





ABOUT

Exploration

We want this journal to be a safe place where you can be open and honest about what you believe and explore the tough questions.

Enjoyment

We also want you to enjoy this experience as you journey along with us from Dublin to Edinburgh and from the Eiffel Tower to the Titanic!

Encouragement

Our hope is that this journal will be an encouragement in your own growth and faith.

Encounter

Most of all we hope that you will experience God for yourself and find the answers that you are looking for.

YOUR HOSTS



Jonny Somerville

Jonny and his wife Susan have 4 kids and love sleep! When Jonny has a moment free, he also loves to play sports and eat Wispas.



Sarah Campbell

Sarah brings joy wherever she goes. She loves to travel, eat good food but almost never finishes a cup of tea. She also has a very contagious laugh.



Eric Hughes

Eric lives in north Dublin with his wife Kate and daughter Olivia. Eric loves wrestling and making music, just not both at the same time!

Using your NUA:Origins Journal



How to find a bible reference - with an actual Bible

Table of contents:

At the start of your Bible, it tells you what each book is and where you can find it.

Bible text:

The Bible is broken down into books, chapters and verses. This helps you look up exactly what you want to find.





"As we take you on a journey exploring faith, we will be looking at different parts of the Bible. We would encourage you to look up the references in each episode and read them for yourself. This will help you as you think about the questions we ask you to reflect on".

How to find a bible reference - digitally



Search online: (biblegateway.com)

One of the easiest ways to read the Bible today is online. There is a website called Bible Gateway that millions of people around the world use every day to read the Bible. So if you don't have your own Bible or access to one, you are only a click away!

There is also a Bible app:

The Bible App is super-handy too. Download the Bible from any app store on any device and have instant access to the Bible in any translation.

Bible translations:

Throughout NUA:Origins we use different translations of the Bible. Originally the Bible was written in Hebrew for the Old Testament, and Greek for the New Testament. It is a huge challenge to translate Scripture into our native tongue, and today there are many easy-to-read options to help us understand what the Bible is trying to say.

Short-hand for the different Bible translations:

NIV - New International Version

NLT - New Living Translation

MSG - The Message*

NRSVCE - New Revised Standard

Version Catholic Edition

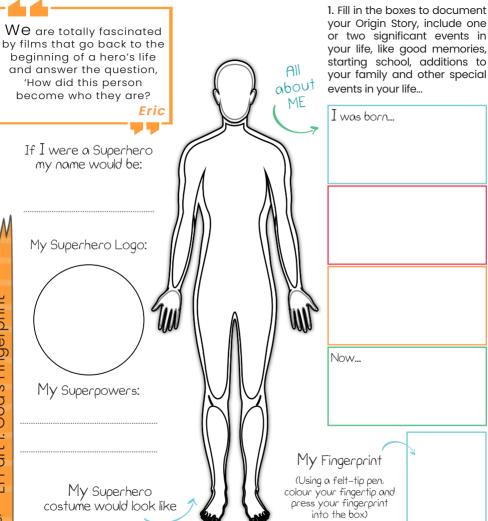
*The Message Version was written in modern every day language to make it as easy as possible to understand. You can search for it on biblegateway.com

Episode 1 Masterpiece



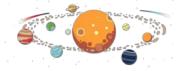
Part One God's Fingerprint

"...the skies proclaim the work of His hands." Psalm 19:1 NIV



5

"The Universe has been made for us by a supremely good and orderly Creator." Nicolaus Copernicus – discovered that planets orbited the sun! WOW



2. Does Science make it easier or harder for ME to believe in God? Why?

3. What is your favourite place on earth? Does it take your breath away? (draw a picture or write something about it)

Looking at how complex the human body is or how amazing planet Earth is can fill us with a sense of Wonder & Awe! The Psalmists, Prophets and Evangelists in the Bible experienced this. You can read what they wrote;

Psalm 19 & 33, Isaiah 29:14, Luke 5:17-26, Matthew 8:23-27.



