

*Suitable for 15+ yrs or Senior
Cycle Education up to Third Level*

THE WAY

OF ST. JAMES
GUIDE

NAME:

CLASS:

This series guide can be used
outside a school context.



WHAT IS THE WAY?

Three friends hike the famous pilgrimage of Camino de Santiago in search of escape, meaning, rest, and adventure. This documentary style series of videos follows along as this group of friends navigate the Camino's twists and turns and venture towards a final destination. Despite the end goal, the Camino is less about the destination and more about the journey.

USING THE GUIDE:

To get the most out of these lessons, we encourage you to give your students the accompanying journal. The journal has been designed to help your students get the most out of The Way Series.

Each episode corresponds to the journal and guide going through three sections:



CONNECTING

15 MINS

These exercises help your students prepare for the main theme of the lesson and video.

EXPLORING

20 MINS

These exercises are to be completed after watching the video. They help students respond to the main themes addressed in the video.

FORMING

10 MINS

These exercises will help your students to consider how what they've learned will impact them beyond the lesson.



SCAN ME

ACCESSING THIS CONTENT:

Scan the QR Code to watch the videos. To access all the supporting material and downloads you must register for free at nuafilms.com, where you will get access to **myNUA** - NUA's entire library of video series and supporting material.



INTRODUCTION: STOPS ALONG THE WAY

This program is an accompaniment to The Way Series videos. It runs for eight episodes, although time can be taken for review and extension along the way. Each lesson has a key theme, based on the video themes.

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EPISODE I

THE ARROW



CONNECTING

15 MINS

Students will consider the concept of Journey and the way Journeys are often a catalyst for great change (both in life, art, literature and in the Bible).

EXPLORING

20 MINS

Students will consider if they can relate to Jonny's depiction of modern life. They will also reflect on why people would choose to walk the Camino or do similar journeys.

FORMING

10 MINS

In each lesson, time is set aside for reflection. Students also have the opportunity to record their own questions.

AIMS AND OBJECTIVES:



By the end of this lesson, you will:

Understand what a Pilgrimage is.

Reflect on the spiritual benefits of Pilgrimage.

Consider what form a Pilgrimage might take in your life.

Learn about who St. James was. Start to consider the influence following Jesus has in St. James' life.

Ponder why Jesus is still so influential today.

Extension: Take your own Pilgrimage alongside Jesus by reading the Gospel of Mark.

OVERVIEW:

Students will meet Jonny, the host. Jonny reflects on how constant digital engagement through social media, videos, and other online content can make it hard for us to know our true thoughts and feelings. To counter this, Jonny suggests taking a break from the digital world, like going on a pilgrimage such as the Camino de Santiago. This journey is similar to how Jesus invited St. James to leave his familiar life and explore the unknown, offering a chance for personal growth and new experiences.

LOCATIONS:



St. Jean Pied de Port

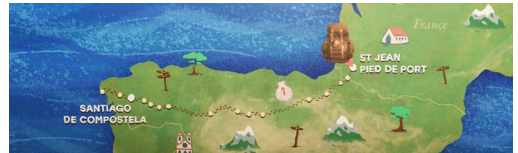
A town in France situated on the River Nive, 8km from the Spanish border. There is a cobbled road that runs downhill towards the river and across the bridge. Shops have retained traditional features and signage (one even displays what the price of wheat was in the 1700s!)

Orisson

There is a special refuge here for those who walk the Camino. People who have arrived in town in other ways are not welcome to stay at "Refuge Orisson".

Roncesvalles

This Village is situated almost 1km above sea level. It is a common first stop on the Camino. It has a hotel, two pubs, but no shops!



EXPLORING THE BIBLE:

Students will read a Bible passage which depicts St. James on the beginning of his journey with Jesus.

They will consider what it was about Jesus that made St. James (and others) willing to leave their lives behind to follow him.

Connecting

I.1 PREPARING FOR THE WAY

Give students time to individually or in groups, answer questions in journal space provided.

If you could travel anywhere in the world, where would you go? Why did you choose that location?

The Way Series is about a Journey; list some movies or books you know where the characters go on a journey?

Think about the main character...at the beginning of the journey, and at the end of the journey? What event/s made them change?

TEACHER NOTE

The purpose of these questions are to:

- Relate to Jonny, the host of the Way as they are about to join his journey on the Camino.
- Connect journey stories that are already familiar within popular culture.
- Recognize the connection between journeys and change.
- Understand why journeys can be powerful catalysts for change.
- Wonder if it is possible for someone to return from an epic journey unchanged?

Exploring

I.2 RESPONDING TO THE WAY

In the journal, complete the following questions.

Circle the words you most relate to from Jonny's description of modern life:

"Whether I know it or not, each day I am taking in all these messages, ideas, ads, and whatever else clogs up my brain space. It's a constant avalanche of pressure to buy this, do this and follow this in order to be happy until it feels like my brain is either going to explode or go completely numb. This is having two major effects on us. The first is that we can find it hard to know what we actually think or feel about anything. And the second is that we become disconnected from ourselves, no longer in touch with our heads and our hearts, and need a full reset, a chance to start over."

What is Jonny's life like before he starts on The Way?

TEACHER NOTE

The purpose of this questions is to...

- Help students relate to Jonny's description of modern life.
- Reflect on their use of screens and if it is helpful or harmful for their mental health.
- Begin to see that there might be a benefit in taking a journey or a break from modern life (even if it's not as extensive as the Camino!)

Do you agree with Jonny's description of the effects of screen on our wellbeing? Why/Why not?

TEACHER NOTE

The purpose of this question is to help students relate to what they're about to watch as Jonny and his friends take the Camino Journey.

Key Terms

PILGRIMAGE: A special trip that people take to a sacred place for religious reasons, often to grow spiritually or find inner peace.

GOSPEL: The first four books of the New Testament in the Bible (Matthew, Mark, Luke, and John) that tell the story of Jesus' life, teachings, death, and resurrection. It can also mean the message of salvation that Christians believe.

SAIN: A person recognized for their holiness and close relationship with God. In this case, we are thinking about St. James who journeyed with Jesus.

JOURNEY: A trip or experience that involves travel from one place to another, often with a purpose of learning, growth, or exploration.

THE GOOD NEWS OF THE KINGDOM: The message Jesus shared about God's love and the promise of a new way of living under God's rule, which brings hope, peace, and salvation to everyone.



In groups, discuss the following questions...

1. What would it be like to go on such a long journey?
2. Why do you think so many people walk the Camino de Santiago every year?
3. Why do you think so many people don't set out on pilgrimages like this? What do you think is stopping them?
4. How would it feel like if you were able to "escape for the sake of our hearts, our minds, and our souls" and take a "journey away from the noise, so that we can hear our own voice again, so that we can return to ourselves." ?
5. St. James was a follower of Jesus. People walk the Camino because they want to be close to someone who was close to Jesus. Why do you think Jesus is still so influential more than 2,000 years after his death?

TEACHER NOTE

The purpose of these questions are to...

1. Help students relate to what they're about to watch as Jonny and his friends take the Camino Journey
2. Help students relate to those who do take the Camino
3. Help students relate to those who don't take the Camino (or journeys like it)
4. Help students reflect on if they would be willing to take such a journey for themselves
5. To pivot from the video to the Bible, think about who St. James was, think about who Jesus was that St. James would leave everything to follow him and consider the enduring influence of Jesus today.

1.3 JESUS' WAY

TEACHER NOTE

In this activity students will...

- Learn about who St. James was according to the Bible.
- Consider what St. James knew about Jesus when he chose to follow him.
- Place themselves in St. James' shoes to imagine what it would be like to follow Jesus.



In this passage, Jesus shares the good news of the Kingdom. This refers to the Spiritual Kingdom over which Jesus is King. Jesus' followers seek to follow him as their Saviour and Lord.

Read Matthew 4:18-25 (NIV) from the Bible;

"As Jesus was walking beside the Sea of Galilee, he saw two brothers, Simon called Peter and his brother Andrew. They were casting a net into the lake, for they were fishermen. "Come, follow me," Jesus said, "and I will send you out to fish for people." At once they left their nets and followed him. Going on from there, he saw two other brothers, James son of Zebedee and his brother John. They were in a boat with their father Zebedee, preparing their nets. Jesus called them, and immediately they left the boat and their father and followed him. Jesus went throughout Galilee, teaching in their synagogues, proclaiming the good news of the kingdom, and healing every disease and sickness among the people. News about him spread all over Syria, and people brought to him all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralyzed; and he healed them. Large crowds from Galilee, the Decapolis, Jerusalem, Judea and the region across the Jordan followed him..."

What do we learn about St. James from this Bible passage?

TEACHER NOTE

In this question we observe...

- He is the son of Zebedee
- He has a brother named John
- They were both fishermen
- They worked with their father
- They were working in the town of Galilee
- Both James and John immediately left their family business to follow Jesus when he called them.

What do we learn about the journey Jesus had in store for St. James?

TEACHER NOTE

In this question we observe...

- Jesus mission included teaching and healing (verse 23)
- Jesus was teaching something new—the good news of the Kingdom (see explanation in word watch)
- News about Jesus spread quickly over a wide region (verse 24)
- Jesus performed many healings (verse 24)
- Lots of people came from far away to follow him (verse 25)
- Conclusion: The journey Jesus had in store for St. James was unlike any that had been seen before or since.

Do you think St. James made the right choice to leave everything behind and follow Jesus? Why/Why not?

TEACHER NOTE

In this question we observe, answers will vary. Students have the chance to reflect on what they've learned about Jesus so far and can consider if someone like this was worth following as St. James did.

