

nua



origins

Where Faith Begins

# GUIDE



Register free online for MYNUA and receive access to the full NUA:Origins series, guide and participants Journal\*.



For more info visit  
[nuafilms.com](http://nuafilms.com)

\*Printed Journal is €2 each



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Session Guide for each Episode



## What is NUA Origins?

NUA: Origins is an 8 part film series that has been developed for 11-14 year olds and aims to provide a learning environment that empowers young people to engage with Jesus and explore the big questions regarding the Christian faith.

We have called it NUA:Origins because of the cultural fascination with superheroes origin stories. We love to find out the back story of people's lives. During 8 short films, host's Jonny, Sarah and Eric will share the origins of their own faith journeys whilst encouraging the viewers to explore or begin their own.

## Episode Themes

**1 MASTERPIECE: The nature of God and our Identity**

**2 WORTH: The meaning of Jesus' life and death**

**3 NEW BEGINNINGS: Jesus' Resurrection**

**4 CONNECTION: Prayer and ways of connecting with God**

**5 STORY: God's Story and how to read the Bible**

**6 GUIDE: The work of the Holy Spirit in our lives**

**7 BELONG: Being active in Jesus' Church**

**8 JOURNEY: Living as a Christian today**

## How to use this Guide

As you present the series to your participants, use these step-by-step materials to inspire engagement along the way. We've designed the guide to give you as much support as possible. We will provide you with games, group activities and small group questions.

This guide is not meant to dictate exactly the way you present NUA:Origins, we want you to make the experience your own. Take it, adapt it and make it work for your group. From a classroom, church hall or even over zoom you can take from this guide what will work best for you.

You'll find that each session works in conjunction with the Journal, as personal reflection is a key component to their experience of completing NUA:Origins.

## Guide Elements

**W** *Welcome and defining the Rules:* It's important at the start of each session to set the right tone and atmosphere. This is done by communicating a warm welcome, the key values and the rules. *See page 4 for all the details.*

**ib** *Ice-Breakers:* We want NUA:Origins to be an enjoyable experience. Organising icebreaker games can help to make the young people feel comfortable & get to know each other better. We will provide instructions on some of our best tried and tested games.

**es** *Episode Summary:* The brief episode summaries will help give you the vocabulary to explain what is coming next and to help you as you are introducing the episode's theme.

**k** *Key-words:* It is helpful to identify some of the key words coming up in the episode to help prepare the young people as they settle in to watch the episode. These will be provided in each episode guide.

**V** *Video:* Each NUA:Origins episode is between 14-15 minutes long, split into three five-minute segments. This structure means you can press "pause", indicated on the video. After each five-minute video segment allow time for the young people to write in their Journals.

**jt** *Journal Time:* We recommend given the young people at least 5-10 minutes to write in their journals after watching each part of the episode. Make sure that each young person has their own space to reduce distraction. Playing soft music in the background also helps to create an atmosphere of reflection. (Ensure they put their name on their journal printouts).

**sq** *Small-group Questions:* After the video and journalling time, gather the young people in small groups. The ideal size of a small group is 6-8 people, with a group leader. Try to allocate space to sit for each group in advance. Adding the small group name or number to their name label is helpful for organising. (Small groups may not be possible in a class setting).

## Team Roles (for a youth group context)



### FACILITATOR

The facilitator is the main host. He/she will lead from the front.



### SIGN IN

Team of two at the entrance signing people in and creating name labels.



### SMALL GROUP LEADERS

Depending on your overall numbers will determine your team size. Having two leaders per small group of 8 is advised.



### GATEKEEPER

General role to observe and ensure good behavior and to make sure no one is allowed in who should not be there!



### IT TECHIE

Someone who will set up the room and the technology required in advance of the young people arriving.

(These are suggestions and will depend on your Team size and context)

# Tips on leading a session



## PREP CHECKLIST

- Suitable location
- Tech check - Projector/Screen/Speaker
- Pens, paper and Bibles
- Feedback forms for Final Session
- Group discussion prep
- Prep Game (Ice-breaker)
- Journal
- A Smile
- Light Refreshments

## SMALL GROUP IDEAS

**1** "Pair and Share" works great with small groups that aren't talking much.

**2** Often during small group discussion, participants will pose additional tough questions. It may work well to offer an anonymous 'question box' where everyone's questions can be collected and discussed later!

