

nua



origins

Where Faith Begins



nuafilmseries.ie

ABOUT

Exploration

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

Encouragement

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

Enjoyment

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

Encounter

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

YOUR HOSTS



Jonny Somerville

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



Sarah Campbell

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



Eric Hughes

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



Using your NUA:Origins Journal



How to find a Bible reference - with an actual Bible

Table of Contents:

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

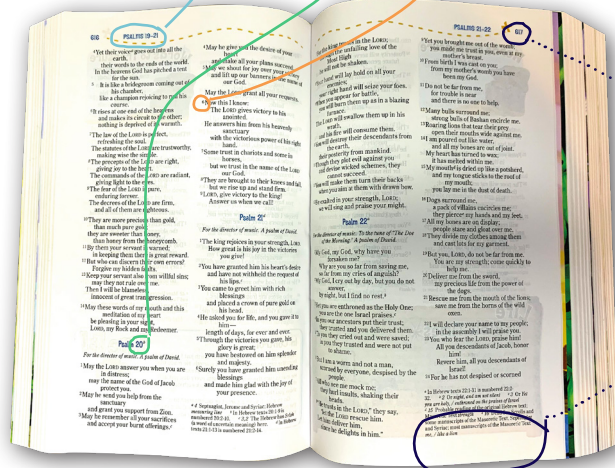
Bible Text:

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

Psalm 20 : 6

1. Book 2. Chapter 3. Verse

HAVE A GO!



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

How to find a Bible reference - digitally



Search online: (biblegateway.com)

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

There is also a Bible App:

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

Bible Translations:

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

Short-hand for the different Bible translations:

- NIV** - New International Version
- NLT** - New Living Translation
- MSG** - The Message*
- NRSVCE** - New Revised Standard Version Catholic Edition

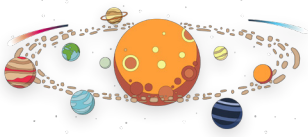
*The Message Version was written in modern every day language to make it as easy as possible to understand. You can search for it on Biblegateway.com

Episode 1: Masterpiece

We are totally fascinated by films that go back to the beginning of a hero's life and answer the question, 'How did this person become who they are?'

Eric

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



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

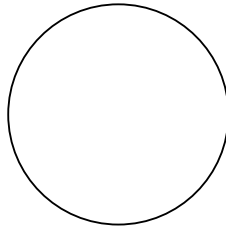
Looking at how complex the human body is or how amazing planet Earth is can fill us with a sense of Wonder & Awe! The Psalmists, Prophets and Evangelists in the Bible experienced this, you can read what they wrote;

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

If I were a Superhero my name would be:

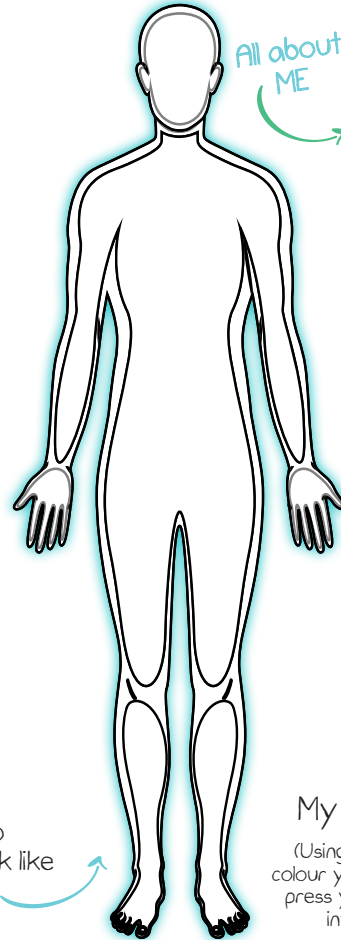
.....

Superhero Logo:



My Superpowers:

.....
.....



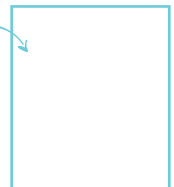
1. Fill in the boxes to document your Origin Story, include one or two significant events in your life, like good memories, starting school, additions to your family and other special events in your life...

I was born...

Now...

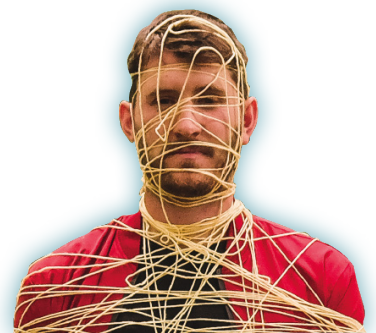
My Fingerprint

(Using a felt-tip pen, colour your fingertip and press your fingerprint into the box)



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

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



My self-portrait
I am God's Masterpiece!