What questions might someone have after reading this passage?

Forming

I.4 REFLECTIONS ALONG THE WAY

At the end of your students journal there are reflection questions and a space to write or doodle any thoughts or questions from today's episode. Ask your students to complete them individually.

- A mirror question:
 - » **What have you learned about yourself?**
- A window question:
 - » **What have you learned about our world?**
- A bible question:
 - » **What have you learned from the Bible?**
 - » **Do you have any questions?**

TEACHER NOTE

The purpose of these questions is to help students to reflect on themselves, our world and the bible.

There is also an opportunity for students to make a record of any questions that have arisen as a result of the lesson.

NOTES:



EPISODE 2

PARCHED



CONNECTING

15 MINS

Students will consider the search for meaning and connection that is a universal part of the human experience. They will consider why this is and what it means from a Christian perspective.

EXPLORING

20 MINS

Students will reflect on the sources they use to find their own meaning and fulfillment. They will also consider if the Christian explanation for the search for meaning and fulfillment is that God has made people for relationship with him.

FORMING

10 MINS

In each lesson, time is set aside for reflection. Students also have the opportunity to record their own questions.

AIMS AND OBJECTIVES:

By the end of this lesson, you will:



Understand the Christian understanding of the search for meaning and connection

Reflect on the ways people search for meaning and connection

Consider the different value of the sources people use for meaning and connection

Ponder if the Christian understanding of God's love is relevant today.

Investigate the story of the Bible story of the Samaritan woman at the well and what it says about Jesus' mission and purpose.

OVERVIEW:

Jonny reflects on the need for water on the Camino. He ties this physical thirst into the spiritual thirst all people have for meaning and connection. Just as pilgrims on the Camino need water, people need sources of love and meaning. These sources can be healthy (deep relationships, passions) or unhealthy (superficial relationships, distractions). The story of the Samaritan woman at the well illustrates the deep spiritual thirst for unconditional love. The video concludes with Jonny reflecting on what Theologians have called a "God-shaped void" that only divine love can fill; That our deepest longings point towards a need for connection with God, which brings true fulfillment.

7

LOCATIONS:

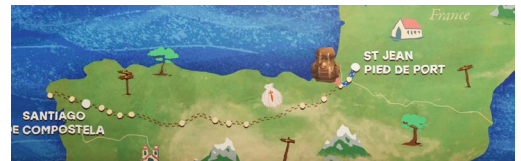
Estella

This town was traditionally known as "Estella the Beautiful". It is a town filled with beautiful buildings: churches, castles, convents, and even a bridge known as the "jail bridge", that was built with beauty in mind!



Torres del Rio

This is a tiny village with only 122 residents. The streets are steep and the landscape is breathtaking. A feature of many of the houses is the different coats of arms on the doors of the small cottages and houses.



EXPLORING THE BIBLE:

Students will read the passage directly following the story of Jesus and the Samaritan woman at the well (which Jonny talks about in the video). Students will have the chance to see the transformation that took place in the woman's life once she met Jesus. When she tried to find meaning in sources which did not satisfy and it left her isolated and outcast. Having met Jesus, we see that she is now welcomed not only into relationship with the other townsfolk, but into relationship with God.

Connecting

2.1 PREPARING FOR THE WAY

Direct your students to their journals to complete the following activity individually.

In our day-to-day lives, we find ourselves doing activities which fill our cup, and others which empty it. Have a think back over the last 48 hours and list some things you did which were cup-filling and cup-emptying.

TEACHER NOTE

The purpose of this exercise is to have students think about the way they spend their time and consider if they are making helpful choices for their wellbeing.

This will help prepare the students to engage with the theme of "thirst" as both a physical and spiritual reality.

Exploring

2.2 RESPONDING TO THE WAY

In the video, Johnny describes thirst not only as a physical reality (we all need to drink!) but as a spiritual need. Do you agree that humans all need relationships, meaning and connection? Why/Why not?

TEACHER NOTE

The purpose of this question is to help students see that the concept of thirst is both physical and spiritual.

Circle the words and phrases that you relate to in Jonny's description of modern life

"Our lives are shaped by the places that we find water and refreshment, rest and meaning. ...Sometimes it's water sources that aren't deep, or fresh, or safe. It's the stagnant swamp water of relationships with people who either can't or won't love you well. Or it's the filling your lives with empty calories of doom scrolling, series bingeing, or any number of ways we can lose ourselves when we feel parched."

Do you agree with Jonny's description of "empty calories"? Why/why not?

TEACHER NOTE

The purpose of this question is to help students see that we seek fulfillment from all sorts of places, some helpful, some not.



Key Terms

JEW: A person who belongs to the Jewish people. The Old Testament tells the story of this people group as God's chosen people through whom he would bless the world. Christians believe that Jesus is the fulfillment of the Old Testament promises to the Jews.

SAMARIA: is a region in ancient Israel, located between Galilee to the north and Judea to the south. In the time of Jesus, it was inhabited by the Samaritans, a group with distinct religious practices and beliefs that were somewhat different from those of the Jews.

SAMARITAN: A person from Samaria. Samaritans followed a religion that was closely related to Judaism but had significant differences, particularly regarding the location of their temple and some religious practices. Jews also did not talk to, associate with, or share meals with Samaritans.

THEOLOGIAN: A theologian is someone who seeks to understand, explain, and interpret religious texts, doctrines, and traditions. Their work helps to deepen the understanding of faith and its implications for believers.

As a group read the following and discuss the questions

"Many theologians over the last 2,000 years have hinted at this God-shaped void we all seem to possess, an imprint from a loving God when he created us in his likeness...our longing for this void to be filled guides all of our lives."

The Christian explanation for the universal search for love is that God has created people for a loving relationship with him. As Jonny describes it, God's love is "Unconditional, unlimited, unrelenting love"

If you believed this was true, how would it feel to know that the creator of the universe wants to have a loving relationship with you?

What makes it hard to believe this is true?

2.3 JESUS' WAY

Read John 4:27-42 (NIV) from the Bible;

Just then his disciples returned and were surprised to find him talking with a woman. But no one asked, "What do you want?" Or "Why are you talking with her?"

Then, leaving her water jar, the woman went back to the town and said to the people, "Come, see a man who told me everything I ever did. Could this be the Messiah?" They came out of the town and made their way toward him. Meanwhile his disciples urged him, "Rabbi, eat something." But he said to them, "I have food to eat that you know nothing about." Then his disciples said to each other, "Could someone have brought him food?"

"My food," said Jesus, "is to do the will of him who sent me and to finish his work. Don't you have a saying, 'It's still four months until harvest'? I tell you, open your eyes and look at the fields! They are ripe for harvest. Even now the one who reaps draws a wage and harvests a crop for eternal life, so that the sower and the reaper may be glad together. Thus the saying 'One sows and another reaps' is true. I sent you to reap what you have not worked for. Others have done the hard work, and you have reaped the benefits of their labor."

Many of the Samaritans from that town believed in him because of the woman's testimony, "He told me everything I ever did." So when the Samaritans came to him, they urged him to stay with them, and he stayed two days. And because of his words many more became believers.

They said to the woman, "We no longer believe just because of what you said; now we have heard for ourselves, and we know that this man really is the Savior of the world."

TEACHER NOTE

The purpose of this exercise is to help students see that the Christian explanation for the search for meaning and fulfillment is that God has made people for relationship with him.

The description of God's love might be new to students who may have been taught that Christianity is a religion of rules, rather than a relationship of love.



This passage follows directly on from the passage Jonny talked about in the video (you can also read the whole story from John 4:4-26). St. James and the other disciples have rejoined Jesus and see that he has spoken to this outcast woman.

Before she met Jesus, this woman hid from the other people in town (that's why she was at the well at midday). Imagine what it would feel like to be an outcast like her.

How does this passage show how this woman changed after meeting Jesus?

Why do you think she has changed?

TEACHER NOTE

In this question we observe...

The purpose of these questions (above) exercise is help students see the transformation that took place in the woman's life once she met Jesus. Her life is a dramatisation of the themes that we have been engaging with. She tried to find meaning in sources which did not satisfy and it left her isolated and outcast. Having met Jesus, we see that she is now welcomed not only into relationship with the other townsfolk, but into relationship with God.

EPISODE 3

WALKING STICK



CONNECTING

15 MINS

Students will consider how we all make choices either to be a help or a hindrance to the other people we come across in the journey of life. Just as walking with Jesus transformed St. James from selfish to selfless, students will have opportunities to reflect on their own relationships.

EXPLORING

20 MINS

Students will spend some time thinking about the transformation of St. James from selfish to selfless. Students will also consider ways they can be a “walking stick”, selflessly helping others in their own lives.

FORMING

10 MINS

In each lesson, time is set aside for reflection. Students also have the opportunity to record their own questions.

AIMS AND OBJECTIVES:



By the end of this lesson, you will:

Understand the transformation that St. James makes after following Jesus.

Reflect on the selfish and selfless choices we all make.

Consider the example Jesus set for his disciples - both in his time and those who follow Jesus today.

Ponder if there are ways to make selfless choices, to become a walking stick for others.

Investigate the Bible’s explanation for how and why those who follow Jesus lead changed lives.

OVERVIEW:

Just like the Camino Journey brings the “true self” to the surface, the journey of following Jesus brought the “true” St. James to the surface. St. James, along with the other disciples, was flawed, often made mistakes, and misunderstood Jesus’ teachings. But just as the Camino changes people, so too St. James changed as he walked alongside Jesus, his Saviour and his Lord. St. James’ story shows that being loved in our imperfect state enables us to become more loving and compassionate towards others.

