

FAMILY WORSHIP HELPS

WEEK 22

THIS WEEK'S FOCUS

QUESTION 22: *How did Christ, being the Son of God, become man?*

ANSWER: Christ, the Son of God, became man, by taking to Himself a true body, and a reasonable soul, being conceived by the power of the Holy Ghost, in the womb of the Virgin Mary, and born of her, yet without sin.

MONDAY

Praise: Sing Psalm 2

Scripture: Read Hebrews 2:14-18

Key Thought: *Jesus took to Himself a true body.*

Questions:

- ☞ Did Jesus always have a physical body?
- ☞ Was the physical body of Jesus any different from ours?
- ☞ Why did Jesus take to Himself the nature of a man instead of an angel?
- ☞ Did becoming a man make Jesus any less than what He was before?
- ☞ What physical limitations did Jesus subject Himself to by taking to Himself the nature of flesh and blood?
- ☞ How is this an encouragement to us?

Prayer

Notes: Last week's question and answer affirmed the fact that Jesus, the eternal Son of God, became man. This week's question and answer explain how this was accomplished. It is important for us to understand that Jesus is not only fully divine, but also fully human. Some people in history have dismissed or downplayed the "human side" of the nature of Christ, while focusing upon His "divine side." But we cannot have a complete understanding of the Person and work of Jesus without grasping both aspects of His nature. Explain to your children that although Jesus existed from all eternity, He did not have a human body until He was born into the world. Once He took a human body to Himself, He accepted all of the physical limitations that we have as human beings. He could only be at one place at a time. He was subject to hunger, thirst, cold, heat, fatigue, pain, sadness, etc. All of the natural characteristics of human beings were found in Christ, with the exception of sin. This does not mean that Jesus became less than He was eternally by becoming man. The author of Hebrews, by telling us that He did not take to Himself the nature of an angel, emphasizes that He

became a man in order to identify fully with those He came to redeem. An angel could not offer himself in exchange for men. Only a true man could be a fitting substitute for fallen men. A further emphasis of Hebrews is that by becoming “like us” in this way, Jesus is able to identify with us and comfort us in our weakness, since He has experienced all of the difficulties and pains that we face.

 TUESDAY

Praise: Sing Psalm 2

Scripture: Read Luke 2:40-52

Key Thought: *Jesus took to Himself a reasonable soul.*

Questions:

- ☪ As the eternal Son of God, did Jesus lack any wisdom?
- ☪ Why does Luke tell us that Jesus “grew in wisdom”?
- ☪ What is a “soul”? Does God have a soul?
- ☪ Why was it necessary for Jesus to have a “reasonable soul”?

Prayer

Notes: Not only did Jesus take to Himself a physical body, but He also took upon Himself a “reasonable soul.” Both body and soul are essential parts of human nature. The body is the physical material that we are made of, and the soul is the life, or personality, within the body. It is the soul of a man that enables him to think, feel, believe, and obey. God, as we have seen previously in the *Catechism*, is a pure Spirit. He does not have a body or soul as man does. He is the source of man’s life, who breathes the breath of life into man and makes him a living soul. As the eternal Son of God, Jesus did not lack any wisdom or understanding, but when He became a man, it was necessary for Him to grow in wisdom and to “learn obedience” through the things He suffered. As a baby, He did not know or understand everything at once. Like us, He grew in His knowledge of God and the world. By a “reasonable soul” the *Catechism* means that Jesus was able to grow in knowledge and understanding and to make decisions about what to do or not to do. This was a necessary part of His human nature, because He had to be perfectly obedient and sinless in order to be a suitable sacrifice for men, who also have bodies and reasonable souls. Because the reasonable soul of Jesus was not corrupted by sin, as ours is, He was able to make all the right decisions and to live in perfect obedience to the law of God as He grew in wisdom and stature. Praise God for the perfect human nature of Jesus, and for His perfect obedience, without which we would have no hope of salvation.

 WEDNESDAY

Praise: Sing Psalm 2

Scripture: Read Luke 1:26-35

Key Thought: *Jesus was conceived by the power of the Holy Spirit.*

Questions:

- ☞ What is ordinarily necessary on earth for a child to be conceived?
- ☞ Did Jesus have a human father? Did He have a human mother?
- ☞ What was unique about the conception of Jesus?
- ☞ How did the angel describe this to Mary?
- ☞ Why is the fact that Jesus was conceived by the Holy Spirit important?