1. What is unique about Me?

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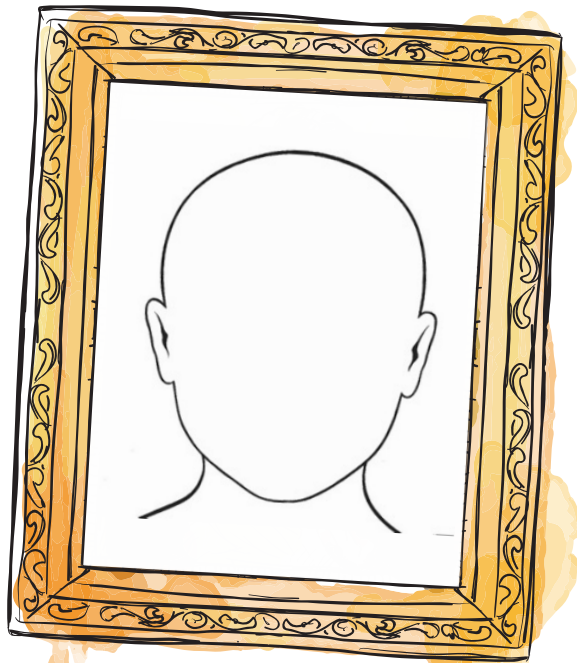
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2. Take a moment to give thanks to God for the you-ness of you!



Where's Mona?



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

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



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

Eric

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

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



Changed to fit in...	YES	NO	Unsure
The football team I support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The clothes I wear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The music I like	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
An opinion I have	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Today I'm feeling...

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. God speaks to ME through the Holy Spirit

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

3. God speaks to ME through other people

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

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



Episode 2: Worth

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

Eric

1. Do you have any Christmas traditions?

.....
.....
.....

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

(draw it or stick a picture of it here)



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

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



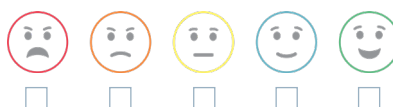
But I'm soon reminded, as I'm tripping over this piece of rubbish, that our mess has corrupted this place and how our whole world is affected by our bad choices.

Sarah

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

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

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



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

Jonny



We might expect Jesus to
come into our lives in some
dramatic fashion, but it can
be easy to miss Him...

We don't expect to find Him our
everyday lives and yet, He is there
and we can see that if we take the
time to reflect and pray each day.

1. CRACK THE CODE

A9 B(C8 D* E7 F& G6 H% I5
J\$ K4 L£ M3 N@ O2 P! Q1 R±
S? T/ U- V\ W> X~ Y. Z<

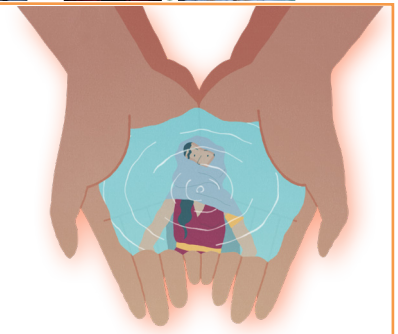
"With Jesus we need to expect the unexpected"

No-one expected the Messiah...
to be born in a S? t/ _9 (_£ _7 yet He was.
to talk to _? _5 _@ _@ _7 _± _? yet He did.
to wash His disciples' _& _7 _7 _/ yet He did.
to be crucified beside _8 _± _5 _3 _5 _@ _9 _£ _?
yet thats what happened!



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

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



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

Have you ever been tempted to think, "If only I had _____ I would be happy?" only to find that when you get that thing, your heart becomes restless again, wanting something else which will make you feel happy and complete? Just like a jigsaw the missing piece is GOD and any other piece won't fit.

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

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

Sarah

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

Take a moment to think about what you might choose to do or not do? Write down your thoughts...

2. But would this so-called "freedom," be good for you in the long run? Take a moment to think what the consequence of these choices might be. Write down your thoughts...



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



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

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

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

Episode 3: New Beginnings

Appearances of the Risen Jesus

Look up these Bible References below to fill in the missing information.
Tip: Check back to the "How to look up a Bible Reference" page.

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



Near the tomb in Jerusalem



Matthew 28:9-10

What did Jesus say to the other Women?

"Do not be _ _ _ _ _"

Near the tomb in Jerusalem



Mark 16:9 & John 20:11-18

Who did Jesus appear to?

Near Jerusalem



Luke 24:34

Who did Jesus appear to?

Sea of Galilee



John 21:1-13

What were the disciples doing?