LOCATIONS:

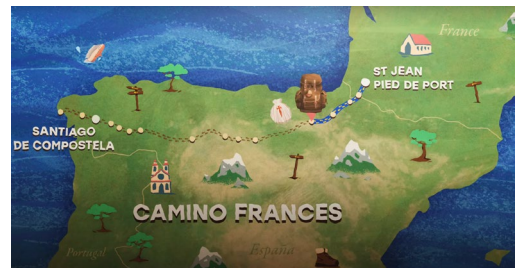


Burgos

Burgos is a town filled with interesting architectural structures. These include the gateway of Santa María in the walls of the city and the arch of Fernán González. In winter, it can get quite cold here - often as low as -10 degrees, though once it got as cold as -22!

Castrojeriz

Because of the need to tend to the wounds of pilgrims taking the Camino, this small town was traditionally home to many hospitals.



EXPLORING THE BIBLE:

Students will reflect on two passages. In 1 John 4:7-12, Jesus’ sacrificial love is established as powerful to change people (as it did St. James). In Titus 2:11-14, this transformation is explained in greater detail as a result of God’s grace - the undeserved gift of forgiveness God offers through Jesus’ sacrificial death on the cross.

Connecting

3.1 PREPARING FOR THE WAY

Give students time to individually or in groups, answer questions in journal space provided.

Think of a time you said something or did something you wished you hadn't. How would you feel if it was recorded and shared with people in the world's bestselling book (or highest-viewed YouTube channel)?

TEACHER NOTE

The purpose of these questions are to get students to engage with the story of St. James as a flawed and imperfect follower of Jesus, whose most embarrassing moments are included in the Bible and read over a thousand years later.

Out of 10, rate these embarrassing moments from the Gospel accounts of Jesus:

- Peter sees Jesus with two risen Prophets from the Old Testament – Moses and Elijah. He responds by offering to build a tent for them all. (Matthew 17:1-4)
- John and Peter race to the tomb to see Jesus. John is faster and gets there before Peter. (John 20:3-4)
- James and John's mum asks Jesus to make her sons his second and third in command. (Matthew 20:20-21)
- James and John ask Jesus if

they should call down fire from heaven to destroy a Samaritan village that rejected Jesus. (Luke 9:51-56)

- The disciples are in a boat storm and start panicking that they're about to die before Jesus wakes up and calms the storm with a word. (Matthew 8:23-27)
- The disciples fall asleep multiple times while Jesus prays in Gethsemane, despite his request for them to stay awake and pray. (Matthew 26:36-46)
- Peter claims that he will die alongside Jesus, and then only hours later, denies knowing him on three separate occasions. (Matthew 26:69-75)

TEACHER NOTE

The purpose of these questions are to get students to see that the disciples allowed their mistakes and failures to be shared with those who would be walking the path after them in following Jesus (and would also make mistakes).

Exploring

3.2 RESPONDING TO THE WAY

In the journal, complete the following questions.

Jonny talks about “walking sticks” we all have as :

“Something that not only helps us up, but holds us up. Something that takes the pressure off. ... We need something to lean on. As we figure out how to keep going.”

What are some people (or things) you lean on to support you in life?

What are the characteristics you look for in a supportive person?

What are some ways you have been a support to others in your life?

Why would someone look to you to be a support?

TEACHER NOTE

The purpose of the above activity is to help students consider the way that they not only need people to rely on to get through life, but they can also be that reliable person for others.

Key Terms

DISCIPLES: In the New Testament of the Bible, disciples are followers of Jesus Christ who learn from his teachings and strive to live according to his example. The twelve apostles (of whom James is one) are often called disciples, but all Christians are considered disciples of Jesus.

RANSOM: A ransom is a price paid to free someone from captivity or punishment. In Christian belief, Jesus' death on the cross is seen as a ransom that was paid to free humanity from the bondage of sin and the consequences of sin, which is spiritual death.

SALVATION: In Christian belief, salvation refers to the deliverance from sin and its consequences, brought about by faith in Jesus Christ. Salvation grants eternal life with God.

REDEEM: To redeem means to buy back or restore something to its original state. In a Christian context, it means Jesus Christ's act of saving people from sin by paying the price with his death, restoring those who trust in him into a right relationship with God.



Jonny describes the transformation St. James makes like this...

“He goes from insecure, petulant, fragile, to someone who leads a community that changes the world. He goes from limping and stumbling around, to being a walking stick for others. Supporting them, helping them, loving them. ... His journey from hurting to wholeness is so beautiful and so powerful that millions of people around the world do the Camino and travel to where his remains rest.”

The story of St. James is a story of change from selfishness to selflessness.

TEACHER NOTE

The purpose of this activity is to give students the chance to reflect on what a shift from selfishness to selflessness might look like in their own everyday lives.

3.3 JESUS' WAY

Read 1 John 4:7-12 (NIV) from the Bible

Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.

What example did Jesus set for his followers?

TEACHER NOTE

Answer: Jesus set the example of sacrificial love for his followers. He showed this by giving up his life for others, dying on the cross so that those who trust in him could be forgiven for their sins and have eternal life. This kind of love is selfless and puts the needs of others before one's own

What is the definition of love according to this passage?

TEACHER NOTE

Answer: According to this passage, love is defined as God's action of sending His Son, Jesus, to the world as a sacrifice for sins. It's not about our love for God, but rather His love for us, shown through Jesus' sacrifice. Love is selfless, sacrificial, and originates from God.

In groups or all together read the following scenarios, discuss and consider what it would look like to make a selfish or a selfless response.

SCENARIO 1

Your teacher assigns a group project and randomly places you in a group with three other students. The project is due in a week, and it requires a lot of research and collaboration, but you know that the other two students are lazy and won't pull their weight.

SCENARIO 2

You and your best friend are studying for a big exam. You both need to do well, but you realize that you understand the material much better than your friend, who is struggling.

- A selfish response would be...
- A selfless response would be...
- Which is the best response? Why?



How is the definition of love in this passage different from other ways you've heard the word "love" used?

TEACHER NOTE

Answer: The definition of love in this passage is different because it focuses on selflessness and sacrifice. Often, love in everyday life is described as a feeling or an emotion, something that can be temporary and based on what someone else does for us. However, the love described in this passage is about taking action to care for others, even at a cost to ourselves. It's not just about feeling good but about doing good for others.

Read Titus 2:11-14 (NIV) from the Bible;

For the grace of God has appeared that offers salvation to all people. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ, who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good.

On a separate piece of paper, write your answers to the following questions:

1. Who has been offered salvation? What is this salvation from?

2. According to this passage, how do Jesus' followers change after he saves them?
3. What are Jesus' followers eager to do? Why do you think this is?
4. What comes first, following Jesus or a changed life? Why do you think this order is important?

TEACHER NOTE

The purpose of these questions are to...

1. Salvation has been offered to all people a free gift from God. This salvation is from sin and the consequences of living a life separated from God. It means being saved from doing wrong things (ungodliness and worldly passions) and from the punishment that comes with sin (eternal separation from God).
2. After Jesus saves them, his followers change by learning to say "No" to ungodliness and worldly passions. They start to live self-controlled, upright, and godly lives. This means they begin to make better choices that reflect their faith in

Jesus and live in a way that pleases God.

3. Jesus' followers are eager to do what is good. This eagerness comes from their gratitude for what Jesus has done for them. They want to honor him by living in a way that reflects his love and teachings, and they want to help others and make a positive difference in the world.
4. Following Jesus comes first, and then a changed life follows. This order is important because it shows that change is a result of Jesus' work in our lives, not something we do on our own. When someone follows Jesus and accepts his salvation, he helps them change and live in a way that pleases God. This shows that salvation and transformation are gifts from God.

Forming

3.4 REFLECTIONS ALONG THE WAY

At the end of your students journal there are reflection questions and a space to write or doodle any thoughts or questions from today's episode. Ask your students to complete them individually.

- A mirror question:
 - » **What have you learned about yourself?**
- A window question:
 - » **What have you learned about our world?**
- A bible question:
 - » **What have you learned from the Bible?**
- **Do you have any questions?**

TEACHER NOTE

The purpose of these questions to help students to reflect on themselves, our world and the bible. There is also an opportunity for students to make a record of any questions that have arisen as a result of the lesson.

NOTES:



EPISODE 4

ST. JAMES



CONNECTING

15 MINS

Students will consider how the word “follower” is used today in a completely different way to when St. James became a “follower” of Jesus.

EXPLORING

20 MINS

Students will participate in a comical thought experiment: What would happen if we tried to follow our favourite Youtubers, the way St. James followed Jesus? Taking this a step further, students are encouraged to imagine if in 1,000 years a Camino journey would be set up for those who follow today's Social Media influencers.

FORMING

10 MINS

In each lesson, time is set aside for reflection. Students also have the opportunity to record their own questions.

AIMS AND OBJECTIVES:

By the end of this lesson, you will:

Understand some of the reasons why Jesus is still influential today.

Reflect on the difference between being a “follower” in Jesus’ day (like St. James was) and a “follower” today.

Consider if today’s influencers will remain influential in 10, 100, 1,000 years’ time.

Investigate some of Jesus’ teachings to see if they reveal the reason Jesus remains influential today.

OVERVIEW:

Jonny explains that in the first century, following Jesus meant dedicating one’s entire life to becoming like Him. This is very different from what “following” a social media influencer looks like today.

The journey with Jesus transformed St. James from a flawed, impulsive man into a leader whose life was marked by humility, compassion, and service.