Prayer

Notes: The *Catechism* affirms the fact that Jesus was “conceived by the power of the Holy Spirit.” This is an essential truth to understand in order to grasp that Jesus had both a human and a divine nature in one person. Your children may not yet know the details of the process of conception, but you can explain to them that it is necessary for a child to have both a father and a mother in order to be conceived and born into the world. Explain to them that Jesus was conceived without the natural function of a human father, but that God, through the power of the Holy Spirit, formed the body of Jesus in the womb of His mother. Show them that no human being besides Jesus was ever conceived in this special way. The true father of Jesus was God Himself, and the true mother of Jesus was Mary. If Jesus had been conceived naturally, with two human parents, He would have inherited the sinful nature of Adam. But because He was conceived supernaturally, through the power of the Holy Spirit, God was able to sanctify His human nature and keep it free from the corruption of original sin. From His human mother, Jesus received His true human nature, and from the power of the Holy Spirit, His human nature was kept free from sin and joined with His perfect divine nature. These things are a great mystery to us, but they are the plain teaching of the Scriptures and hold before us the wondrous glory of Jesus as the perfect God-man.

 THURSDAY

Praise: Sing Psalm 2

Scripture: Read Luke 1:30-42

Key Thought: *Jesus was born of the virgin Mary.*

Questions:

- ☞ What is a “virgin”?
- ☞ Is it humanly possible for a virgin to have a child?
- ☞ Is such a birth impossible for God?
- ☞ In thinking about the virgin birth, should our emphasis be on Mary?
- ☞ How is the power of God seen in the supernatural birth of Jesus?

Prayer

Notes: Closely connected with the supernatural conception of Jesus is the fact that He was born of a virgin. Explain to your children, at their own level of understanding, what is meant by the term “virgin” and why it is so remarkable that a virgin should give birth to a child. Such a thing is impossible according to the natural processes of the world, and yet nothing is impossible for God. There are many who deny the virgin birth because they do not believe in miracles, and yet the Bible reveals to us a God who is sovereign over His creation and who is able to supernaturally overrule the ordinary laws of nature. The unique birth of Jesus shows from the very beginning of His life that God was demonstrating His power to accomplish what is impossible for man—redemption from sin. It also shows us that Jesus was not the product of the will of man (as He would have been if Joseph was His natural father), but of the will of God, who came forth in the fullness of time, according to the divine purpose. Explain to your children that the virgin birth is not intended to lift up Mary as a focus of adoration or worship, as the Roman Catholic Church teaches, but to fix our attention on the unique nature of Christ and the awesome power of God.

 FRIDAY

Praise: Sing Psalm 2

Scripture: Read Hebrews 4:15-16; 7:26-28

Key Thought: *Jesus, though fully human, was born without sin.*

Questions:

-  According to the Bible and the *Catechism*, how is original sin passed on to the descendants of Adam?
-  How does the extraordinary conception and birth of Jesus make Him different?
-  Why was it necessary for Jesus to be completely without sin?

Prayer

Notes: The unique nature of the conception and birth of Jesus was absolutely essential to His work of redemption. As we have seen through the Scriptures and the *Catechism*, Adam’s sin is passed on to all of his descendants through “ordinary generation.” The extra-ordinary conception and birth of Jesus ensured that He would have a true human nature, and yet remain uncorrupted by original sin. Apart from complete sinlessness, He could not have provided redemption, but would have needed redemption Himself. Praise God for His grace and power in Jesus Christ!



Note: Only five lessons per week are included. You are encouraged to lead your family in worship seven days a week. On weekends, you may want to review or build upon the lessons from the previous week, discuss the sermon from Sunday morning, or work on questions from the *Catechism* or memory verses. These lesson suggestions are intended to provide a simple framework for parents to build upon. You are not limited to this content. The habit of morning and evening family worship is the biblical ideal. We hope you can use these lessons as a starting point for the development of a blessed practice of family worship in your home.