



# Being Human Leader's Notes Week 1



Exploring what it means to be fully human; to become the very best version of ourselves

Steve Chalke



# About Being Human

Welcome to Being Human.

Being Human is a four week course for small groups and individuals wanting to explore what it means to be fully human; to become the best version of ourselves.

## Course Structure

Being Human is split into four sections, which can be covered in four distinct sessions:

- 1) Love Yourself
- 2) Love Others
- 3) Love God
- 4) Love God and Love Your Neighbour As Yourself (and What it Means for Church)

## How to Use the Materials

Each session includes an online video, which itself is split into two sections. These can be used alongside this leader's resource, designed to help you to guide a discussion within a small group.

You can also choose to use the videos and this guide as an individual study resource.

And don't forget that you can buy a copy of Steve Chalke's book Being Human, at a specially discounted price, at [www.openchurch.network/shop](http://www.openchurch.network/shop).

We hope that you'll enjoy these materials and that you'll share them with people you know.

Lastly, please let us know what you think of the course and its content at:

<http://www.openchurch.network/BHsmallgroup>

## Week 1, Part 1

### The Parable of the Geese (Soren Kierkegaard)

The parable that Steve tells at the beginning of this session was built by Steve around similar stories told by Soren Kierkegaard.

- Do you sometimes feel like the geese he describes? Do you feel like a wild goose or have you been domesticated?
- What relevance does the parable of the geese have for the Church in society today?



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## Being Human

Early in session 1, Steve says that, “Being human, being the best version of yourself, is a matter of your story and your theology, not your mood”.

- What do you think?
- What impact do you think that this way of thinking about your humanity might have on the way you live your life day by day?

## Original Sin or Original Goodness

Steve compares St. Augustine's doctrine of original sin with Jewish perspectives on Genesis 3.

- What do you think?
- How does a different reading of Genesis 3, as a growth of humanity to maturity – from innocence to conscious choice about good and evil, change our perspectives on Augustine's doctrine of original sin?
- If we are made originally good by God (Genesis 1), how might that change the way we live our lives today?

## Week 1, Part 2

### I am the way, the truth and the life (John 14:6)

In part 2, Steve concludes that. “Following Jesus isn't about religion and all its paraphernalia; it's simply about walking a way of life with Christ. It's about being fully human, it's about becoming the best version of yourself and living intentionally. Love yourself – you're made by God”.

- What do you think?
- How good are you at loving yourself?
- How do our lives change as we learn to love ourselves fully?
- What can we do in practice each day to love ourselves more fully?



Oasis Centre  
1 Kennington Road  
London, SE1 7QP  
020 7921 4200  
[www.openchurch.network](http://www.openchurch.network)  
[OCN@oasisuk.org](mailto:OCN@oasisuk.org)

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