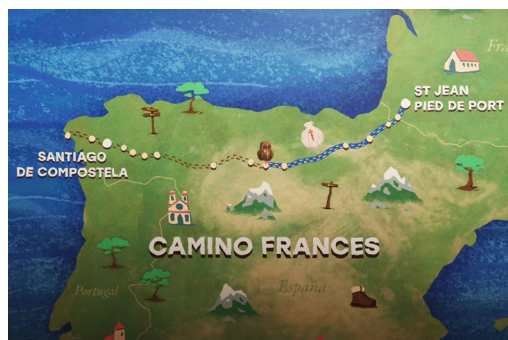
This transformation and dedication resonates with the deep human longing for forgiveness, purpose, and meaningful change. It’s this longing that continues to draw people to Jesus’ path more than 2,000 years later.



LOCATIONS:

Ermita De San Nicolas

This unique stop on the Camino is a hermitage house run by a group of men devoted to the care of those who walk the pilgrimage. These men, from the Confraternity of St. James from Perugia in Italy, offer to wash the feet of weary travelers in much the same way as Jesus washed his disciples’ feet.



EXPLORING THE BIBLE:

Students will look at how **Matthew 22:34-40** and **Galatians 5:22-23** describe what it looks like to follow Jesus. They will reflect on why there is no law against the fruit of the Spirit.

Connecting

4.1 PREPARING FOR THE WAY

Direct your students to their journals to complete the following questions.

What does the word “follower” mean to you?

TEACHER NOTE

The purpose of this question is to help students begin to see the way the word “follow” is used today is not the same as in Jesus’ day.

In the video, Jonny says, “today, our world measures your significance by the number of followers you have.” Do you agree with this? Why/Why not?

TEACHER NOTE

The purpose of this question is to help students think about our current culture and what influence looks like today. This will be shown to be in stark contrast to influence in Jesus’ day.

In the journal you will see a list of the YouTube Channels with the highest number of followers (as of July 2024).

MrBeast	302	Movieclips	61.7
Cocomelon - Nursery Rhymes	178	Eminem Music	61
WWE	103	Taylor Swift	59.5

Do you think these people are the most influential in our world? Why/Why not?

Do you think this list will remain the same in 10 years’ time? Why/why not?

Do you think this list will remain the same in 100 years’ time? Why/why not?

TEACHER NOTE

The purpose of this question is to help students see that today’s “influencers” are short lived. This is in contrast to the indelible influence that Jesus has had in the over 2,000 years since his life, death and resurrection.

Exploring

4.2 RESPONDING TO THE WAY

Jonny says “In the first century, a follower was someone who dedicated their whole lives to becoming like the person they followed. Today, we measure our following by breadth, how broad is our reach. Jesus measured it by depth, how deep and how authentically you are following.”

Can you think of an example of a famous person with a large following today?

Would you say people model their lives on their teaching? Why/Why not?

What percentage of their followers would be willing to leave their homes, jobs and livelihoods and follow this person full-time?



Key Terms

FOLLOWER OF JESUS:

Follower
Of Jesus: A follower of Jesus is someone who believes in Jesus Christ and tries to live according to his teachings. This involves trusting, relying and depending on Jesus as the Son of God and Savior, and following his example of love, compassion, and obedience to God.

HOLY SPIRIT: The Holy Spirit is the third person of the Trinity in Christian belief, alongside God the Father and Jesus the Son. The Holy Spirit is God’s presence and power at work in the world and in believers’ lives. The Holy Spirit helps, guides, teaches, and empowers Christians to live according to God’s good ways.

FRUIT OF THE SPIRIT:

The Fruit of the Spirit refers to the qualities or characteristics that the Holy Spirit develops in the lives of believers. These are listed in Galatians 5:22-23 and include love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These traits show how God is working in a person’s life and how they are becoming more like Jesus.

How do you think a famous influencer would react to a follower who wanted to “follow” them in this way?

TEACHER NOTE

The purpose of this exercise is to help students imagine how stark the contrast of “following Jesus” in his day was compared to what “following” an influencer is today. It is meant to be somewhat comical as students consider how impossible it would be to “follow” Mr Beast (or another social media influencer the same easy Jesus’ disciples followed him.)

Jonny says *It’s incredible that there will be hundreds of thousands of people that will walk this path every single year. To the remains of someone whose only claim to fame is that they followed someone else. It really makes you think how significant the person they followed must be.”*

Imagine if the same was true today as it is of St. James. Can you imagine anyone willing to take a pilgrimage to follow a follower of a YouTube influencer? Or a Pop Singer?

What does this tell you about the influence that Jesus has had on our world over 2,000 years since he lived, died and rose again?

TEACHER NOTE

The purpose of this exercise is again, using a comical thought experiment to think about what it would look like to have a modern-day equivalent of the Camino set up for a mere “follower” of a famous person (not the person themselves). This thought experiment is meant to help students see how different Jesus is.

4.3 JESUS’ WAY

Read Matthew 22:34-40 (NIV) from the Bible;

Hearing that Jesus had silenced the Sadducees, the Pharisees got together. One of them, an expert in the law, tested him with this question: “Teacher, which is the greatest commandment in the Law?”

Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments.”

Jesus summarised thousands of words of Old Testament law in two sentences. Write them in your own words.

TEACHER NOTE

Answer: Love God completely with everything you have. Love others as much as you love yourself.

Why do you think Jesus said that the Love of God is the first and greatest commandment?

TEACHER NOTE

Answer: Jesus said that loving God is the first and greatest commandment because for Jesus and his followers, relationship with God is the most important thing in life. Loving God with all their heart, soul, and mind means putting Him first in everything they do, which naturally influences how they live and how they treat others. When someone truly loves God, it changes us and helps them to live according to His will.

How is the second commandment like the first one?

TEACHER NOTE

Answer: The second commandment is like the first one because it also focuses on love. Just as loving God shapes the lives of Jesus’ followers, when they love their neighbors it reflects God’s love in the world. Additionally, when Jesus’ followers love others as they love themselves, they are demonstrating the love that comes from God. Both commandments are about love and are interconnected, showing that love for God should result in loving actions towards others.



Read Galatians 5:22-26 (NIV), from the Bible;

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other.

This passage gives more detail about what loving God and loving others looks like. Have a go at defining each of the fruit of the spirit in your own words:

LOVE: Caring deeply for others and putting their needs before your own. It means showing compassion, kindness, and understanding in all situations.

JOY: A deep and lasting happiness that comes from knowing and trusting God, regardless of circumstances. It's more than just feeling happy; it's a sense of contentment and delight in God's goodness.

PEACE: Feeling calm and secure in God's presence, even when life is tough. It's an inner sense of harmony and tranquility that comes from trusting God's control over our lives.

Forbearance: Similar to the concept of patience. Enduring difficult situations and people with a positive and calm attitude.

KINDNESS: Being friendly, generous, and considerate to others. It's about showing compassion and caring for others in both big and small ways.

GOODNESS: Living in a way that reflects God's goodness by doing what is right and being morally upright. It's about having a good heart and acting with integrity.

FAITHFULNESS: Being reliable and trustworthy. It means keeping your promises, being loyal to God and others, and standing firm in your beliefs.

GENTLENESS: Being mild and kind in your actions and words. It's about being considerate and showing care without being harsh or aggressive.

SELF-CONTROL: Self-control is the ability to manage emotions, desires, and actions, especially in difficult situations. It means having the discipline to make good choices and resist temptations or impulses that might lead you to do something wrong or harmful.

Why do you think there is no law against these things?

TEACHER NOTE

There is no law against the fruits of the Spirit because they are all good, positive qualities that lead to a harmonious and loving society. Laws are usually made to prevent harmful behavior, but the fruit of the spirit are all beneficial and constructive behaviors.

How do these passages help you understand why Jesus' remains influential today?

TEACHER NOTE

These passages help us understand why Jesus remains influential today because they show the kind of life and character that Jesus embodies and encourages in his followers. Jesus' teachings and example continue to inspire people to live better lives and make a positive impact on the world around them, which is why his influence endures across generations.

Forming

4.4 REFLECTIONS ALONG THE WAY

At the end of your students journal there are reflection questions and a space to write or doodle any thoughts or questions from today's episode. Ask your students to complete them individually.

- A mirror question:
 - » **What have you learned about yourself?**
- A window question:
 - » **What have you learned about our world?**
- A bible question:
 - » **What have you learned from the Bible?**
- **Do you have any questions?**

TEACHER NOTE

The purpose of these questions to help students to reflect on themselves, our world and the bible. There is also an opportunity for students to make a record of any questions that have arisen as a result of the lesson.

NOTES:

EPISODE 5

PAIN



CONNECTING

15 MINS

Students will be introduced to the theme of enduring pain through the story of Olympic Gymnast Kerri Strug, who won Gold despite performing with a painful injury.

EXPLORING

20 MINS

Students will reflect on the concept of pain, considering if there is a reason that human beings experience pain. Students will then consider what Jonny says about the pain Jesus experienced in his life.

FORMING

10 MINS

In each lesson, time is set aside for reflection. Students also have the opportunity to record their own questions.

AIMS AND OBJECTIVES:



By the end of this lesson, you will:

Understand the purpose of pain, despite its unpleasantness.

Reflect on Jesus' life and the times he experienced pain.

Consider how important it was that Jesus - God's own son - experienced all the pain we did - and more.

Ponder if Jesus' example of sacrifice is one which explains why Christians follow him to this day

OVERVIEW:

The Camino experience includes both the beautiful moments and the painful ones, such as the blisters and battle scars worn with pride by pilgrims. This pain is a universal part of the journey, reminding us of our limitations and prompting us to lean on others for support. In life, people often hide their pain, fearing isolation, but the Camino fosters a community where sharing pain leads to mutual comfort and healing. Jesus' response to pain, as seen in His life and teachings, is to enter into it with us, offering support and compassion rather than easy answers or denial.