## TOP TIPS

**1** We recommend that you and your team watch the episode yourself before the session and familiarise yourself with it.

**2** Sound - Good sound is essential, we highly recommend a good set of speakers or a sound system.

**3** Have the NUA:Origins episode already downloaded on a laptop. Don't rely on wifi for streaming.

## GETTING PARENTS / FAMILIES INVOLVED

**1** Encourage family discussion. Ask a parent or family member to complete their own Journal and discuss the answers together.

**2** In Episode 7 pg. 82, discuss a volunteering opportunity together.

**3** In a suitable environment run NUA:Origins simultaneously with a parents group.

**4** On completion of NUA:Origins celebrate with a community BBQ or event.



## SESSION CHECKLIST

- Open space / hall - Suitable environment
- Name labels
- Icebreaker Game Materials
- Key Words
- Group Discussion prep
- Prep Game
- Print out Journal pages for everyone
- Enough pens for the group
- Light Refreshments



## SAMPLE SESSION (YOUTH GROUPS)

*Based on a 1.5 hr time-frame*

**7:00pm** Arrival / Sign in (name labels)

**7:15pm** Welcome - Values & Rules

**7:20pm** Ice-breaker Game

**7:35pm** Episode Summary & Key Words

**7:40pm** P1 Watch Video (5mins)  
+ Journal (5mins)

**7:50pm** P2 Watch Video (5mins)  
+ Journal (5mins)

**8:00pm** P3 Watch Video (5mins)  
+ Journal (5mins)

**8:10pm** Break into small groups + discuss

**8:20pm** Closing Prayer/Farewells

**8:20pm** Refreshments and hang out

**8:30pm** Home time

## NOTES

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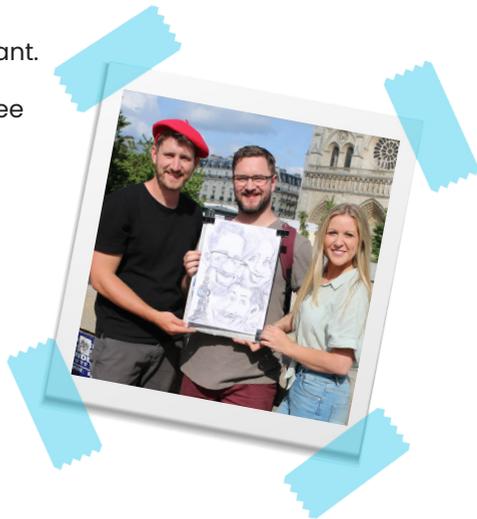
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## W WELCOME / INTRODUCTION

For every session a warm welcome is so important. Be sure to introduce yourself and your team. Gather interesting facts about your team and see if the young people can guess which fact goes with what leader.

Then very briefly outline what NUA:Origins is: A contemporary Film series that helps young people explore questions concerning the Christian faith. Let them know about the three Irish presenters they will meet in the videos (Sarah, Eric and Jonny).



### THE VALUES OF NUA:ORIGINS

**EXPLORATION:** Explain that this group is to be safe place where you can be honest and open about what you believe and explore the tough questions regarding faith.

**ENCOURAGEMENT:** Share the aim, that as they join this adventure it will encourage and help them to grow and own their faith. Let them know that each of them will be given a personal Journal for their own personal reflection and that they will be given time during the session to use this.

**ENJOYMENT:** Tell the young people that you want them to enjoy themselves and have fun. Games and refreshments will be a big part of every session.

**ENCOUNTER:** Communicate the hope that they will experience God for themselves and find the answers that they are looking for.

### EXPLAIN THE MAIN RULES

**1 RESPECT:** respect for each other, the team leaders, and themselves.

**2 LISTEN:** important to listen to each other and the leaders. One voice should be heard at one time.

**3 CONFIDENTIALITY:** outside of the group it will not be tolerated to make fun of a person for an opinion they shared while participating in the group.