4. Things that help ME believe in God (make a list)







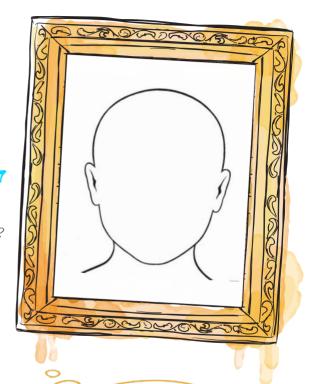
EVERY personality quirk, every little detail, talents, goals have all been gifted to us by our loving Maker.

Jonny

My self-portrait I am God's Masterpiece!

YAY

1. What is unique about Me?



2. Take a moment to give thanks to God for the you-ness of you!

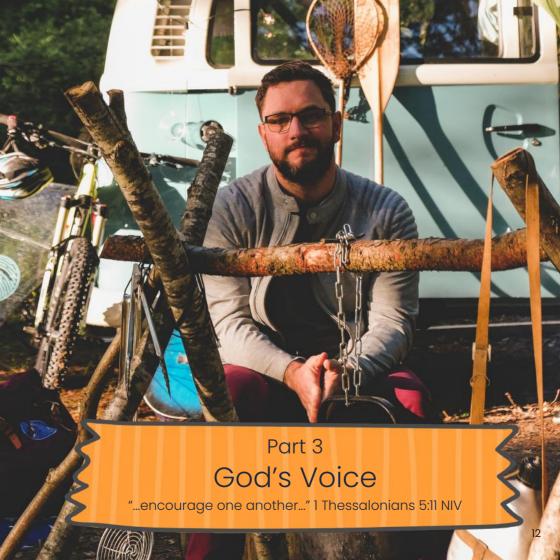
Psalm 139:13-14 (NIV) says: For it was you who formed my inward parts, you knit me together in my mother's womb, I praise you because I am fearfully and wonderfully made, your works are wonderful, I know that full well.

3. Take a moment to reflect on this verse. Write or draw some of your thoughts below...



11





would tell myself not to listen to the negative voice in my ear because now there's a new voice. The voice of truth, the voice of my maker. God made me, me. The world needs me to be me, the original, the masterpiece and not some cheap replica."

Eric

1. Look at the table below and answer as honestly as you can:

Have I ever changed any of these in order to fit in with my classmates?





Changed to fit in	YES	/	NO /	Unsure
ne football team I support				
The clothes I wear				
The music I like				
An opinion I have				

Today I'm feeling...



















14

2. God speaks to ME through the Holy Spirit

If you've ever felt the urge to help someone, or pray for someone, or encourage them, that may be the Holy Spirit prompting you. The Holy Spirit will only ever prompt you to do what is good and right. Can you think of a time like this?

3. God speaks to ME through other people

God can use other people to get the message across to us. Think of some of the people in your life who have encouraged and helped you. Write about a time in your life when the right person has been there at the right time to help you.

Hi friends, well done! You have completed Episode 1. Take a moment to pray to God and be thankful to Him for creating YOU a Masterpiece! See you in Episode 2...



Episode 2 Worth



The Origin Story of Christmas is one of weakness and vulnerability, God in the form of a helpless baby lying in a wooden trough... To understand the real meaning of Christmas we have to go back to the very beginning.

Eric

1. Do you have any Christmas traditions?

2. Can YOU think of a place that helps you see the goodness of God?

(draw it or stick a picture of it here)

3. Write down what it is about this place that makes you feel close to God?

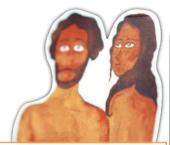




But I'm soon reminded, as I'm tripping over this piece of rubbish, that our mess has corrupted this place and how our whole world is affected by our bad choices. Sarah

Our choices have consequences. Adam and Eve made a poor choice and the consequence was; It damaged the good life that God had given them.

4. Write down some of the poor choices YOU have made e.g. littering, lying, speaking in anger...



5. Write down some good choices you can make in YOUR life to help care for God's creation.

How do YOU feel when you have made a poor choice?