LOCATIONS:



León

Historians believe this city was established in around 29 BC (before the birth of Christ) as a Roman military encampment. Part of the Roman walls have been preserved to this day. However, the city's historical significance doesn't end there! In 1188, the first ever parliamentary sitting on the European continent was held here, giving it the title of the "cradle of Parliamentarianism".



EXPLORING THE BIBLE:

Just as Jonny and his friends tended to the blisters on each other's feet, students will read about the time Jesus washed his disciples' feet. Students will consider what this act represents for Jesus and for those who follow him today.

5.1 PREPARING FOR THE WAY

Direct your students to their journals to complete the following activity individually.

Performing through Pain – the story of Kerri Strug

In the 1996 Olympics, the US Women's Gymnastics team was poised to win their first ever gold medal. In the final rotation, it all came down to Kerri Strug. Her two vaults would decide whether Team USA won gold or settled for silver.

On her first vault, disaster struck. She landed awkwardly, and her ankle buckled underneath her. Pain was clear on Strug's face, and the crowd was shocked. It seemed like her competition was over.

But she had no choice, she needed to vault again if her team had any hope of winning.

Despite the pain, Strug limped to her starting position for the gold medal-defining vault. As she soared through the air, everyone held their breath. When her feet hit the ground, her ankle wavered, the impact of the jump coursing through her body.

But she raised her arms in triumph, wincing in pain.

Strug had done it. She stuck the landing and secured the first-ever team gold for the USA.

Can you imagine what it would be like to be Kerri Strug? What emotions would you be feeling as you prepared for your final vault?

Why do you think she was willing to endure the pain?

TEACHER NOTE

The purpose of this exercise is for the students to reflect on a story of someone who endured pain for a reward (In Kerri Strug's case, an olympic gold medal).

Exploring

5.2 RESPONDING TO THE WAY

Jonny says

"On the Camino, the pain your body feels tells you the truth about the miles you've walked and the distance you've covered. In life, pain tells you the truth about what matters. About disappointment, loss, betrayal, hurt, and heartbreak."

What do you think the purpose of pain is?

TEACHER NOTE

Answer: From a Christian perspective, pain can be seen as a way for God to refine and strengthen those who trust in him. Pain can help people to grow in character and perseverance. Just like Jonny describes on the Camino, pain in life highlights what truly matters. It makes us more aware of our emotions, our relationships, and our need for God. Pain can drive people to seek God's comfort and guidance, and it can teach us valuable lessons about resilience, compassion, and dependence on God.

Can you think of any benefits of pain?

TEACHER NOTE

Answer:

- There are several benefits to pain, even though it might not seem that way at first.
- Firstly, pain can deepen empathy and compassion for others. When people go through tough times, they can become more understanding and supportive of others who are suffering.
- Secondly, pain can help people grow spiritually. Many Christians can attest that painful circumstances often lead them to pray more, read the Bible, and seek God's presence, which strengthens their faith.

Key Terms

CRUCIFIXION: This was a brutal method of execution used in ancient times, especially by the Romans. In Christian belief, the crucifixion of Jesus Christ is a central event, as it represents his sacrificial death for the sins of humanity and his immense love for people.

HIGH PRIEST: In the Old Testament, the High Priest was the one who was the mediator (or go-between) for the people and God. He would offer sacrifices in the Temple on behalf of the people and would seek restoration and forgiveness for the people from God. Christians believe Jesus fills that role for us.

THE HOUR: In the Gospel of John, "the hour" refers to the time when Jesus would be arrested, put on trial, and crucified. As this story begins, it is mere hours before Jesus' arrest.



The National Institute of Neurological Disorders (USA) cites these benefits to pain:

“Pain is among the most important signals our body gives to help us survive. Pain can alert us to harmful changes in the body, like cancer, or help us learn to avoid something harmful, like touching a hot stove. In this way, some forms of pain keep us safe.”

While pain isn't enjoyable or pleasant, what are some potential problems you would face if you didn't feel pain?

TEACHER NOTE

The purpose of this question is to help students engage with the fact that pain has a purpose, even if it's hard to see sometimes.

In the video, we learn two key ways that Jesus experienced pain:

1. When Jesus' friend Lazarus died.
2. When Jesus died on the cross.

These two events show us that Jesus knows what it's like to feel the pain of grief and loss, as well as feel pain that was literally excruciating (the word comes from “crucifixion”).

Why do you think it was important for Jesus - God's only son - to experience pain?

TEACHER NOTE

Answer: It was important for Jesus to experience pain because it allowed Him to fully identify with us as humans. By experiencing the depths of human pain and suffering, Jesus could truly understand human struggles and hardships on a deeply personal level. Jesus' suffering and death on the cross shows His immense love and commitment to humanity - that he was willing to endure such pain.

Read Hebrews 4:15 (NIV), from the Bible;

For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.

How does this passage explain why it was important that Jesus experienced everything we do?

TEACHER NOTE

Answer: Hebrews 4:15 explains that it was important for Jesus to experience everything we do because it allows Him to empathize with our weaknesses. Jesus, as our high priest (and Old Testament term that means the one who mediates between mankind and God), can truly understand our struggles and temptations because He faced them Himself.

This means that when we go through difficult times, we can be assured that Jesus knows exactly what we're experiencing. His empathy and understanding provide us with comfort and strength, knowing that our Savior has walked the same path and is able to help us through our trials.



Does this verse give you comfort that God himself knows what your pain is like? Why/Why not?

TEACHER NOTE

Answer: This verse can give great comfort because it shows that God, through Jesus, knows exactly what our pain is like. Knowing that Jesus has experienced the same kinds of suffering and temptations reassures his followers that they are not alone in their struggles. It also shows that Jesus not only sympathizes with people's weaknesses but also offers them His strength and grace to endure and overcome them.

5.3 JESUS' WAY

Read John 13:1-17 (NIV) from the Bible;

It was just before the Passover Festival. Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end.

The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus. Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.

He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?" Jesus replied, "You do not realize now what I am doing, but later you will understand." "No," said Peter, "you shall never wash my feet." Jesus answered, "Unless I wash you, you have no part with me." "Then, Lord," Simon Peter replied, "not just my feet but my hands and my head as well!"

Jesus answered, "Those who have had a bath need only to wash their feet; their whole body is clean. And you are clean, though not every one of you." For he knew who was going to betray him, and that was why he said not every one was clean.

When he had finished washing their feet, he put on his clothes and returned to his place. "Do you understand what I have done for you?" He asked them. "You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you. Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. Now that you know these things, you will be blessed if you do them.

Cultural Context

Think about what feet would have been like in Jesus' day: Not only would the disciples have blisters (like Jonny and his friends as they walk the Camino), but they wore open-toed sandals, walked on dusty unpaved roads, and let's not mention the lack of sewerage at the time - yuck! The job of washing feet was usually done by the servants of the household.

Discuss the following questions:

1. What is Jesus showing his disciples by being willing to wash their feet?
(Hint: look at verse 1)
2. How does the cultural context help you understand Simon Peter's first reaction?
3. Why do you think Simon Peter has such a change of heart?
4. Why did Jesus wash his disciples' feet?
(Hint: look at verses 14-15)
5. Do you think Jesus means this literally? Why/Why not?
6. If not, what is Jesus commanding his followers to do?



Answers:

1. By washing His disciples' feet, Jesus is demonstrating profound humility and servanthood. Despite His knowledge of His imminent suffering and the high position He held as the Son of God, Jesus chose to perform a task usually done by servants. This act illustrates that true leadership and greatness in God's kingdom are defined by serving others selflessly.
2. The cultural context helps us understand Simon Peter's reaction because washing feet was considered a menial and lowly task. Peter was shocked that Jesus, their respected teacher and leader, would take on such a humble role. In verse 6, Peter initially resists because he feels it is inappropriate for someone of Jesus' stature to perform a task.
3. Simon Peter's change of heart comes from his realization of the deeper meaning behind Jesus' actions. When Jesus explains that unless Peter allows Him to wash his feet, he has no part with Jesus (verse 8), Peter understands that this act of servanthood is essential for his relationship with Jesus.
4. Jesus washed His disciples' feet to set an example for them. In verses 14-15, He explains that if He, their Lord and Teacher, has washed their feet, they also should wash one another's feet. This act was meant to teach them about humility and service. Jesus was commanding His followers to serve each other selflessly and to reflect His love and humility in their interactions.
5. While Jesus' act of washing feet was literal and physical, His command to wash one another's feet is more symbolic. The literal washing of feet represents the broader principle of serving others with humility and love. Jesus is not necessarily instructing us to perform the specific act of foot-washing today but is using it as a powerful symbol of how we should serve others in all aspects of our lives.
6. Jesus is commanding His followers to adopt a posture of humility and service towards one another. He is instructing us to put others' needs before our own and to serve them selflessly, just as He served His disciples. The principle behind foot-washing is to live a life characterized by love, humility, and willingness to serve others, reflecting Jesus' example and teachings.

Forming

5.4 REFLECTIONS ALONG THE WAY

At the end of your students journal there are reflection questions and a space to write or doodle any thoughts or questions from today's episode. Ask your students to complete them individually.

- A mirror question:
 - » **What have you learned about yourself?**
- A window question:
 - » **What have you learned about our world?**
- A bible question:
 - » **What have you learned from the Bible?**
- **Do you have any questions?**

TEACHER NOTE

The purpose of these questions to help students to reflect on themselves, our world and the bible.