A mountain in Galilee



Matthew 28:16-18

How many disciples did Jesus meet?

Jerusalem



Acts 7:55-56

What did Stephen see?

Write down your thoughts about these appearances. How would you have reacted?



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

Do you think that miracles only happen in the Bible?

YES / NO / Unsure



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

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

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



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

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

Isaiah 41:10 (NRSVCE) says;
"Do not fear, for I am with you,
do not be afraid, for I am your God;
I will strengthen you, I will help you,
I will uphold you with my victorious right hand."



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

Eric



BE STILL AND LISTEN

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

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

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

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

How did this exercise make you feel?



How does God speak to me?

Remember the ways that we listed in Episode 1, Part 3 of this journal - God's voice:

1. Through his Word in Scripture
2. Through others
3. Through the Holy Spirit

Some of the other ways we can hear God's voice are:

4. Through the still small voice, in 1 Kings 19:12 (some people call it our conscience)
5. Through the circumstances we find ourselves in
6. Through our thoughts and feelings

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

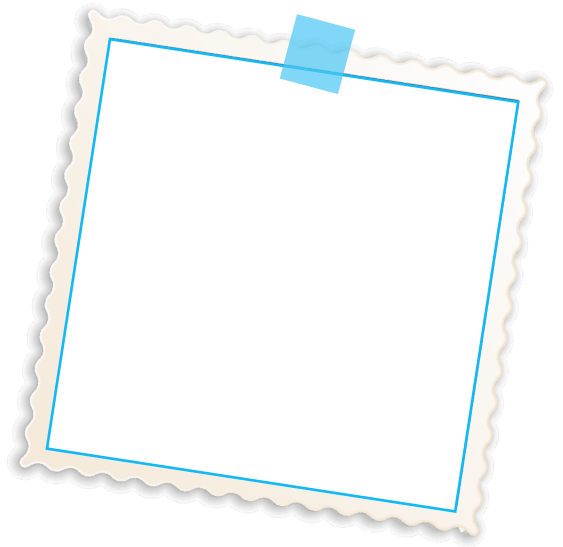


HEEEEEEY, well done! You have completed Episode 3. Take a moment to pray and ask God to help you fully understand the resurrection and to strengthen your faith! See you in Episode 4...

Episode 4: Connection

We can become people who expect an instant response to everything! If we want food, we can have it delivered within minutes... **Sarah**

1. Draw a picture or stick a photo of someone who is a really good friend of yours.



2. A list of all that you and your good friend have in common:

.....
.....
.....
.....

3. Some fun things we do together:

.....
.....
.....
.....

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

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



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

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

Dear God . . .

. . . Amen.

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

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

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How does praying make you feel?

				
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

Isn't it a relief to know that when we don't know what to say or do in prayer, the Holy Spirit is at work in us, directing our hearts and minds to God and praying through us?
(Read Romans 8:26-27 - Try The Message Version)



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

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



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



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

What about all those unanswered prayers we each have?



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

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

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

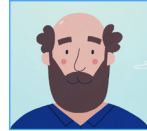


Well done YOU! You have completed Episode 4. Take a moment to pray and ask God to help you find a new fresh way to pray and talk with Him! See you in Episode 5...

Episode 5: Story

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

Name: Josiah Spiers



Job: Storyteller

Era: 1800's

Fact: Founder of Scripture Union



1. Can you think of someone in your life who is a good storyteller?

.....

.....

2. Describe one of YOUR favourite stories:

.....

.....

.....

.....

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

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

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



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



Read about creation in
the book of Genesis

Adam & Eve's
Children's
Children



Read about Moses in the
book of Exodus,
Mark & Acts



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



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



Read about Jesus
returning again in the
book of Revelation



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

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

3. Not everyone in God's story did the right thing all the time, and yet God kept giving people more chances. He didn't give up on them. Why should we be encouraged by this?

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

Sarah



1. It's great to have passions and dreams. What are some of yours? Write or draw them below...

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

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

*How many  did you spot in the video for this Episode?

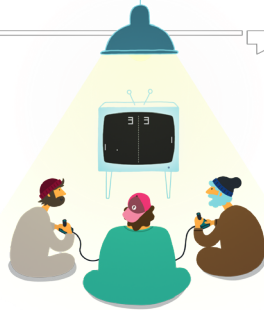
Grand job!!

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



Episode 6: Guide

Jesus said that his followers will receive help on their faith journey, when the Holy Spirit comes and dwells within them... **Jonny**



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

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“With the Holy Spirit the impossible becomes possible”

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

3. Read **Acts 2** in your Bible/Online/App. Outline what happened on the Day of Pentecost, draw a picture or write a description in your own words below...



