelation 3:20	<hr/>

Use the line for one word or phrase that stood out.

THIS WEEK, TRY

Talk with someone about your questions. If you're ready, tell God honestly where you are with him.

REFLECT

What does grace mean to you now?

What is your next step with Jesus?

A PRAYER FOR THIS WEEK

Big questions are good questions

Doubts and questions aren't a barrier to faith. They're often where it begins. Tick any you'd like to talk about, and bring them to Alpha or to a coffee with someone from Unity.

Is there really a God?

Why is there suffering?

Can I trust the Bible?

What about other religions?

Am I good enough?

What would following Jesus change?

My own question

IF YOU'RE READY TO BEGIN

Following Jesus starts with a simple, honest conversation with God.

There are no magic words. If it reflects what's in your heart, you could pray something like this:

Lord Jesus, thank you that you love me and that you died and rose again for me. I'm sorry for the things I've done wrong. Thank you for your forgiveness. I want to follow you. Please be with me and help me to know you. Amen.

If you pray this, or simply want to talk about it, please tell someone at Unity. We'd love to help you take your next steps.

AFTER FOUR WEEKS

Keep going

Well done for taking these steps. Looking back over the last four weeks, what has changed?

YOUR NEXT STEP COULD BE TO...

- Try Alpha, a relaxed space to explore life's big questions over food
- Come along on Sunday at 10:30am, no strings attached
- Ask for a coffee and an honest conversation with someone from Unity
- Carry on with the Follow Jesus more guide

This guide is for personal spiritual growth. It isn't a substitute for professional help with medical, mental health, addiction or relationship difficulties. If you need that kind of help, please speak to your GP, or ask us and we'll help you find it.

COME AS YOU ARE

There's a seat saved for you this Sunday.

SUNDAYS

10:30am

Unity Church, Rye Crescent
Orpington BR5 4NH

CONTACT

Office 07723 291151

Monday & Wednesday mornings

ONLINE

unitychurch.uk

Seek & Find pathways

Scripture quotations taken from the Holy Bible, New International Version (Anglicised edition). Copyright © 1979, 1984, 2011 by Biblica. Used by permission of Hodder & Stoughton Publishers, an Hachette UK company. All rights reserved. "NIV" is a registered trademark of Biblica. UK trademark number 1448790. Guide © Unity Church Orpington.