There is also an opportunity for students to make a record of any questions that have arisen as a result of the lesson.

NOTES:

EPISODE 6

WEIGHT



CONNECTING

15 MINS

Students will imagine packing for their own Camino Journey. They will reflect on why they would choose the things they would take and what they mean to them. They will also consider what items they would like to take but aren't worth the weight.

EXPLORING

20 MINS

Students will think about what it means to carry around burdens in their own lives. They will then read a passage from the Pilgrim's Progress and reflect on what it means for Jesus to take the burdens of those who trust in him.

FORMING

10 MINS

In each lesson, time is set aside for reflection. Students also have the opportunity to record their own questions.

AIMS AND OBJECTIVES:

By the end of this lesson, you will:



Understand that throughout our lives, we pick up burdens, intentionally and unintentionally.

Reflect on how burdens may weigh us down and make our journey through life difficult.

Consider the offer Jesus makes to take burdens away and give rest to the weary and heavy-laden.

Ponder if the offer of forgiveness is really an offer of freedom as the Bible claims.

LOCATIONS:

O Cebreiro



Unlike any other stop on the Camino. This town is home to unique architecture - almost prehistoric stone igloos with thatched roofs. Not only are the houses unique, the weather is, too. There are often high winds and rough rains. Finally, even the language spoken here is one of a kind - the locals have a dialect which is a blend of Spanish and Portuguese called Galego.

Samos

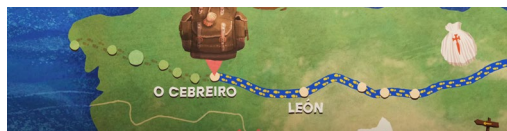
Home to the Samos Monastery, which for centuries has been a place of refuge for pilgrims on the Camino. The garden surrounding the monastery was filled with herbs which were used to ease the pain of travelers who had walked for weeks or months on the Camino.

Portomarín

Not many cities have the distinction of being relocated from one spot to another - but that's exactly what happened to Portomarín in the 1960s. When a local river was dammed, key historical buildings were relocated to higher ground. At certain seasons, when the water level in the dam is low, you can still see the remains of the now-submerged original town.

Arzua

Tradition states that this town was settled even before Roman times. Since the 1950s, the population has been in steady decline - from 10,000 to less than 6,000 today. Nevertheless, it is a popular destination as it is one of the last stops on the Camino before Santiago de Compostella - the resting place of St. James.



EXPLORING THE BIBLE:

Students will read passages which talk about Jesus' light burdens. They will also reflect on what it means to be "set free" by Jesus.

OVERVIEW:

Jonny explains that planning for a journey like the Camino involves careful packing to balance between having enough and not over packing.

In life, we all carry personal baggage, including good memories and painful experiences, which can weigh us down over time.

In the Gospel of Matthew, Jesus invites the weary to find rest by taking his yoke, symbolizing shared burdens and a lighter load - just as St. James did. Pilgrimage, like following Jesus, encourages us to examine and release our burdens, enabling us to travel further and become who we were meant to be.

6.1 PREPARING FOR THE WAY

Halfway check in! How have things been unfolding for you on this journey?

Feel free to use this space to share any reflections or thoughts that come up—anything that feels significant to you, whether it’s a new realization, a shift in perspective, or simply how you’re feeling in this moment...

TEACHER NOTE

The purpose of this exercise is to talk to your students about how we have reached the half way point of the series. Encourage them to reflect on the journey till now. There is a page in their journal to write or doodle anything that has stood out thus far.

Exploring

6.2 RESPONDING TO THE WAY

Jonny says “The pain of what we carry often ends up becoming the very thing that makes every step harder. Like we look around at the beauty of this journey, and the faces of those that we’re journeying with, And we find it so hard to experience the joy of this journey because the weight makes it excruciating instead of exciting.”

Can you think of an example of the kinds of things that are not worth carrying with you on the journey of life?

What were the kinds of things that Jonny talks about St. James needing to let go of?

TEACHER NOTE

The purpose of this question is to get students to consider that burdens and weights need not be things in our school backpacks, the more heavy burdens are the emotions, the hurts, the wrongs and the mistakes we carry around.

In the Christian Classic “Pilgrim’s Progress” by John Bunyan, Christian is on a journey to the “Celestial City”. This journey is an allegory for the Christian life. He struggles in the beginning, carrying a heavy burden, until in this scene something happens:

Up this way, therefore, did burdened Christian run; but not without great difficulty, because of the load on his back.

He ran thus till he came at a place somewhat ascending; and upon that place stood a Cross, and a little below, in the bottom, a sepulchre. ... Just as Christian came up to the cross, his burden loosed from off his shoulders, and fell from off his back, and began to tumble; and so continued to do till it came to the mouth of the sepulchre, where it fell in, and I saw it no more....

Then he stood still awhile to look and wonder; for it was very surprising to him, that the sight of the cross should thus ease him of his burden.

Discuss the following questions;

What causes Christian’s burden to fall from his back?

TEACHER NOTE

Christian’s burden falls from his back when he comes to the cross. The cross represents a place of profound significance in Christian belief, symbolising the sacrifice of Jesus to take the punishment for mankind’s rejection of God’s good ways (sin). The sight of the cross and its powerful symbolism causes Christian’s burden, which represents his sins and guilt, to be removed. It also represents the relief and freedom from the weight of sin that believers experience through faith in Jesus.

Key Terms

SIN: When we do something wrong or go against God’s wishes. It can be anything from making bad choices, hurting others, or breaking promises. Sin is like missing the mark of how God wants us to live, and it creates a separation between us and God.

BURDEN: Is something heavy or difficult that we carry, either physically or emotionally. It can be problems, worries, or responsibilities that feel overwhelming. In a spiritual sense, burdens are the weight of our mistakes or struggles that we find hard to handle on our own

GOD’S SON: Refers to Jesus Christ. In Christianity, Jesus is believed to be both fully God and fully human. His role is central to Christian faith because He came to Earth to teach about God’s love, to offer forgiveness for sins, and to show people how to live in a way that pleases God. So, when people refer to Jesus as “God’s Son,” they are highlighting His special relationship with God and His unique mission on Earth.



As this is an allegory for the Christian life, what do you think is the spiritual cause of Christian's burden being taken away? (Read 1 Peter 2:24 from the Bible)

TEACHER NOTE

This verse explains that Jesus took the punishment for people's sins when he died on the cross. When someone trusts in Jesus and His work on the cross, their sins are forgiven, and they are given the freedom to live a new life in righteousness, free from the heavy burden of guilt and sin.

6.3 JESUS' WAY

Read Matthew 11:28 (NIV) from the Bible;

"Come to me, all you who are weary and burdened, and I will give you rest."

What would it look like for a person to give their burdens to Jesus and ask for his forgiveness?

TEACHER NOTE

Answer:

- It would involve recognizing that a person's struggles, mistakes, or guilt that are too heavy for them to handle alone. It means being honest with themselves and God about these issues, praying and asking him to take away these burdens and to forgive them. It might also look like asking for help to change, or seeking support from a church or Christian community.
- Ultimately, it's about letting go of the weight you carry and trusting Jesus to help guide them towards a better path.

Is Jesus' offer of rest inviting? Why/Why not?

TEACHER NOTE

Answer:

- Students will have different responses.
- If they say Yes, they might think Jesus' offer of rest is very inviting because it promises relief from the struggles and stresses of life. They might appreciate that Jesus promises to help us carry our struggles and to provide us with a sense of peace and relief, which can be incredibly comforting and reassuring.
- If students say no, it might not feel inviting. They might be dealing with heavy burdens or painful experiences. In this situation, it can be hard to see how Jesus' offer of rest will make a difference. Students might also wonder if it's realistic to expect relief or if it's just a comforting idea that doesn't actually change your situation.



Read John 8:34-36 (NIV) from the Bible;

Jesus replied, "Very truly I tell you, everyone who sins is a slave to sin. Now a slave has no permanent place in the family, but a son belongs to it forever. So if the Son sets you free, you will be free indeed."

According to Jesus, what are people enslaved to?

TEACHER NOTE

Answer: According to Jesus, people are enslaved to sin. This means that when people repeatedly make choices that go against what is right or good, they become trapped by those bad habits or behaviors. Sin controls their actions and can lead to a feeling of being stuck or powerless to change on their own.

Who is the one who can set people free?

TEACHER NOTE

Answer: Jesus is the one who can set people free. This means that through His sacrifice and power, Jesus can break the chains of sin and give people true freedom. He offers a way to overcome the control that sin has and to live a new life with His guidance.

How does this freedom change people's relationship with God?

TEACHER NOTE

Answer: This freedom changes people's relationship with God by removing the barriers that sin creates. When Jesus sets someone free from the power of sin, it allows them to have a closer and more open relationship with God. Sin no longer separates them from God, and they can approach Him with a clean heart.

EPISODE 7

HOPE AND PEACE



CONNECTING

15 MINS

Students will consider that the power of the journey is often in the way we return home having changed. Sometimes the real impact of the journey isn't felt until much later when the memories are reflected upon.

EXPLORING

20 MINS

Students will reflect on the Camino journey not just as a physical walk, but an invitation to walk alongside St. James (and all the other believers in Christ) in the ups and downs of a life lived following Jesus. Students will then reflect on the symbol of the scallop and the concept of living life with an open hand, making sacrifices in the service of Jesus.

FORMING

10 MINS

In each lesson, time is set aside for reflection. Students also have the opportunity to record their own questions.

AIMS AND OBJECTIVES:



By the end of this lesson, you will:

Understand that just as pilgrims on the way are changed, St. James changed as he followed Jesus.