**RULES!!!**



**EPISODE 1 MASTERPIECE**  
Part One: God's Fingerprint  
Part Two: God's Masterpiece  
Part Three: God's Voice

**VERSES USED  
IN THIS EPISODE**

Psalms 19, 33, 139:13-14  
Isaiah 29:14  
Luke 5:17-26  
Matthew 8:23-27  
1 Thessalonians 5:11

**w** **Welcome:** Please refer to pages 1-4 (of this Guide) to prepare your introduction to NUA:Origins. For every episode, it is good practice to remind and instill the values and rules of participating during this experience.

**ib** **Ice-breaker Game: 'Who am I?'** Note - Have 3 prizes ready, like 3 sweets or rewards. To get some class participation going pick 3 celebrities in your head for 3 rounds. The class can ask you yes or no questions to try and find out the mystery person you are thinking about. One question at a time. The person who eventually guesses the person gets the prize!

**es** **Episode Summary:** Episode one is all about exploring the nature of God and his creation while at the same time pondering the question 'who am I?' If it is true that we are all made in the image of God, what does that actually mean for us today?

**k** **Key Words:** Ask your group if they can explain the following:  
ORIGINS or ORIGIN STORIES - Superheroes or Faith Origins.  
GOD'S FINGERPRINT - Creation, evidence of God's Handywork, His imprint.  
GOD'S MASTERPIECE - Human Beings being unique above all, made in the image of God.

**v** **Video & Journal Time:** Before the first video make sure to hand out the Journals/ Journal Printouts to your group. Begin the first video. Press "pause" when indicated on the video. After each 4/5 minute video segment allow for the young people to write in their Journals (or discussion if you prefer).

**jt** Explain that this is an opportunity for each person to sit by themselves around the room and use the journal to reflect on what they heard on each video. It is something personal and private to each participant and they will not be asked to show it to anyone else although they might want to share with their parents. That is their decision.

**d** **Discussion:** (facilitate discussion or split them into small groups)  
1. Do you think you have to choose to believe in God or believe that Science has all the answers to our existence? Why or Why not?  
2. When you hear the phrase 'We are each God's masterpiece' what do you feel?  
3. Eric shared with us his very personal faith story - did you relate to it and why?

## NOTES FOR NEXT SESSION

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## EPISODE 2 WORTH

Part One: Christmas Again  
Part Two: The Unexpected  
Part Three: Great Friday

### VERSES USED IN THIS EPISODE

Genesis 1:21  
John 4:13  
Galatians 5:1

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**ib** **Ice-breaker Game: 'Heads or Tails - Chocolate Coin Edition'.** Everyone stands up and you explain that you are going to flip the chocolate coin, if they think it will be heads they should put their hands on their heads, if tails hands on their backside! Get it right they stay in the game, wrong they sit down. Winner gets the chocolate coin, play multiple times. Start a conversation about chocolate and how much it has become part of our lives and events.

**es** **Episode Summary:** Episode two explores two of the best known events of the Christian Calendar, Easter and Christmas. We explore their meaning and significance of faith in today's world in contrast to the chocolate festivals they have become!

**k** **Key Words:** Ask your group if they can explain the following:  
**UNTAINTED** - Not contaminated by or polluted by something.  
**SIN** - A wrongdoing against God's way of life.  
**SPIRITUAL THIRST** - A longing or desire to get inner fulfillment from God. Our souls thirst for God.  
**JESUS' SACRIFICE** - Taking the punishment of all sin upon himself so we could be forgiven.

**V** **Video & Journal Time:** Before the first video make sure to hand out the Journals/ Journal Printouts to your group. Begin the first video. Press "pause" when indicated on the video. After each 4/5 minute video segment allow for the young people to write in their Journals (or discussion if you prefer).

**jt** Explain that this is an opportunity for each person to sit by themselves and use the journal to reflect on what they heard on each video. Remind them that this is something personal and private to each participant and they will not be asked to show it to anyone else although they might want to share with their parents. That is their decision.