Jesus' life was unexpected. Not what you would expect from the Son of God

Jonny

1. CRACK THE CODE

A9 B(C8 D* F7 F8 G6 H% I5 J\$ K4 I + M3 N@ O2 P! Q1 R± S? T/ U- V\ W> X~ Y. Z<



"With Jesus we need to expect the unexpected"

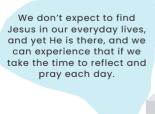
No-one expected the Messiah...

to be born in a 5? _/ _9 _(£ _7 yet He was.

to talk to $_{?}$ $_{5}$ $_{@}$ $_{@}$ $_{7}$ $_{\pm}$ $_{?}$ yet He did. to wash His disciples' $_{4}$ $_{7}$ $_{7}$ $_{7}$ yet He did.

to be crucified beside $8 \pm 5 \cdot 3 \cdot 5 \cdot 0 \cdot 9 \neq ?$

yet thats what happened!





2. Take a moment to tell Jesus about your day, give thanks for something or say sorry for something. Ask Him to help you find Him in your everyday life.

3. The Samaritan woman was shocked when Jesus spoke to her. Jews didn't talk to Samaritans!

Can you think of any groups in todays society who don't talk to one another?



4. Jesus used the "physical well and physical thirst, to represent a deeper need, our spiritual thirst... this woman had been trying to fill up a spiritual need with broken relationships..." We often try to fill up a spiritual need with physical or material things. Have you ever been tempted to think:

"If only I had

, I would be happy?"

only to find that when you get that thing, your heart becomes restless again, wanting something else which will make you feel happy and complete? It's like a jigsaw and the missing piece is GOD, any other piece won't fit.

5. Take a moment to think of the God-given gifts you are grateful for. Make a list or draw a picture of these gifts.







Jesus' bore our guilt and our shame, He broke the power of these things to restore our relationship with God.

Sarah

Inagine you had the "freedom" to do, or not do, anything you wanted. You might eat unlimited amounts of chocolate cake, or stop doing your chores, or have unlimited screen time!

Take a moment to think about what you might choose and write down some ideas...

2. But would this so-called "freedom," be good for you in the long run?

Take a moment to think what the consequence of these choices might be. Write down your thoughts...



3. Discuss: Would that really be freedom, or would you be becoming a slave to your sinful ways? We can mistake what is actually just selfishness or greed, in other words SIN, for freedom. Jesus' death on the cross offers us true freedom. Freedom from the sin which can imprison us in guilt and shame.



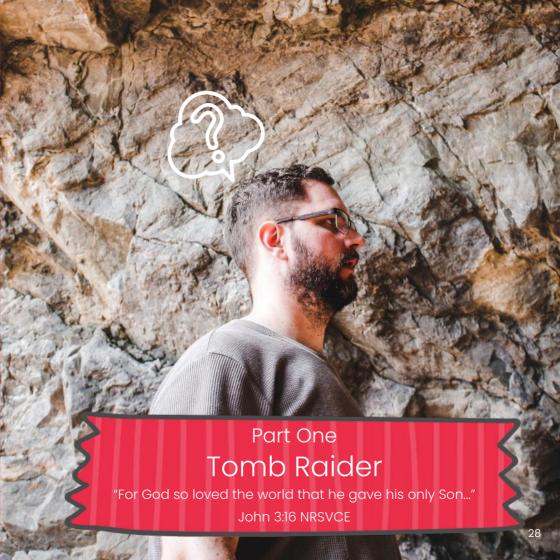
"When I reflect on my own life.
I can see how my mistakes and
sin made me think less of myself
and affected my self-worth... I
also realise how my poor choices
were hurtful to others."

4. Think of and write down some ways you might try to accept, love and forgive others in your life this week, especially the people you find difficult.



Hello friends, super job! You have completed Episode 2. Take a moment to pray to God and be thankful to Him for all the gifts He has given you! See you in Episode 3...