Reflect on the changes St. James made and the impact Jesus had on his life.

Consider other changes people have made because of their relationship with Jesus.

Ponder the questions you would need answered if you were willing to run the Christian race.

OVERVIEW:

Jonny and his friends reach the goal of the Camino: The Santiago de Compostela (the burial place of St. James). Jonny reflects that for most pilgrims on the way, the journey likely has changed them, bringing external fatigue and internal fulfillment. Pilgrimage forces you to confront and let go of unnecessary burdens, enabling personal growth and a deeper connection with yourself and others.

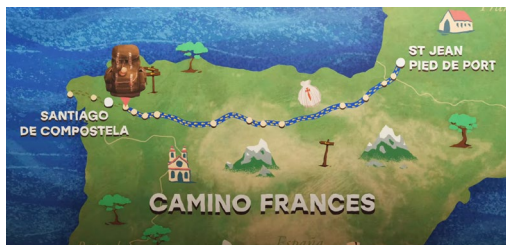
Through the story of St. James and the ultimate sacrifice of Jesus, pilgrims learn that the journey is not just about the destination but about living with open hands, forgiveness, and hope.

LOCATIONS:



Santiago de Compostela

This is where the pilgrimage has always been aiming; This is the goal of the journey! At the Catedral Basílica de Santiago de Compostela (or Metropolitan Cathedral), it is purported that the earthy remains of St. James the Great are buried. People who want to honour a man who walked with Jesus Christ do so by walking the Camino to stop at St. James' final burial place.



EXPLORING THE BIBLE:

Students reflect on what it would look like to run the Christian race with perseverance, with eyes fixed on Jesus.

Connecting

7.1 PREPARING FOR THE WAY

Give students time to individually or in groups, answer questions in journal space provided.

What is the furthest you've ever traveled from home? How did you feel as you prepared for the journey?

What was it like when you arrived? Did you find anything unexpected along the journey?

When you returned, how did you feel looking back on the memories of your journey?

Would you take that journey again? Why/Why not?

TEACHER NOTE

The purpose of this exercise is to consider that the power of the journey is sometimes in the way we return home having changed. Sometimes the real impact of the journey isn't felt until much later when the memories are reflected upon.

Exploring

7.2 RESPONDING TO THE WAY

Jonny talks about “walking sticks” we all have as :

“Following in the footsteps of St. James leads to a new story. ... A story where we find forgiveness and a life with Jesus that starts now and goes on forever. A life not just of everlasting length, but of everlasting depth, love and hope.”

Is following the footsteps of St. James about him or about something else? If so, what is it?

TEACHER NOTE

The purpose of this question is to help students begin to reflect on the Camino journey not just as a physical walk, but an invitation to walk alongside St. James (and all the other believers in Christ) in the ups and downs of a life lived following Jesus.

The questions below help students see this through reflections on St. James life and walk with Jesus as recorded in the Bible.

Imagine you were St. James at the beginning of his journey with Jesus. When he left his fishing boat to follow Jesus - what did he expect his journey to look like?

Imagine you were St. James in the middle of life following Jesus. You've seen some miracles and you're starting to think that Jesus will be the King to defeat the Romans. What are you feeling?

Imagine you were St. James on the night Jesus was arrested, tried and sentenced to death on the cross. How would you be feeling?

Imagine you were St. James and you saw Jesus alive after he died. How would you be feeling?

What ways would you expect that St. James would change while following Jesus?

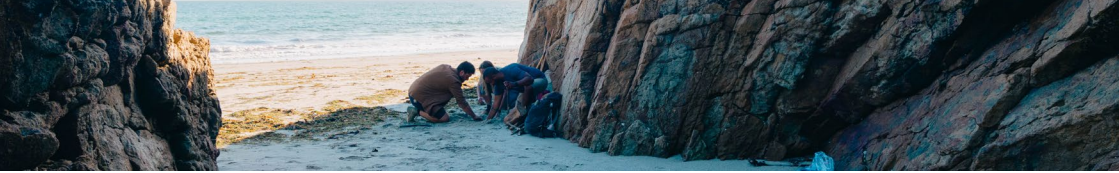
Key Terms

CHRISTIAN RACE: This is a metaphor which refers to the effort and commitment needed to follow Jesus and live according to His teachings. Just like in a race, Christians are encouraged to stay focused, persevere through challenges, and strive to grow in their faith. The idea comes from passages in the bible that emphasise the need for dedication and endurance in following Jesus.

RESURRECTION: This refers to Jesus rising from the dead on the third day after His crucifixion. This is a central belief in Christianity because it symbolizes victory over sin and death and offers believers hope of eternal life. The resurrection is seen as proof of Jesus' divine power and a promise that Christians will also be raised to life after death.

CLOUD OF WITNESSES:

This phrase used in the Bible to describe a group of faithful people from the Old Testament who have lived out their faith and are now seen as examples for others. The idea from Hebrews 12 is that being surrounded by Christians is about encouraging and supporting each other to live out their faith.



The Symbol of the Scallop

Jonny describes the scallop like this:

“They (Pilgrims on the Way) turn it upside down, imagining the ridges of the shell as fingers, and the shell itself being an open palm, an offering of your life to the world that God loves.”

As a result of his journey with Jesus, St. James (and another 10 of Jesus’ disciples) was put to death for refusing to deny that he saw Jesus rise from the dead. What are some other ways those who walk with Jesus might be willing to offer their lives to him?

Read the stories below and make note of ways some people have offered their lives to Jesus:

William Wilberforce was a British politician who played a crucial role in the abolition of the slave trade. His evangelical Christian faith inspired his tireless campaigning against slavery, despite facing significant political and social opposition. Wilberforce’s efforts led to the passage of the Slave Trade Act of 1807 and eventually the abolition of slavery in the British Empire.

Fanny Crosby despite being blind from infancy, became one of the most prolific hymn writers in history, composing over 8,000 hymns. Her deep faith and resilience turned her disability into a gift, inspiring millions through hymns like “Blessed Assurance” and “To God Be the Glory.” She used her talents to support Christian missions and outreach.

Eric Liddell was a Scottish runner and devout Christian who was scheduled to compete in the 100 meters race at the 1924 Paris Olympics. However, the race was set to take place on a Sunday, which conflicted with Liddell’s religious conviction to observe the Sabbath. Instead, he trained for the 400 meters race, which did not conflict with his beliefs. Remarkably, Liddell won the gold medal in the 400 meters and set a new world record, demonstrating his faith and athletic talent.

7.3 JESUS’ WAY

This passage likens following Jesus not to a journey, but to a race (and a long one too, like a marathon!).

Read Hebrews 12:1-3 (NIV) from the Bible;

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

What sorts of things would hinder someone seeking to run the Christian race?

TEACHER NOTE

Answer: In the context of running the Christian race, hindrances can be various things that make it difficult to stay focused on following Jesus. These might include personal struggles like fear, doubt, or guilt; distractions such as materialism or negative influences; or ongoing challenges like temptation and sin. Just like a runner might be weighed down by heavy clothing or obstacles on the track, Christians can be slowed down by these issues, making it harder to stay committed to their faith.

How does the writer find Jesus to be an encouraging example for those who seek to follow him?

TEACHER NOTE

Answer: The writer finds Jesus encouraging because Jesus endured significant hardship and suffering but remained faithful to His mission. Jesus faced trials, rejection, and ultimately crucifixion, yet He did not give up. His ability to persevere through these difficulties serves as an inspiring example for Christians. By looking at Jesus’ endurance and how He overcame the challenges He faced, believers can find strength and motivation to keep going in their own spiritual journey, knowing that they can also overcome their struggles with His help.

How would it be different if Jesus didn't suffer hardship in his life?

TEACHER NOTE

Answer: *If Jesus didn't suffer hardship, it might be harder to relate to Him and find comfort in His example. The fact that Jesus endured suffering shows that He understands the pain and difficulties that people go through. His experience of hardship makes His victory over it more meaningful and relatable. It demonstrates that even in the toughest times, it is possible to remain faithful and overcome challenges. Without His suffering, Jesus' example might not be as impactful or relevant to those who are struggling in their own lives.*

What questions would you need answered before you were willing to run the Christian race?

TEACHER NOTE

Answer: *Before committing to the Christian race, students might have questions like:*

- *What does it really mean to follow Jesus daily? Understanding the practical aspects of living out faith can help in deciding if you're ready for the commitment.*
- *What are the challenges and benefits of this journey? Knowing what to expect in terms of difficulties and rewards can provide clarity and motivation.*
- *How can I overcome obstacles and stay committed? Seeking guidance on how to deal with struggles and stay focused can be crucial for long-term perseverance.*
- *What support systems are available? Understanding the role of community, prayer, and other resources can provide reassurance and help in making the decision to start the journey.*

Forming

7.4 REFLECTIONS ALONG THE WAY

At the end of your students journal there are reflection questions and a space to write or doodle any thoughts or questions from today's episode. Ask your students to complete them individually.

- A mirror question:
 - » **What have you learned about yourself?**
- A window question:
 - » **What have you learned about our world?**
- A bible question:
 - » **What have you learned from the Bible?**
- **Do you have any questions?**

TEACHER NOTE

The purpose of these questions to help students to reflect on themselves, our world and the bible. There is also an opportunity for students to make a record of any questions that have arisen as a result of the lesson.

NOTES:



EPISODE 8

INVITATION



CONNECTING

15 MINS

Students will reflect on the concept of change in their own lives, tying in with the theme of how not only the Camino, but following Jesus changes people.