**d** **Discussion:** (facilitate discussion or split them into small groups)

1. Have you ever been somewhere outdoors that the beauty of the place just 'took your breath away'? Tell us about your experience?
2. How would you feel if Jesus asked to wash your feet? What do you think is the real meaning behind Jesus washing his disciple's feet?
3. Are you surprised by the way Jesus treated people who were outcasts in the society of His time (the woman at the well) and what does this tell you about the kind of person Jesus is?
4. Has this episode helped you to understand the real meaning of the events of Good Friday? How do you feel when you hear Jesus died on the cross because he loved you so much?

### NOTES FOR NEXT SESSION

## EPISODE 3 NEW BEGINNINGS

Part One: Tomb Raider

Part Two: Tears

Part Three: Your Choice

### VERSES USED IN THIS EPISODE

John 3:16

Philippians 4:11-13

Revelation 3:20

W

**Welcome:** Please refer to pages 1-4 (of this Guide) to prepare your introduction to NUA:Origins. For every episode, it is good practice to remind and instill the values and rules of participating during this experience.

ib

**Ice-breaker Game: Fake news (2 truths 1 lie)** Divide the group into two teams. The game is played over a number of rounds decided by the leader. Each round a member of a team will give 3 pieces of information about themselves. 2 will be true, 1 will be untrue. The opposite team will have 2 minutes to guess what the lie is. If they guess correctly in that time they get a point. The game will continue with each team taking turns and having a different person give their facts. The team with the most points and the end of the time limit will win.

es

**Episode Summary:** Episode three explores the most significant moment in Christian History, the Resurrection. We explore the significance of what Jesus taught about life after death and examine the often forgotten event of the Christian Calendar: Pentecost.

k

**Key Words:** Ask your group if they can explain the following:

#FAKENEWS - An event or story that has no fact with the aim of spreading lies.

HALLUCINATING - An experience when you think you see something that isn't actually there.

PENTECOST - The day that the Holy Spirit fell upon the disciples of Jesus. This happened after Jesus' Resurrection after Jesus went back to heaven.

COMMANDMENT - A way of life given by God.

V

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**Video & Journal Time:** Before the first video make sure to hand out the Journals/ Journal Printouts to your group. Begin the first video. Press "pause" when indicated on the video. After each 4/5 minute video segment allow for the young people to write in their Journals (or discussion if you prefer).

jt

Explain that this is an opportunity for each person to sit by themselves and use the journal to reflect on what they heard on each video. Remind them that this is something personal and private to each participant and they will not be asked to show it to anyone else although they might want to share with their parents. That is their decision.

d

**Discussion:** (facilitate discussion or split them into small groups)

1. How does it feel when you hear that Jesus knows what it is like to feel pain, loss, rejection, and even cried tears?

2. The resurrection of Jesus is the most significant event in Christianity and the very basis for the faith of millions of believers today. Having viewed this Episode What is your view of the resurrection?

3. What do you think about the idea that Jesus is knocking on the door of your life, how would you respond if you meet Jesus in the street?

### NOTES FOR NEXT SESSION

**EPISODE 4 CONNECTION**  
**Part One: Prayer Changes Me**  
**Part Two: The Many Faces of Prayer**  
**Part Three: God Working for Good**

VERSES USED  
 IN THIS EPISODE  
 Matthew 6:6, 9-13

**w** **Welcome:** Please refer to pages 1-4 (of this Guide) to prepare your introduction to NUA:Origins. For every episode, it is good practice to remind and instil the values and rules of participating during this experience.

**ib** **Ice-breaker Game: Voice Recognition** Have a volunteer join you at the front. Ask them to stand with their back to the rest of the group. Explain that when you point at someone, they must say the word 'bumfuzzle' and the volunteer will try and guess who the person was. Give them a treat if right, play multiple times. If time allows, you can open a quick whole group discussion about prayer and if anyone has ever heard or being able to recognise the voice of God.

**es** **Episode Summary:** Episode four explores the connection we can have with God through prayer. Through personal testimony and examination of what Jesus taught about prayer, the hope is to give confidence when praying or the means for some to give it a go.