Episode 3 New Beginnings



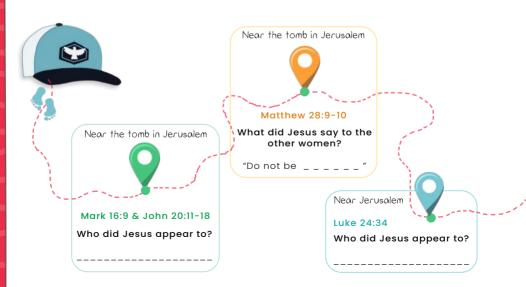
NOW personally I'm a moon landing believer, but isn't it interesting how so many of the world's significant events get accused of being #fakenews...?

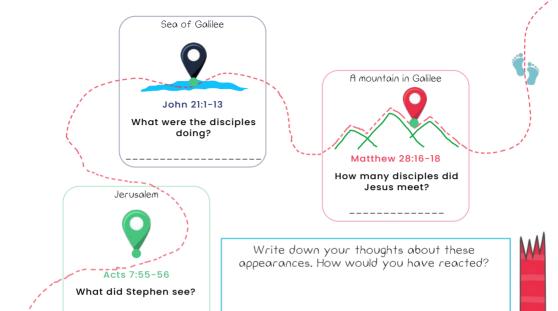
Jonny



Appearances of the Risen Jesus

Look up these Bible references below to fill in the missing information. Tip: Check back to page 1.











Whatever you are going through, whatever you are feeling - Jesus has gone through it. **Sarah**

Do you think that miracles only happen in the Bible?

YES / NO / Unsure



Have you or someone you know ever experienced any miracles? If so, give a brief description...

2. Some people would accuse Jesus of being a magician or creating illusions like some of the magicians we see on TV today, but "Jesus was never showing offin fact even when His critics at the time demanded a miracle, He refused."

Can you remember any of the miracles that Jesus carried out? Describe them below...



3. There are many verses in the Bible that remind us of the wonderful advantage we have of knowing and loving God!

Take a moment to reflect on this verse. Write your own song or poem to God below...

Isaiah 41:10 (NRSVCE) says:

'Do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand."







SO what will you do? Jesus is standing at YOUR door and knocking. Will you choose to believe the resurrection is fake news or good news?

Eric



BE STILL AND LISTEN ...

 Jesus knocks at the door of each of our hearts, but it can be easy to miss the knock because of all the other distractions in our lives.

One of the best ways to hear Jesus knocking at the door of your heart is revealed to us in Psalm 46:10 (NIV). "Be still, and know that I am God..."

Take some time, as Jesus often did, to be quiet and still and put all distractions to one side. Invite Jesus to enter into the silence of your heart and listen to what He is saying to you...

2. Use the space below to write down the thoughts that came to your mind as you tried to be quiet and still...

How did this exercise make you feel?











How does God speak to me?

Remember the ways that we listed in Episode 1 Part 3 (God's voice)



- 1. Through his Word in Scripture 2. Through others 3. Through the Holy Spirit Some of the other ways we can hear God's voice are:
- 4. Through the still small voice as in 1 Kings 19:12 (some people call it our conscience)
- 5. Through the circumstances we find ourselves in
- 6. Through our thoughts and feelings

3. Describe what has stood out to you the most about this epsiode.
What did you like or dislike?

HEEEEEY, well done! You have completed Episode 3. Take a moment to pray and ask God to help you fully understand the resurrection and to strengthen your faith! See you in Episode 4...

Episode 4 Connection



We can become people who expect an instant response to everything! If we want food, we can have it delivered within minutes... Sarah 1. Draw a picture or stick a photo of someone who is a really good friend of yours.

 A list of all that you and your god friend have in common:)(

***************************************	•••••	•••••	***************************************

3. Some fun things we do together:

Many of us only call on God when we need something from Him. but when things are going well, we don't.

4. Describe how you would feel if a "friend" only contacted you when they wanted something from you, or when there was something you could do for them?



