

Contents

02	What Is NUA?
02	Why Was NUA Made?
03	About This Guide
04	How To Use This Guide
06	Session One // <i>How Did We Get Here?</i>
12	Session Two // <i>Jesus: Fact or Fiction?</i>
18	Session Three // <i>What About The Resurrection?</i>
24	Session Four // <i>What Was Jesus Really Like?</i>
30	Session Five // <i>Why Do I Like Jesus, But Struggle With Christians?</i>
36	Session Six // <i>How Can You Say That God Is Good?</i>
42	Session Seven // <i>Has The Church Caused More Harm Than Good?</i>
48	Session Eight // <i>What's Jesus Got To Do With Me?</i>



What Is NUA?

NUA / nu: ^ / noo-ah / Language of origin: Irish adjective, meaning “new”.

NUA is all about exploration: it’s a film series that encourages questions, acknowledges doubt, and offers an engaging perspective on the Christian faith.

NUA equips you with the ability to intelligently explore and understand what you believe. We provide tools for you to discuss your worldview with credibility and confidence, while encouraging you to wrestle with the things that just don’t seem to make sense. Ultimately, this film series is about impact – immediate and personal, as well as the long-term, life-changing experience of working out your beliefs.

Why Was NUA Made?

NUA comes from many years spent with people, listening to their questions. Doubt is the result of an active, engaged mind interested in seeking truth – something we love to see! So we set out to help young adults dig deeper as they explore faith and spirituality.

Doubt is the result of an active, engaged mind interested in seeking truth - something we love to see!

NUA was written, reviewed, and edited by more than 30 trusted critics, including a small inter-church theological group, chaplains, clergy, youth and pastoral workers, parents, and a focus group of young adults. This project required a substantial financial investment and was filmed by one of the best creative video agencies in Dublin, along with a renowned Irish-based director. The team combined their unique creative abilities to invest in people’s ‘journey of faith’.



About This Guide

The NUA Guide is a resource for facilitators. As you present the series to participants, use these step-by-step materials to inspire engagement along the way. We've designed the guide to give you as much support as possible. There are suggested questions, ideas for group activities, and NUA challenges.

This guide is not meant to dictate the way you present NUA—we want you to make the experience your own. Take it, mold it, and make it work for your audience.

**Make the
experience
your own.**

You'll find that each session works in conjunction with the NUA Journal, which gives participants space to complete activities and process their personal journey.

In addition to this printed guide, we've also provided NUA Training Videos, available on your NUA USB. These two-minute clips are great for refreshing your memory before presenting an episode, allowing you to mentally prepare for sessions in a short space of time.

Guide Elements

Episode and Segment Summaries: If you're short on time or need a quick reminder of the episode content, these summaries are for you. We've also included Bible references from each episode—check them out individually or ask the participants to read them in their own time.

FYI: We used a variety of Bible translations throughout the series.

Engagement Ideas: These suggestions are meant to supplement your sessions. We know it may be a challenge to get participants talking—so check out our ideas for pulling more out of your groups.

Vox Pops: We hit the streets of Dublin to ask people about the topics we address throughout NUA. Each of these eight videos (approx one minute each) were created to get the conversation started. We hope honest answers from the public will lead to candid dialogue in your sessions, too. You can find these videos on your NUA USB.

Segment Questions: Each NUA episode is 15 minutes long, split into three five-minute segments. This structure means you can press “pause” after each five-minute video segment to allow for discussion. We've provided three question options per segment.

Reflection: NUA is designed to provoke questions. Encourage your participants to make use of their journals. We hope each episode results in reflection, an exchange of ideas, and individual growth—the journal is a resource for working things out and recording the journey.

NUA Challenge: We also want NUA to encourage practical response. Each episode includes a challenge, which asks participants to live out the things they're learning. We're bridging the gap between sessions and everyday life.

Tips on Leading NUA

We encourage you to make NUA work best for your setting and group. Whether you are running this with your Sunday School class, youth group, small group, at a school or on a college or university campus - we invite you to make your space comfortable for sharing and reflecting. Be mindful of where the participants are in their journey of faith - some might finish this series ready to enter into a relationship with Jesus.