**k** **Key Words:** Ask your group if they can explain the following:  
 HYPOCRITE - Is a person who pretends to have certain beliefs, attitudes or feelings when they really do not.  
 LEFT 'ON READ' - To read someone's message to you but choose not to respond.  
 HALLOWED - Completely set apart from anything else, sacred.  
 TRESPASSES - A wrongdoing against God's way of life.

**v** **Video & Journal Time:** Before the first video make sure to hand out the Journals/ Journal Printouts to your group. Begin the first video. Press "pause" when indicated on the video. After each 4/5 minute video segment allow for the young people to write in their Journals (or discussion if you prefer).

**jt** Explain that this is an opportunity for each person to sit by themselves and use the journal to reflect on what they heard on each video. Remind them that this is something personal and private to each participant and they will not be asked to show it to anyone else although they might want to share with their parents. That is their decision.

**d** **Discussion:** (facilitate discussion or split them into small groups)

1. When have you most experienced the need to pray to God?
2. Did you find the personal tips given by Dave, Olive and Ash in how they pray helpful and Why?
3. Does the phrase 'A Conversation with God' help you to understand prayer better?
4. Did you find Eric's reflection on the prayer that Jesus thought us to pray, 'The Our Father' helpful? What struck you most?

## NOTES FOR NEXT SESSION

**EPISODE 5 STORY**  
 Part One: Light  
 Part Two: God's Story in the Bible  
 Part Three: Foundation

**VERSES USED  
 IN THIS EPISODE**

Psalm 119:105  
 1 John 4:16  
 Matthew 7:24-27  
 Hebrews 4:12

**w** **Welcome:** Please refer to pages 1-4 (of this Guide) to prepare your introduction to NUA:Origins. For every episode, it is good practice to remind and instill the values and rules of participating during this experience.

**ib** **Ice-breaker Game: Never Judge A Book By It's Cover** Have a few volunteers join you at the front. With some paper get them to write down 4 answers to the following questions: 1) If I could have dinner with someone famous, who? 2) If I had all the money in the world I would drive? 3) If I could live anywhere I would live? 4) If I could have any job I would be? Explain how we often don't really know that much about each other and we shouldn't be too quick to jump to conclusions, not unlike the Bible!

**es** **Episode Summary:** Episode five explores the Bible. It is estimated that over 4 billion copies have been distributed around the world. We want to show how unique the Bible is and that ultimately the belief is that this book is God's message to the world. This episode includes a special 5 minute Bible Animation Overview.

**k** **Key Words:** Ask your group if they can explain the following:  
 PROPHECY - A message from God of what will happen in the future, communicated by a messenger.  
 PROVERB - is a short saying that explains an important truth.  
 PARABLE - A simple story used to explain a moral or spiritual lesson, as told by Jesus in the Gospels.  
 ARTHRITIS - A disease causing painful swelling and stiffness of body joints.

**v** **Video & Journal Time:** Before the first video make sure to hand out the Journals/ Journal Printouts to your group. Begin the first video. Press "pause" when indicated on the video. After each 4/5 minute video segment allow for the young people to write in their Journals (or discussion if you prefer).

**jt** Explain that this is an opportunity for each person to sit by themselves and use the journal to reflect on what they heard on each video. Remind them that this is something personal and private to each participant and they will not be asked to show it to anyone else although they might want to share with their parents. That is their decision.

**d** **Discussion:** (facilitate discussion or split them into small groups)  
 1. Do you think the Bible has a purpose in the world today?  
 2. Did you find the animation helpful in understanding the 'big picture' of the Bible and how it is all connected? What surprised you most?  
 3. We all need good 'foundations' in our lives. What do you think of the suggestion that the best 'foundation' on which to build our lives is on the truth that Gods speaks about in the Bible?  
 4. Have you ever tried reading the Bible? Do you think you will take up his challenge to start reading the Bible frequently for yourself?

