

## Grove Group's

# Discussion Guide

## Upside Down Christmas: How God Came Down to Raise Us Up

### Warm Up

Go once around the group and answer: When you think about the Christmas season, what's one good memory you have? Do you have any mixed feelings around the season?

### Background

Review and unpack the following together.

Theology of incarnation = A Christian doctrine that states that God became flesh, assumed a human nature, and became a man in the form of Jesus.

Theosis = a transformative process whose aim is union with God.

High versus Low Christology = the extent to which one emphasizes the divinity of Jesus (high) or the humanity of Jesus (low) in their belief system.

### Reflect

1. Some say that the incarnation holds a contradiction—human and God together. Where in life do you see the merging of God and humanity? (This is a hard question, so here's some ideas: a newborn baby, when a community does the work of God, when a life is transformed from hatred to love.)
2. In what ways do we "theosis" and become in union with God?
3. When you think about Jesus, do you mostly think about divinity or humanity? Where are you on the high and low Christology spectrum?

### Explore Scripture

Theology around the incarnation mostly comes from John 1:1-5. *"<sup>1</sup> In the beginning was the Word, and the Word was with God, and the Word was God. <sup>2</sup> He was in the beginning with God. <sup>3</sup> All things came into being through him, and without him not one thing came into being. What has come into being <sup>4</sup> in him was life,<sup>[a]</sup> and the life was the light of all people. <sup>5</sup> The light shines in the darkness, and the darkness did not overtake it."*

What does this Scripture mean to you?

### Prayer

Who has joys or concerns, persons or situations, they'd like to have lifted in prayer?

### Next

Set the next meeting time. Optional: discuss Connected Care activity and Service activity.