Facilitating Discussions and Reflection

- Consider your audience as you prepare the sessions. Do they know much about God or the Bible? Do they like discussion or writing reflections in a journal?
- If you have a larger group, divide participants into smaller groups.
- Ask participants to discuss their responses to your Segment Questions of choice.
- “Pair and Share” works great with small groups that aren’t talking much.
- Often during small group discussion, participants will pose additional tough questions. It may work well to offer an anonymous ‘question box’ where everyone’s questions can be collected and discussed later!
- The NUA Journal is a great piece to help participants reflect and complete activities. Most of the content in this guide is not reflected in the NUA Journal. We wanted to allow you, the leader, to freely facilitate your sessions, according to your particular setting and unique audience. Therefore, you’ll need to explain the segment questions, reflections and challenges if you want your participants to engage in this way.

Consider Room Set Up

- As the main element of NUA are the videos, it is important to make the room as suitable for viewing as possible. The darker the room, the better. Using high quality speakers will improve the experience as well.
- If possible, arrange the seating in a way that invites dialogue - avoid rows if you can.

Technical Tips: The videos will play best if you’ve first transferred them to your computer - do not just stream them straight from the USB. Read “Technical Advice” on the USB for more helpful playback tips.

1

SESSION ONE

How Did We Get Here?

Episode Summary

Both science and faith seem to suggest that the universe began at a precise moment in time. If this is true, something caused everything to begin—and this powerful creative force must be beyond the universe itself. Contrary to popular belief, having a faith does not mean you have to ignore science. Science helps us understand how and when the universe came to be. Faith is about exploring who created it and why. As far as we know, we are the only creatures on earth asking why we are here. Is our desire for meaning a clue to who we really are? Maybe we are here by chance—or maybe we were created for a purpose.

Aims and Objectives

- ① Consider the cause and effect of our existence—how life began and the possibility that someone started it all.
- ② Understand that science and faith do not have to work against each other. Instead, we can begin to recognise how these ideas complement one another.
- ③ Discuss and work out whether life is random and meaningless, or if we might exist for a larger purpose.



Engagement Ideas

Option 1: Post-it Notes

Pass out a Post-it note to each participant. Give them one minute to consider how they would answer the question “How did we get here?”, and have them write their answer (anonymously) on their Post-it note. Have everyone stick their note to a window, whiteboard, or even the floor and read the answers out loud. This gives you and everyone else an idea of people’s initial thoughts on the topic, hopefully broadening horizons and offering food for thought.