EXPLORING

20 MINS

Students will grapple with the scope of such a journey as the Camino, both today and historically. Students will also see that change is inevitable in life - no matter if they take the Camino or not.

FORMING

10 MINS

In each lesson, time is set aside for reflection. Students also have the opportunity to record their own questions.

AIMS AND OBJECTIVES:



By the end of this lesson, you will:

Understand that the purpose of pilgrimage is to change, rather than to return home the same person.

Reflect on what taking a journey or pilgrimage like the Camino would be like today as well as in the past when the end point was actually only half-way.

Consider the Apostle Paul and how much he changed after following Jesus.

Ponder what it might look like for someone if they chose to start journeying with Jesus.

LOCATIONS:



Finisterra

Known as “the end of the earth” (or, “land’s end”), this is the traditional end of the Camino. Pre-Christian Pagans truly believed this point was the end of the earth and would visit to see the sun “die” as it set in the west, only for it to be “reborn” as it rose in the east the next day.



OVERVIEW:

Jonny and his friends take a further 89km journey to the “end of the world”. Many pilgrims at this point would burn their clothes to symbolize leaving their old selves behind.

St. James accepted this call, finding a life of love and transformation despite the pain and challenges.

Jesus offers the same invitation to everyone, promising comfort in pain and a new beginning that brings meaning and change through love.

EXPLORING THE BIBLE:

St. James was made into a new person by following Jesus, but he wasn’t the only one. Students will investigate the change that took place in the life of St Paul. Paul was on his way to arrest and kill followers of Jesus, when his life was completely turned around. Student will also consider why people change so much when they decide to journey with Jesus. Finally, they will reflect on why someone wouldn’t want to make the decision to follow Jesus.

8.1 PREPARING FOR THE WAY

Give students time to individually or in groups, answer questions in journal space provided.

If you could wake up tomorrow as a completely new person, what parts of your current life would you want to hold on to? (Friends? Family? Others?)

What parts of your life would you like to change?

Why did you choose these things?

TEACHER NOTE

The purpose of this exercise is to think about transformations, linking in with the way the Camino journey has changed Jonny and his friends, and ultimately linking in with the way following Jesus changes those who call themselves Christians.

Exploring

8.2 RESPONDING TO THE WAY

Jonny says:

“What many pilgrims would do as they stood at the end of the world, looking out into the unknown, is build a fire. And when it was blazing, throw in the clothes from their journey. This wasn't just a way of getting rid of a fell stench and sweat stains. It was about letting go of who they had been. It was a symbol of leaving their old selves behind and returning home a new person.”

Imagine taking the Camino trek in the time before aeroplanes. As Jonny notes, the end is really the half-way point. How would you feel to know you made it to your goal, only to have to turn around and walk the whole way home?

Have you ever been away from loved ones for an extended period of time (perhaps because of their travel or yours)? Did you or they feel any different once you were reunited again? Why do you think that is?

TEACHER NOTE

The purpose of this exercise is to grapple with the scope of such a journey as the Camino, both today and historically. It is also meant to help students see that change is inevitable in life - no matter if they take the Camino or not.

8.3 JESUS' WAY

Read the following passages from the Bible. Discuss the two questions after each.

St. James was made into a new person by following Jesus, but he wasn't the only one. After Jesus died and rose again, a man named Paul met Jesus. Paul was on his way to arrest and kill followers of Jesus. How does Paul describe his change in the following passages?

Read Galatians 1:11-24 (NIV) from the Bible:

I want you to know, brothers and sisters, that the gospel I preached is not of human origin. I did not receive it from any man, nor was I taught it; rather, I received it by revelation from Jesus Christ. For you have heard of my previous way of life in Judaism, how intensely I persecuted the church of God and tried to destroy it. I was advancing in Judaism beyond many of my own age among my people and was extremely zealous for the traditions of my fathers. But when God, who set me apart from my mother's womb and called me by his grace, was pleased to reveal his Son in me so that I might preach him among the Gentiles, my immediate response was not to consult any human being. I did not go up to Jerusalem to see those who were apostles before I was, but I went into Arabia.

Key Terms

ZEALOUS: Having a strong passion or enthusiasm for something. In a Christian context, it refers to being very dedicated and energetic in following God and His teachings. A zealous person is eager to do what is right and to spread their faith enthusiastically.

PERSECUTION: The unfair or cruel treatment of someone because of their beliefs or identity. In Christianity, it often refers to the suffering and opposition that believers may face because of their faith in Jesus. This can include things like being harassed, threatened, or even physically harmed for practicing their religion.

RIGHTEOUSNESS: Living in a way that is morally right and just according to God's standards. It involves following God's commands, acting with integrity, and doing what is right. In Christianity, righteousness is often seen as being aligned with God's will and is something believers strive for through their faith in Jesus Christ. No one can do this perfectly - except Jesus!

Later I returned to Damascus. Then after three years, I went up to Jerusalem to get acquainted with Cephas and stayed with him fifteen days. I saw none of the other apostles—only James, the Lord’s brother. I assure you before God that what I am writing you is no lie. Then I went to Syria and Cilicia. I was personally unknown to the churches of Judea that are in Christ. They only heard the report: “The man who formerly persecuted us is now preaching the faith he once tried to destroy.” And they praised God because of me.

TEACHER NOTE

What was Paul like?

Zealous Persecutor: Paul describes himself as being extremely zealous for the traditions of his fathers. He was advancing in Judaism beyond many of his peers and was known for his fervent defense of Jewish law.

Has following Jesus changed him?

Divine Revelation and Mission: Paul’s life changed dramatically when Jesus was revealed to him. Jesus transformed Paul from a persecutor to a preacher of the gospel. He received his message not from humans but directly through a revelation of Jesus Christ. His mission shifted to spreading the gospel, particularly to non-Jews.

Read Philippians 3:4-11 (NIV) from the Bible;

..Though I myself have reasons for such confidence.

If someone else thinks they have reasons to put confidence in the flesh, I have more: circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; in regard to the law, a Pharisee; as for zeal, persecuting the church; as for righteousness based on the law, faultless.

But whatever were gains to me I now consider loss for the sake of Christ. What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith. I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so, somehow, attaining to the resurrection from the dead.

TEACHER NOTE

What was Paul like?

Religious Credentials: Paul outlines his impressive religious background: “circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; in regard to the law, a Pharisee” (Philippians 3:5). He was a respected Pharisee, strictly adhering to Jewish law. He mentions that his zeal was so intense that he “persecuted the church” and considered himself “faultless” in terms of righteousness based on the law (Philippians 3:6).

Has following Jesus changed him?

New Values and Righteousness: Paul now considers his former religious achievements as worthless compared to knowing Christ. He writes, “But whatever were gains to me I now consider loss for the sake of Christ” (Philippians 3:7). His focus changed from self-righteousness based on the law to gaining righteousness through faith in Christ. Paul’s entire value system and purpose in life were redefined by his relationship with Jesus.

Read 1 Timothy 1:12-17 (NIV) from the Bible;

I thank Christ Jesus our Lord, who has given me strength, that he considered me trustworthy, appointing me to his service. Even though I was once a blasphemer and a persecutor and a violent man, I was shown mercy because I acted in ignorance and unbelief. The grace of our Lord was poured out on me abundantly, along with the faith and love that are in Christ Jesus.

Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners—of whom I am the worst. But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his immense patience as an example for those who would believe in him and receive eternal life. Now to the King eternal, immortal, invisible, the only God, be honor and glory for ever and ever. Amen.



TEACHER NOTE

What was Paul like?

Blasphemer and Violent Man: Paul openly admits that he was “a blasphemer and a persecutor and a violent man” (1 Timothy 1:13). He acted out of ignorance and unbelief, and his actions were directly opposed to the teachings of Jesus. Paul saw himself as a chief sinner, acknowledging the severity of his past actions against Christians.

Has following Jesus changed him?

Mercy and Example of Grace: Despite his past as a blasphemer and persecutor, Paul received mercy from God. He now sees himself as an example of Christ's immense patience and grace. Paul's life became a testimony to the transformative power of God's grace.

Why do you think people change so much when they decide to journey with Jesus?

TEACHER NOTE

Transformation of Identity:

Accepting Jesus often leads to a profound shift in how individuals see themselves. They move from self-centered identities to ones rooted in Christ. This new identity brings a sense of purpose and direction that fundamentally alters their actions and attitudes.

New Values and Priorities:

Following Jesus involves embracing values such as love, forgiveness, humility, and service. These values often contrast sharply with previous priorities, leading to a change in behavior and outlook on life.

Experience of Grace and Forgiveness:

Experiencing God's grace and forgiveness can be deeply transformative. Knowing that one is forgiven and loved unconditionally by God can inspire a desire to live differently, aligning one's life with the teachings of Jesus.

Community and Support:

Becoming part of a Christian community provides support, encouragement, and accountability. This fellowship helps individuals grow in their faith and sustain the changes they seek to make.

Sense of Purpose and Mission:

Following Jesus often gives people a new sense of purpose and mission. They feel called to make a positive impact in the world, which motivates significant changes in their lifestyle and actions.

Internal Peace and Joy:

Many find that following Jesus brings an inner peace and joy that was previously missing in their lives. This internal transformation often leads to changes in external behavior as well.





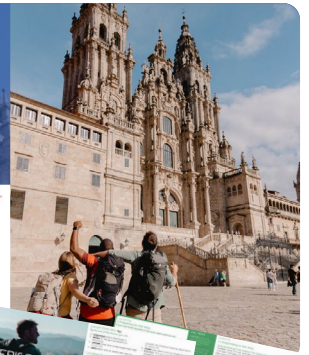
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