Thankfully, God is like one of those friends who, even when you haven't been in touch for a while, is always delighted to hear from you!

5. Based on the verses in Philippians 4:6-7 (The Message Version), write a note below to God. Tell Him what you need and thank Him for all He has done.

Dear God . . .





There are as many ways to pray as there are peoples faces! Sarah

1. Write down some different and new ways you could pray to God:

How does praying make you feel?











2. Do you have a favourite learned prayer? Write it below...

Isn't it a relief to know that when we don't know what to say or do in prayer, the Holy Spirit is at work in us, directing our hearts and minds to God and praying through us?

(Read Romans 8:26-27 - Try the Message Version)





3. Like Ryan, write down some topics of conversation you would like talk to God about during a walk...

4. As Olive describes, write down some things that may distract you from connecting with God...



5. Just like Ash likes to write, ask God to guide you as you write some thoughts below...





God is far above everything else on earth, yet He is as close to us as a parent! *Eric*

What about all those unanswered prayers we each have?



Sometimes it can be hard to see where God is at work in our lives. We may not realise it until we take time to think and reflect on our experiences. Sometimes it can take weeks, months or even years before we can see that something that worked out in a way we didn't want, was actually for the best.

1. Have you had an experience of something not working out the way you wanted it to at the time, but on reflection it was better that way? Write or draw it here...

2. Look up the "Lord's Prayer" (Matthew 6:9-13) in your Bible or online. Choose a verse from the prayer and write down what it means to you and how it fits into your life . . .



Well done YOU! You have completed Episode 4. Take a moment to pray and ask God to help you find a fresh way to pray and talk with Him! See you in Episode 5...

Episode 5 Story



One of the best ways to think of the Bible is, its very own library, written in various different styles... *Eric*



Name: Josiah Spiers

Job: Storyteller

Era: 1800's

Fact: Founder of Scripture Union

1. Can you think of someone in your life who is a good storyteller?
2. Describe one of YOUR favourite stories:

53

Josiah wrote a Bible verse in the sand, "God is Love." (1 John 4:16 NLT). Lots of people were drawn to this and when they came to look at it, Josiah told them about Jesus...

3. Who are the people in your life who have told you about Jesus?

4. Is there a story about Jesus that you remember? Write a brief description or draw a picture of it here...





Jesus was the good King. He was the promised one. Plus FYI, He was God in the flesh! Jonny





Read about Creation in the book of Genesis



Read about Moses in the books of Exodus. Mark & Acts





Read about Jesus' life in the Gospels: The books of Matthew, Mark, Luke & John





Read about Abraham in the books of Genesis, Galatians & Romans



Read about Jesus returning again in the book of Revelation







1. Why do you think Adam and Eve disobeyed God?

2. Why do you think people choose to turn away from God?

3. Not everyone in God's story did the right thing all the time, and yet God kept giving people more chances. He didn't give up on them.

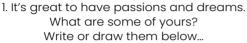
Why should we be encouraged by this?





God desires to connect and communicate with YOU and one of the ways He does this, is through the words in the Bible.

Sarah





2. Remember the builder who built his house on solid rock? (Matthew 7:24-27)

Think of the words and verses in the Bible as little pieces of solid rock. When we read the Bible, we lay these words and verses down as a foundation for our lives. Write down some steps that you could take to ensure you'll explore the Bible more for yourself...

Grand job!!

You have completed Episode 5.
Take a moment to pray and ask God to speak to you and guide you as you read the Bible. See you in Episode 6...



Episode 6 Guide





1. In your own words, describe the Holy Spirit:

"With the Holy Spirit the impossible becomes possible"

2. The Bible characters Samson and Deborah, had incredible strength and bravery. List any other people (famous or someone you know) who have shown similar strength and bravery...

3. Read **Acts 2** in your Bible. Outline what happened on the Day of Pentecost by drawing a picture or writing a description in your own words below...