Option 2: Vox Pop

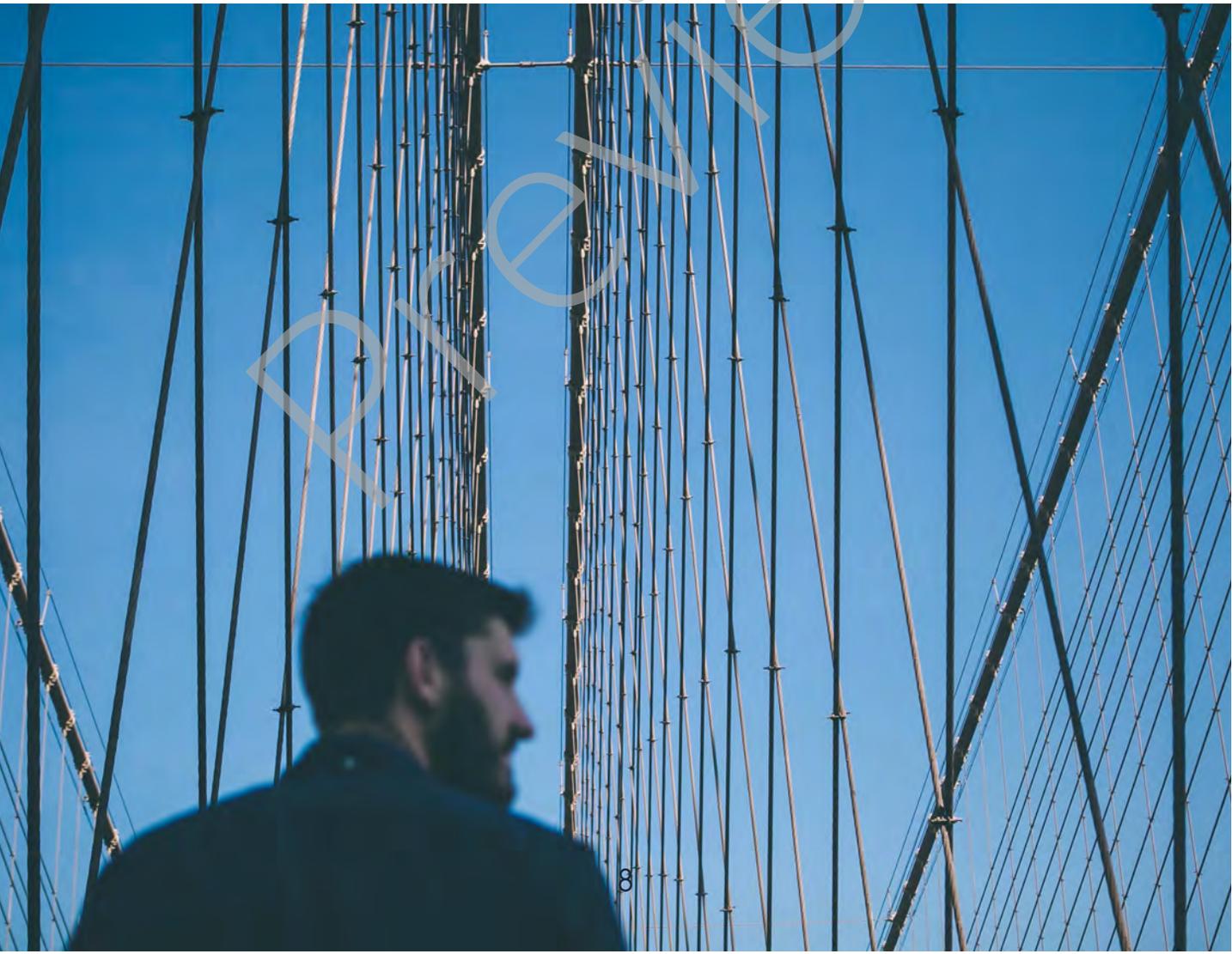
Show the short video from the NUA USB entitled, “How Would You Explain Our Existence?” Discuss which response they relate to the most.

Segment One: Human Existence

Summary: Has the universe always existed, or was there a specific time when all of this started? Both science and faith point to a precise beginning (Genesis 1:1). If so, then it's fair to suggest that something caused things to kick off, and that this powerful creative force must therefore be beyond the universe itself.

Segment Questions

- ① What kinds of conversations have you had about the existence of God?
How did they go?
- ② Do you think we are alone in the universe?
- ③ How do you think the earth came to be and why?



Segment Two: The Complexity Of The Universe

Summary: Having a faith does not mean you have to ignore science. Science may help us understand how and when the universe came to be. Faith is about exploring who created it and why (Romans 1:20). Scientifically speaking, the chances of our universe supporting life are incredibly small. So, either we are the product of chance, or someone wanted us to exist.

Segment Questions

- ① Do you think it's possible to be passionate about science and faith? Why or why not?
- ② How do you feel about the miniscule chance our universe had at supporting life? Did we just get lucky?
- ③ How much evidence would you need to believe that the world has a creator?

Segment Three: Our Constant Search For Meaning

Summary: Is our desire for meaning a clue to who we really are? Maybe love, joy, compassion, and imagination are just chemical reactions—but how extraordinary is it that our whole universe came from nothing, accidentally produced the impossibly perfect conditions for life to exist, and that we would look around and conclude that it all means nothing! On the contrary, we live like it means everything.

Segment Questions

- ① Do you think that your life has a purpose beyond survival and reproduction? Why or why not?
- ② Where do you think our desire for meaning and purpose comes from?
- ③ What was the most interesting part of this episode? Why?

Reflection

Checking the level of engagement

Option 1: Ask one of the big questions again: “How did we get here?”
What has changed? What do you think now?
Do you have more questions?

Option 2: Based on the questions in option 1, ask them to write a personal response in their journal.

Option 3: Dive into more group discussion.

NUA Challenge

Pose the big question to three people over the next week: “How did we get here?”
Have participants record the answers in their NUA Journals.

