

FAMILY THEME

Who Is Jesus?

LESSON AIM

Understand who Jesus is, what He has done, and why He alone is the way to a restored relationship with God.

STUDY TEXT

[Matthew 27:45–28:10](#)



Scan to access
handouts and
digital materials
or visit
d6.family/6939

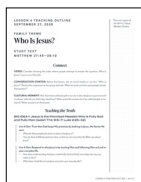


BIG IDEAS

1. **Jesus Is the Promised Messiah Who Is Fully God and Fully Man** ([Isaiah 7:14; 9:6–7; Luke 2:25–32](#))
2. **Jesus Died and Rose Again to Defeat Sin and Death** ([Matthew 27:45–28:10](#))
3. **Jesus Is the Only Way to God** ([John 14:6; Romans 3:23–24; Galatians 2:16](#))

Encourage learners to memorize the Family Scripture of the Month (**Hebrews 4:12**) along with family members.

Preview videos in advance. Ads may appear and are not controlled by D6.



AH 4-1



AH 4-2

Leader Lens

It can be easy to talk about who “Jesus is to me,” but this lesson focuses on who Jesus actually is according to Scripture. Help your group stay grounded in what the Bible says about Him, not just personal opinions or experiences.

Connect

Choose the option that best fits your group.

VIDEO: Who is Jesus? It’s a question many have asked. Consider showing this video where people attempt to answer that question: tinyurl.com/WhoD6. Discuss the video. Then say, *Today we will examine who Jesus is, not from the world’s perspective, but from a biblical perspective.*

CONVERSATION STARTER: During the week before this lesson, ask on social media or via text: “Who is Jesus?” Read a few responses to the group and ask: *What are some common ways people answer that question?* Then say, *People have many different ideas about Jesus, but today we’re going to focus on what Scripture says about who He is.*

CULTURAL MOMENT: Ask: *If someone asked people in our city to describe Jesus in just one word or phrase, what do you think they would say? What would the answers be if we asked people in our church?* Write answers on the board. Then ask, *Do all of these descriptions fully capture who Jesus is?* After discussion, say: *Today we’re going to see that Jesus is more than any single description people give.*

Teaching the Truth

Distribute copies of the *Adult Member Outline* (AH 4-2).

Gospel Connection

This lesson shows how God’s promises point to Jesus. From the beginning, God promised a Savior who would deal with sin and restore what was broken. Throughout the Old Testament, those promises pointed forward to the Messiah, and in Jesus, they are fulfilled. His life, death, and resurrection are the center of God’s plan to bring redemption to the world.

People have many different ideas about who Jesus is. Some see Him as a great teacher, others as a prophet, and some simply as a historical figure. But what we believe about Jesus matters more than we might think. In this lesson, we’ll look at what Scripture actually says about who He is and why it matters for our lives.

✧ BIG IDEA 1 ✧

Jesus Is the Promised Messiah Who Is Fully God and Fully Man

[Isaiah 7:14; 9:6–7; Luke 2:25–32](#)

Throughout Scripture, we find promises about a coming Savior. Many people do not realize that these prophecies were written hundreds of years before Jesus was born. These prophecies remind us that Jesus is not simply part of a story. He is the Messiah that God promised to send.

[Isaiah 7](#) records one of those promises during a time of fear and uncertainty. King Ahaz of Judah feared that enemy nations would defeat him, yet God assured him that their plans would not prevail (verses 3–9). In the midst of that fear, God gave a sign, not one chosen by Ahaz, but by God Himself: a virgin would conceive and bear a son (**verse 14**). While this promise had meaning in Ahaz’s day, it pointed to a greater fulfillment still to come.

Isaiah also described the coming Savior in another way. He would bring light into darkness and hope into a sinful world ([Isaiah 9:2–3](#)). Isaiah gave Him names that reveal His identity: Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace (**Isaiah 9:6–7**). These titles point clearly to His divine nature. The child who would be born is also the Mighty God.

Other prophets spoke of the Messiah as well. Micah foretold that He would be born in Bethlehem ([Micah 5:2](#)). Isaiah wrote that He would be called Immanuel, meaning “God with us” (**Isaiah 7:14**).