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

1. List some areas in your life that the Holy Spirit could help you with:

.....

.....

.....



2. King Solomon asked for Wisdom from the Holy Spirit, read about the others to get an understanding...



GIFTS OF THE HOLY SPIRIT



COURAGE

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



WISDOM

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



KNOWLEDGE

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



REVERENCE

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



UNDERSTANDING

This gift helps us to know God better.



COUNSEL
Right Judgement

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






AWE AND WONDER
Fear of the Lord

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

3. In the box below draw a character or person you know who is an example of one of the gifts of the Holy Spirit:

3 PLAYER

LIVES   

Part 2: Charged

Whatever you face you won't face it alone, God has left us with a helper... He gives us a backpack filled with all the tools we need...
Eric



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

2. "If we ask the Holy Spirit, we will be given the power to treat others as Jesus did when he was on the earth. The Holy Spirit will produce in us what is known as the Fruits of the Spirit" - can you fill them in:

L..... J..... P.....
 P..... K..... G.....
 F..... G..... S.....

*How many did you spot in the video for this Episode?

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

Part 3: Risk



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

Episode 7: Belong

The Church as we know it today, was started after Jesus' resurrection. **Eric**



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

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

3. Think of a time in your own life, when you heard good news. Who shared that news with you? Were they excited? Who did you share that good news with? How did you feel? Can you describe what happened?

4. Most of us probably think of a building or an institution when we hear the word 'Church', but as this passage shows us, the Church is really made up of ordinary people like us. We aren't perfect, we make mistakes and we cause hurt and all of this is reflected in the Church. But, so is all our goodness as well.

So, what do you focus on when you look at the Church? Write a list of a few words that come to mind...

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

Sarah



1. List some of the things you enjoy doing with others:

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.....

.....

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

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

Think of something that you could do to help someone else this week, make a plan below...

I would like to help ...

I will need ...

I will complete this by ...

The Church is the people. Its people like you and me who make it what it is... Why not get in the game and see what you can do.

Sarah

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

1. "If we're not making fun of something, we're complaining about it."

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

3. How can you help to effect these changes?



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



*How many  did you spot in the video for this Episode?

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



Episode 8: Journey

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

1. What are some of the decisions YOU make each day, eg. what to wear?

.....

.....

.....

.....



2. Read the **Parable of the Sower** in Matthew 13:1-23

Highlight which seed you feel relates to you today

Explain why...

The seed that fell on the path

The seed that fell on a rocky place

The seed that fell among the thorns

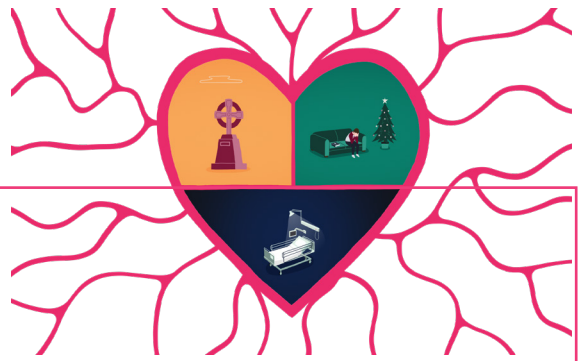
The seed that fell on the good soil



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

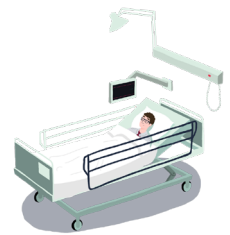
Spend more time on my games console	Read the Bible	Wear the latest style
Volunteer to help others	Give to charity	Pray more
Eat more cake	Share more	Watch more TV
Spend more time online	Get involved in my church	Complain more

Faith is more fulfilling than anything this world has to offer. **Eric**



1. After hearing Eric's story; How did it make you feel?
What surprised you the most?

Write some of your thoughts below...



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

(Read Philippians 4:13)

3. Have there been tough times in your life so far that you can now see some good that came from the it?

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

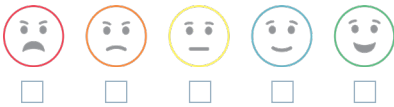
1. As you reflect back on your journey with NUA Origins, what have been the highlights and what things are you still unsure of?

Highlights...

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

Still unsure of...

If YES, how does it make you feel?



3. Write a letter to God...

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

*How many did you spot in the video for this Episode?

Well done!

You have completed the NUA:Origins series.

We hope that you are encouraged to continue to grow in your faith. Keep this

Journal as a reminder of "Your Faith Journey". God bless.

