

HOW TO BE HUMAN

DISCUSSION GUIDE

Introduction

- ? What modern realities make it hard to know “how to be human”?
- ? What does it mean to you to think of yourself as an “icon” or a picture of God for the world to see?

Chapter 1: God

- ? How would you describe the difference between knowing about God and knowing God?
- ? How does remembering God’s character change the way you approach prayer?

Chapter 2: Creation

- ? What reasons make it irrational to believe the universe came into being without any cause at all?
- ? How do the facts surrounding the cosmic “fine-tuning” (like the specific rate of expansion or the “Goldilocks zone”) impact your view of human existence?

Chapter 3: Image

- ? Where do you see examples of the jigsaw puzzle metaphor in culture today, and how do you see Jesus restoring them?
- ? In what areas of your life (hobbies, organization, ideas) do you enjoy expressing the creativity given to you by God?

Chapter 4: Male

? How does culture view masculinity, and how is it the same or different from the biblical mandate to be a “servant and a guardian”?

? Why do men specifically unravel when they live in isolation from community and from women?

Chapter 5: Female

? How does knowing that God defines a woman simply as someone he created female bring peace compared to cultural narratives?

? How does the realization that God is frequently described as a “helper” shatter the idea that women have an inferior, second-class role?

Chapter 6: Work

? Why is practicing true rest (like stopping work one day in seven) an important reminder that we are not God?

? How does the perspective that every helpful job carries equal dignity affect your view of your current work or studies?

Chapter 7: Marriage

? What distinct protection and meaning does the biblical “one-flesh” covenant provide over simply living together?

? How does following Christ’s commands for husbands and wives protect marriage from becoming oppressive?

Chapter 8: Sexuality

? How does the biblical boundary of male-female marriage protect the true value of sex?

? What does it look like practically to count personal desires as “garbage” compared to the worth of knowing Christ?

Chapter 9: Sin

- ? Can you think of a boundary in Scripture that people view as “spoiling their fun” but is actually designed for human flourishing?
- ? When we lie, cheat, or hide, what are the underlying things that we are momentarily treating as more valuable than God?

Chapter 10: Suffering

- ? How does looking at Jesus’ own physical, emotional, and spiritual suffering help us trust him in our pain?
- ? How does the promise that God “turns mourning into dancing” differ from God simply replacing our pain with something else?

Chapter 11: Shame

- ? In what areas of life do you find yourself wanting to “play hide and seek with God” or slip into the shadows because you feel you’ve let him down?
- ? Look at the story of the woman caught in adultery (John 8:1-11). How does Jesus’ response to her exposed sin challenge the way we typically treat our own shameful secrets or the failures of others?

Chapter 12: Hope

- ? Why does inward-focused, “success story” hope ultimately lead to greed, isolation, and emptiness?
- ? How does the future promise of a fully restored creation (no more thorns, pain, or decay) give you confidence to endure current challenges?