Live It Out: Trust that God keeps His promises by looking to Jesus, the Savior He sent.

Discuss Together:

- *What do these prophecies teach us about who Jesus is?*
- *How do these fulfilled prophecies show us that we can trust what the Bible says about Jesus?*

These prophecies find their fulfillment in Jesus. Matthew tells us that Jesus was born of a virgin, fulfilling what the Lord had spoken ([Matthew 1:22–23](#)). His birth was the moment God entered the world He created. Jesus was not merely sent by God. He is God in the flesh who came to live among us.

At the same time, this promised Savior truly entered human history. He was born as a child, lived among His people, and experienced life in a fallen world. When we turn to [Luke 2:25–38](#), we see this promise becoming reality. Simeon had been waiting for the Messiah, and when Mary and Joseph brought Jesus

Discussion questions are also included on the *Adult Teaching Outline* (AH 4-1) and PowerPoint 4 (editable).



PowerPoint 4



AH 4-3

Apologetics

Some question whether Jesus even existed or whether He ever claimed to be God. However, both Scripture and history affirm that Jesus was a real person. Non-Christian historians such as Tacitus and Josephus wrote about Jesus and His execution. The Gospels also make clear that Jesus claimed a unique identity. He forgave sins, accepted worship, and identified Himself as the Son of God. In [John 10:33](#), religious leaders sought to stone Him because they understood He claimed to be equal with God. This evidence shows that Jesus was not simply a teacher. He claimed to be God, and those who heard Him understood exactly what He meant. Give **AH 4-3 (Who Is Jesus?)** to group members so they can reflect on this truth this week.

to the Temple, Simeon recognized that this child was the salvation God had promised. Holding Jesus in his arms, he praised God, knowing he had seen the Savior prepared for all people (**verses 29–32**).

In this moment, we see both the humanity and the divinity of Jesus. He was a real child, brought to the Temple by His earthly parents, yet He was also the Savior sent by God for the world. Simeon understood that this child would bring salvation not only to Israel but also to the Gentiles. Jesus came for all people.

It is important to remember that Jesus did not begin to exist when He was born, which logically agrees with the virgin birth—He did not to come into existence as a new life; He just needed entrance into the world as a human. He has always existed as God, and [John 1](#) tells us that He was present at Creation. He is fully God and fully man, the Son of God who came to live among us. Only someone who is fully God could provide salvation, and only someone who is fully man could represent us as our substitute before God. Jesus is both.

Jesus is the promised Messiah, the Son of God, fully God and fully man, and Lord over all, who came into the world for us. He not only came once, but He will come again to complete God's plan and establish His kingdom.

Live It Out: Respond to who Jesus is by trusting Him and following Him as Lord in your everyday life.

Discuss Together:

- *How does understanding that Jesus is both fully God and fully man shape the way you relate to Him?*
- *What does it look like to trust Jesus as Lord in your everyday life?*

✧ BIG IDEA 2 ✧

Jesus Died and Rose Again to Defeat Sin and Death

[Matthew 27:45–28:10](#)

The death of Jesus was part of God's plan to deal with sin. The Bible teaches that all people have sinned and stand under God's judgment, yet Jesus came to bear the penalty for sin on our behalf. Many of the religious leaders rejected Jesus because of who He claimed to be and wanted Him crucified. He claimed authority to forgive sins and identified Himself as the Son of God, which they considered blasphemy ([John 10:33](#)). Even as He was crucified, the events surrounding His death were fulfilling what Scripture had foretold. Jesus willingly gave His life to pay the penalty for sin and to make a way for people to be restored to God.

At Golgotha, the “place of the skull” ([Matthew 27:33](#)), Jesus was crucified. The soldiers divided His garments among themselves, fulfilling prophecy ([Psalm 22:18](#)). Even the criminals beside Him fulfilled prophecy ([Isaiah 53:12](#)), while the crowds and religious leaders mocked and insulted Him ([Psalm 22:7–8](#)).