The Holy Spirit is there to help us with all of life's tough decisions! *Jonny*



 List some areas in your life t Holy Spirit could help you v 	hat the vith:
	•••••

2. King Solomon asked for wisdom from the Holy Spirit, which meant he had the ability to make really wise decisions. Circle below which gifts of the Holy Spirit you would like in your backpack and explain why...

Wisdom

Courage

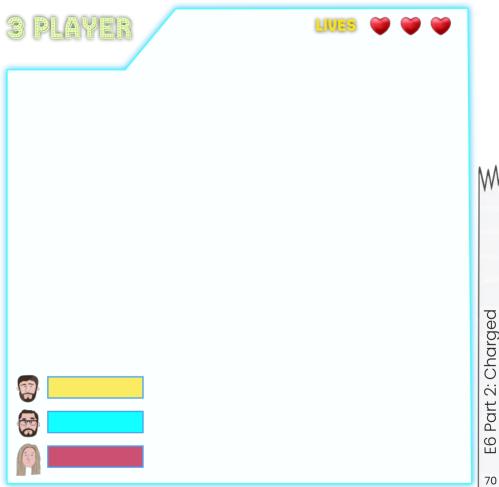
Understanding

Knowledge

Counsel

Awe and Wonder

Reverence





COURAGE

This gift gives us the strength to do God's will and to stand up for what is right.



This gift helps us to have a deep understanding of God and to value the things of God.



KNOWLEDGE

This gift helps us to know and understand God's truth and God's plan for us in a deeper way.



UNDERSTANDING

This gift helps us to know God better.



GIFTS OF THE HOLY SPIRIT



REVERENCE

This gift helps us to show a deep love and respect for God.



COUNSEL

Right Judgement

Through this gift we are inspired and guided to make the right decisions and to do the right thing.



AWE AND WONDER Fear of the Lord

This gift helps us to know how great God is and to recognise the wonders of God's creation.





1. Describe a time when anyone went out of their way to help you or a time when you went out of your way to help others:



2. "If we ask the Holy Spirit, we will be given the power to treat others as Jesus did when He was on the earth. The Holy Spirit will produce in us what is known as the Fruits of the Spirit" - Can you fill them in?				
L	J	P	-	
P	K	G	ACM.	
F	G	S		

3. What Fruit of the Spirit could you really use in your life right now? Write down how it would help you in a certain situation...



Well done! You have completed Episode 6. Take a moment to pray and ask God to fill you with the gifts of the Holy Spirit. See you in Episode 7...

Episode 7 Belong





1. Draw the first image that comes into your head when you see/hear the word...Church!



3. Think of a time in your own life, w shared that news with you? Were they good news with? How did you feel? C	y excited? Who did you share that	
		M
4. Most of us probably think of a building or an institution when we hear the word 'Church', but as this passage shows us, the Church is really made up of ordinary people like us. We aren't perfect, we make mistakes and we cause hurt, and all of this is		1: The People
reflected in the Church. But so is all our goodness as well. So, what do you focus on when you look at the Church? Write a list of a few		E7 Part 1:

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2. Read Acts 2:41-47 in your Bible. As you read it, imagine yourself as part of the story. How does God want me to respond to this story?

3.

words that come to mind...

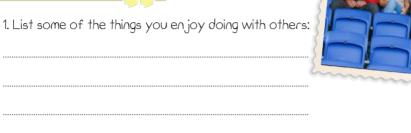




Part 2 Hands and Feet

"Let us think of ways to motivate one another to acts of love and good works." Hebrews 10:24 NLT

Jesus never intended us to be alone and work out our faith for ourselves.



W

2. Do you belong to any clubs, groups or societies and if so, describe why you joined them and why do you stay?

3. Many clubs and societies couldn't run if they didn't have volunteers. Take a moment to be grateful for anyone you know who volunteers.

Think of something that you could do to help someone else this week.

Make a plan below...

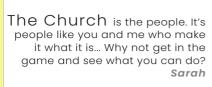
I would like to help...