**NOTES FOR NEXT SESSION** .....

**EPISODE 6 GUIDE**  
**Part One: Power**  
**Part Two: Charged**  
**Part Three: Risk**

**VERSES USED  
 IN THIS EPISODE**  
 Acts 1:8, 2  
 John 10:10  
 Galations 5:13-14

**w** **Welcome:** Please refer to pages 1-4 (of this Guide) to prepare your introduction to NUA:Origins. For every episode, it is good practice to remind and instil the values and rules of participating during this experience.

**ib** **Ice-breaker Game: Guide Me** Get a few pairs of volunteers. Give one of the pair an object to draw (secretly) and tell them to guide the other of the pair to draw that object only by following their directions. You could use a whiteboard, paper, can even work over zoom! Give the guide 90secs to lead the other and set see what happens. Discuss with the drawer what it was liked being guided in this way.

**es** **Episode Summary:** Episode six explores the person and work of the Holy Spirit. Pentecost can be seen as a minor event on the Christian Calendar compared to Christmas and Easter but Jesus often spoke about the significance of what would happen after he rose from the dead. He said it would be better when the Holy Spirit came in power to change people’s lives and he meant it!

**k** **Key Words:** Ask your group if they can explain the following:  
**PENTECOST** – The day that the Holy Spirit fell upon the disciples of Jesus. This happened after Jesus’ Resurrection after Jesus went back to heaven.  
**TONGUES OF FIRE** – Jesus’s followers saw what seemed to be tongues of fire that separated and came to rest on each of them.  
**SPEAKING IN OTHER TONGUES** – Instantly being able to speak another language.

**v** **Video & Journal Time:** Before the first video make sure to hand out the Journals/ Journal Printouts to your group. Begin the first video. Press “pause” when indicated on the video. After each 4/5 minute video segment allow for the young people to write in their Journals (or discussion if you prefer).

**jt** Explain that this is an opportunity for each person to sit by themselves and use the journal to reflect on what they heard on each video. Remind them that this is something personal and private to each participant and they will not be asked to show it to anyone else although they might want to share with their parents. That is their decision.

**d** **Discussion:** (facilitate discussion or split them into small groups)  
 1. Has this session helped you understand the person of the Holy Spirit better and why? What was your understanding of the Holy Spirit before watching?  
 2. Did you find the presentation on the fruits of the Holy Spirit helpful and how would you apply in practical ways in your life?  
 3. Does the analogy of ‘Life with the Holy Spirit is like a fully charged backpack’ help to understand the working of the Holy Spirit in your life better?

**NOTES FOR NEXT SESSION**

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**EPISODE 7 BELONG**  
 Part One: The People  
 Part Two: Hands & Feet  
 Part Three: Inspire Change

**VERSES USED  
 IN THIS EPISODE**

Acts 2:41-47  
 Hebrews 10:24  
 Galatians 6:2

**W**

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**ib**

**Ice-breaker Game: Tower Building** Give (or tell them to get) each team or duo or 'online screen' the same amount of items...for example...3 bits of paper, 6 inch bits of selotape, agreed amount of cardboard (toilet role holder or empty cerealbox) and tell them to build the tallest tower in 5mins. Tallest without falling wins. You can also discuss on completion how the team work went.

**es**

**Episode Summary:** Episode seven explores the Church. We want to encourage the viewers that we can all be part of the church. We hope to explain Jesus' passion about His church and how He has gifted us all in incredible ways to achieve incredible things in service of others, especially when we work together.

**k**

**Key Words:** Ask your group if they can explain the following:  
 WIDER CHURCH - All christians from all churches; Catholics, Prodestants, Pentecostals and more.  
 TEMPLE COURTS - A special place in Jerusalem where people gathered to worship God.  
 BROKE BREAD - Eating together while at the same time being mindful of Jesus dying for them.  
 DAY OF HIS RETURN - A time in the future when Jesus will return to the earth.

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**Video & Journal Time:** Before the first video make sure to hand out the Journals/ Journal Printouts to your group. Begin the first video. Press "pause" when indicated on the video. After each 4/5 minute video segment allow for the young people to write in their Journals (or discussion if you prefer).

