

### The Person of Jesus Christ - Humanity

**Context:** Individual & Group

**Focus:** Christ/Competencies

*For there is one God and one mediator between God and men, the man Christ Jesus... 1 Timothy 2:5*

The Bible clearly teaches not only that Christ is fully God, but that he is also truly and completely human.

**Truth No. 1:** Christ's humanity is genuine and complete, including body and soul. (Acts 2:22; Matt. 26:38; Luke 23:46; John 19:28-34)

**Truth No. 2:** Christ, in His humanity, was sinless and perfect in every way. He was the ideal man. (2 Cor. 5:21; Heb. 4:15)

**Truth No. 3:** The great purpose of His incarnation was to be the sacrifice for our sins (Gen. 3:15; Matt. 1:21).

**Truth No. 4:** The humanity of Christ has two major implications:

- a. His great example of the ideal human life (Phil. 2:5-11; 1 Pet. 2:21).
- b. His empathy with us in our weaknesses (Heb. 2:18; 4:15).

#### **Exercises:**

Day 1 – The humanity of Christ was foretold in the Old Testament and then fulfilled in the New Testament. Read the following OT prophecies referring to the coming Messiah.

1. Read Moses' prophecy in Deuteronomy 18:15, 18-19. Peter applies this prophecy to Jesus when he preaches on Solomon's portico in Acts 3. Where do you see a reference to Jesus' humanity?
2. Read Psalm 22. This is the Messianic psalm that Jesus quotes from when on the cross and was used by the author of Hebrews as proof of Jesus' humanity.
  - Find at least 3 proofs of the humanity of Jesus in Ps. 22. Hint: 2 are prophecies that are fulfilled at Jesus' crucifixion and 1 is referenced in Hebrews.
  - Record the NT scriptures where these prophecies of Jesus' humanity are fulfilled.
3. Read Isaiah 7:14 and 9:6-7. What specific event is prophesied here? How do you know that this prophecy was fulfilled by Jesus?

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4. Read Isaiah 52:13 – 53:12.
  - How do we know this prophecy refers to Jesus? Note at least 3 proofs that show it was given for Jesus. These proofs can be NT references showing how Jesus fulfilled the prophecy or specific applications of this prophecy to Jesus by the writers of the NT.
  - Is. 53:3 clearly calls Jesus a man. What other proofs of Jesus humanity are present in this prophecy?

Day 2 – There are many direct statements and implications in scripture declaring the humanity of Jesus Christ. The clarity of these scriptures gives this doctrine a high degree of authority.

1. Read the following direct statements of Jesus' humanity: John 1: 29-30; Acts 2:22; 13:33-38; Romans 1:3; 8:3; Heb. 2:6-9, 14; 1 John 4:2-3.
2. Read the following passages: Acts 2:23; 3:13-15; Rom. 5:8-9; 8:34; 1 Cor. 11:23-26; 15:3; Eph. 2:13-16; Col. 1:21-22; 1 Peter 3:18. What is one sound interpretation that we can make from these scriptures which refer to the death of Jesus and the shedding of His blood?
3. Read 1 John 1:1-4. Who is speaking here? What is he talking about?
  - Now read John 13:23-25; 20:2-5, 20-24. Who was the disciple “whom Jesus loved”? What special privilege did he have?
  - Read Luke 24:36-40 and John 20:26-27. How did Jesus prove to the disciples that He was alive after being crucified?
  - Read Acts 1:8 with 4:13. Why were Peter and John such effective witnesses for Jesus? Reread 1 John 1:1-4. What did their testimony about Jesus include?

Day 3 (*Team Assignment*) – In your cohort teams, choose one of the four Gospels (Matthew, Mark, Luke, or John) that you will use as your reference for today's assignment.

1. Spend the next hour searching your Gospel for examples of Jesus in His humanity. Look for examples of His human limitations, emotions, actions, etc.
2. Choose a scribe for your team. Identify which Gospel you were reading from and document the many examples that you found demonstrating Jesus' humanity.
3. Turn in your team report next week.

Day 4 (*Team Assignment*) - In the same teams choose a different Gospel to be your reference and guide for the day. Your topic of research for today is Jesus' human interactions.

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1. Divide the reading into equal parts for each team member. As you read your portion, look for examples of the how Jesus interacted with His fellow humans. Specifically be looking for the following:
  - What types of people did Jesus regularly spend time with? Give specific examples.
  - What was His attitude towards the people who He was in contact with? How do you see this?
  - How did Jesus' peers respond to His choice of companions? Again, note specific examples. What was Jesus' reaction?
  - Why did He choose to interact with those that He did?
2. Together discuss what you have just read. Allow at least 30 minutes for a good discussion about the example that Jesus has given us and how He expects us to interact with our fellow humans.

Day 5 – It was necessary for Jesus Christ to be man in order that He could die for the sins of man. Man had sinned therefore man must pay the penalty for sin.

1. Read Romans 5:6-21 and Hebrews 2:5-17. Using these 2 passages and quotes from them, defend and provide proof of the statement above.
2. A true understanding of His humanity gives you a better appreciation of what Jesus suffered on the cross to pay the punishment for your sin. Read the account of His crucifixion in Matthew 26:36 – 27:54. As you do, ask God to give you a new appreciation for each blow and wound that your Savior endured for you. Humbly thank the Lord Jesus for His love and obedience that was shown in His suffering and death on the cross.

Day 6 – Because Jesus is a man He is an effective Mediator between God & man and an effective Intercessor to the Father on our behalf.

1. Read Hebrews 2:17-18 and 4:16-18. Why can Jesus sympathize with our weakness? How is He able to help those that are tempted?
2. Have you come boldly before the throne of grace yet today? Take time to do so now. Bring your present areas of weakness and temptation before God asking Him to strengthen and purify you. Remember that your Mediator who sits at the Father's right hand understands what you are experiencing and is actively interceding on your behalf with the Father.

Day 7 – What does the fact that God became flesh, walked among us, and died for our sins mean for your daily life as a Christian? How are you going to be applying this doctrine in the future?

1. Write a one page personal reflection on what you have learned this week and how you will be applying it in your life. Identify specific changes that you will be making in response to this teaching. Note: this reflection paper is for you and for

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your benefit. It will not be graded or read by anyone else but it should give you a mark in the sand that you can look back at in the future and measure your progress against.

2. As you are able and willing, share with your pastoral coach the specific changes that you identified in your personal reflection and ask your pastoral coach to hold you accountable in these areas.