I will need ...

I will complete this by ...







1. What are the changes you would like to see in the world?

2. "If we are not making fun of something, we are complaining about it."

Be honest - what are some of the things you complain about?

3. How can you help to effect these changes?

4. After hearing Ben and Eva's story, what impacted you, and is there anything they talked about that you would like to do in your church?





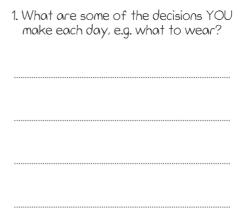
Super!
You have completed Episode 7.
Take a moment to pray and ask God to show you how to make a positive difference. See you in Episode 8...



Episode 8 Journey



We can't control how we enter this world, but we can decide what we make of it. *Jonny*





Highlight which seed you feel relates to you today

The seed that fell on the path
The seed that fell on a rocky place
The seed that fell among the thorns
The seed that fell on the good soil

Explain why...

E8 Part 1: Decision

3. The good news is: faith is a journey. We can keep moving, we need not stand still. We can cultivate the soil of our hearts and make it more receptive to the message of Jesus. Colour the boxes you think might help to cultivate the soil of your heart...

Spend more time on my games console	Read the Bible	Wear the latest style
Volunteer to help others	Give to charity	Pray more
Eat	Share	Watch
more cake	more	more TV
Spend more	Get involved in	Complain
time online	my church	more







1. After hearing Eric's story:

How did it make you feel? What surprised you the most?

Write some of your thoughts below...

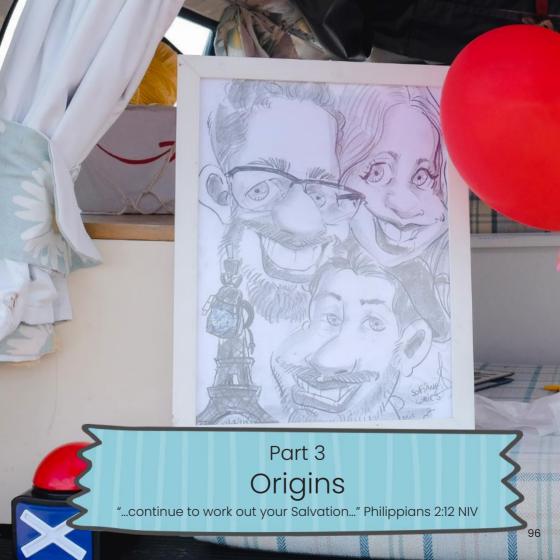


2. Are there any areas in your life that could be changed for the better, by choosing to follow God?

(In your Bible read Philippians 4:13)

3. In your life so far, have there been tough times that you can now see led to something good? Describe how:





The Origins of faith for most people... are a series of small steps or yeses over a long period of time that become this amazing adventure.

Jonny

2. Do you think you are ready to have faith in Jesus? Even if you don't have everything figured out yet...

1. As you reflect back on your journey with NUA:Origins, what have been the highlights, and what things are you still unsure of?

Highlights...

Still unsure of...

If YES, how does it make you feel?











3. Write a letter to God...

This is your final NUA:Origins task and we hope that it will help you as you journey on from here. If you would like to, write a letter to God asking for His help as you make 3 commitments to further explore and grow in your faith. From reading the Bible to joining a youth group to helping others, you decide what commitments you are going to make.

Well done!

You have completed the NUA:Origins series. We hope that you are encouraged to continue to grow in your faith. Keep this Journal as a reminder of "Your Faith Journey". God bless.



Notes...





Hello, me again!!

Just wanted to drop back in to tell you that we have many more resources to help you on your journey of faith.

Check out our website

www.nuafilmseries.ie to find more videos. to help you explore the big questions of faith. Plus, we also have a handy app to make finding good videos really easy. We also run camps during the school holidays that you totally need to check out. You can find them at

www.scriptureunion.ie Find us on socials @nuafilmseries

Jonny



nua film series











nuafilmseries.ie