**jt**

Explain that this is an opportunity for each person to sit by themselves and use the journal to reflect on what they heard on each video. Remind them that this is something personal and private to each participant and they will not be asked to show it to anyone else although they might want to share with their parents. That is their decision.

**d**

**Discussion:** (facilitate discussion or split them into small groups)

1. What experience have you had of church and what has it been like?
2. When you hear Eric say that what makes the building a church is God and his People, does this help or change your understanding of church?
3. Jonny says We are all gifted and working as a team together we can be 'Gods Hands and Feet' in this world. What does that mean to you?
4. We are not meant to live the Christian life alone. Is this a new idea for you and why??
5. Ben says that the group is a 'safe place to discuss your faith' Do you find your Nua Origins group to be the same Why? Why not?

**NOTES FOR NEXT SESSION** .....

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## EPISODE 8 JOURNEY

Part One: Decision  
Part Two: The Road Ahead  
Part Three: Origins

### VERSES USED IN THIS EPISODE

Matthew 13:1-23  
Romans 8:28  
Philippians 2:12, 4:13

**W** **Welcome:** Please refer to pages 1-4 (of this Guide) to prepare your introduction to NUA:Origins. For every episode, it is good practice to remind and instill the values and rules of participating during this experience.

**ib** **Ice-breaker Game: ROCK PAPER SCISSORS** If you are leading the group, everyone is playing against you. Give everyone three lives, and the only rule is do decide whether to be a Rock, paper or scissors.. If your play beats theirs they lose a life, have them keep track of this in the chat. Play until the last person is standing. (Great in person or online)

**es** **Episode Summary:** Episode eight explores what it looks like to live a life of faith. Although this is our final episode we hope for many that it may be the beginning of a great faith adventure. Every adventure starts with the first step however small and we want the viewer to ponder the question, 'Where could your relationship with Jesus take you, what impact on the earth could you have with him? Who's lives could be change?'. Whether they are ready to say yes to God or not, we don't want this experience to be the end, but to keep exploring.

**k** **Key Words:** Ask your group if they can explain the following:  
THE EVIL ONE - Known as Satan, a fallen angel who Jesus describes as a thief and a destroyer.  
RESTORATION - Returning something to it's original, make something better that was damaged.  
FRUIT - In relation to faith, our fruit is a way of describing our impact and influence.  
JOURNEY - In relation to faith it means the ongoing adventure of having a relationship with God.

**V** **Video & Journal Time:** Before the first video make sure to hand out the Journals/ Journal Printouts to your group. Begin the first video. Press "pause" when indicated on the video. After each 4/5 minute video segment allow for the young people to write in their Journals (or discussion if you prefer).

**jt** Explain that this is an opportunity for each person to sit by themselves and use the journal to reflect on what they heard on each video. Remind them that this is something personal and private to each participant and they will not be asked to show it to anyone else although they might want to share with their parents. That is their decision.

**d** **Discussion:** (facilitate discussion or split them into small groups)

1. Did the exploration of the parable of the sower help you understand the different ways people respond to Jesus invitation to experience his love and forgiveness?
2. Sarah shared from her own life experience. Did you relate to the difficulties she faced?
3. Eric shared how the tough times in his life led him closer to God and the hope God instilled in him. Did you find that helpful when you think about your own struggles and hardship?
4. Have you enjoyed this adventure through NUA:Origins? What has impacted you the most?

# NUA FILMS

## MINI SERIES



### **NUA:MOVE**

A 3 Part Mini Series for those moving to 2nd Level Education. Join our hosts on a journey exploring the feelings we face during a big change like this, the influences that shape us and the growth opportunities among the challenges. Each episode is approx 5 mins.



### **NUA:EASTER**

A 3 Part Mini Series for those aged between 9 and 14 yrs. Experience Easter in all its colour. Join our hosts on a very unique and entertaining quest that highlights the meaning of the incredible events of Easter. Each episode is approx 6 mins.



### **NUA:CHRISTMAS**

A 3 Part Mini Series for those aged between 9 and 14 yrs. From the very first recorded Christmas to our modern day festivities, enter into the most wonderful time of the year and discover why it matters for us today. Each episode is approx 8 mins.