Darkness covered the land at noon (**Matthew 27:45**). In that moment, Jesus cried out, *My God, my God, why have you forsaken me?* (**verse 46**), quoting [Psalm 22:1](#). He was bearing the sins of the world and suffering on our behalf. After enduring immense suffering, Jesus cried out again and yielded up His spirit (**verse 50**). As recorded in [John 19:30](#), He declared, *It is finished*. Jesus did this out of love for us, paying the penalty for sin on our behalf.

Live It Out: Take time to reflect on what Jesus endured on the cross and what His sacrifice means for you.

Discuss Together:

- *What difference does it make to know that Jesus’ death was part of God’s plan and not an accident?*
- *What stands out to you most about what Jesus endured on the cross?*

At the moment of His death, significant events occurred. The curtain of the Temple was torn in two from top to bottom (**verse 51**), showing that the barrier between a holy God and sinful humanity had been removed. An earthquake shook the land, and even a Roman centurion recognized that Jesus was truly the Son of God (**verse 54**). After His death, Jesus was buried in the tomb of Joseph of Arimathea, and a guard was set to secure it (**verses 57–66**). While His death was real, it was not the end of the story.

Matthew 28 begins with the greatest news ever told. The women who had followed Jesus came to the tomb, only to find the stone had been rolled away (**verses 1–2**). An angel announced that Jesus was not there, for He had risen, just as He had said (**verses 5–6**).

The women quickly left to tell the disciples. On their way, they encountered Jesus Himself (**verse 9**). They fell at His feet and worshiped Him, recognizing that He had risen bodily from the dead. Jesus reassured them and instructed them to tell the disciples that He was alive (**verse 10**). The fact that Jesus appeared to the women, and later to many others, affirms the reality of the Resurrection ([1 Corinthians 15:3–8](#)).

Despite this, some still attempted to deny the truth. The religious leaders bribed the soldiers to spread a false story that the disciples had stolen the body ([Matthew 28:11–15](#)). Yet the tomb had been sealed and guarded, and from a human standpoint, it would have been impossible for the disciples to

remove the body unnoticed.

The truth is clear. Jesus died to pay the penalty for our sins, and He rose from the dead, defeating sin and death. What seemed like a moment of defeat became the greatest victory in history.

Because Jesus died and rose again, we can have forgiveness of sin and a restored relationship with God. His death was the sacrifice we needed, and His resurrection is the proof that sin and death have been overcome.

Live It Out: Live in the hope and freedom that come from knowing Jesus has defeated sin and death.

Discuss Together:

- *What does Jesus' resurrection show us about who He is?*
- *How does knowing Jesus has defeated sin and death change the way you live today?*

✧ BIG IDEA 3 ✧

Jesus Is the Only Way to God

[John 14:6](#); [Romans 3:23–24](#); [Galatians 2:16](#)

Many people struggle with the exclusive claims of Christ. For some, the idea that there is only one way to God seems narrow-minded. This is not a claim Christians came up with, but one made by Jesus Himself.

In [John 14:6](#), Jesus taught that He alone is the way to the Father and that no one comes to God except through Him. The apostles affirmed this as well, declaring that salvation is found in no one else ([Acts 4:12](#)). Rather than excluding people, Jesus was inviting all people to come to Him and receive salvation.

Live It Out: Take time to consider what Jesus claims about Himself and what that means for you.

Discuss Together:

- *Why do you think Jesus' claim to be the only way to God can be difficult for people to accept?*
- *What makes Jesus trustworthy when He says He is the only way to God?*

Jesus alone has the authority to make such a claim. He is the Creator ([Colossians 1:16–17](#)), lived a sinless life ([Hebrews 4:15](#)), performed miracles that demonstrated His power, fulfilled prophecy, and rose from the dead. No one else in history has these credentials. Because of who He is, we should take His words about

Go Deeper

Recently, an interview in a major publication described someone as a “Christian Buddhist,” blending beliefs from different religions. While that approach may sound open-minded, Jesus did not leave room for a mix-and-match understanding of who He is. If He is truly the Son of God and the only way to the Father, then He cannot simply be added to other beliefs. What we believe about Jesus shapes everything. He is not just a teacher we can include in our worldview. He is either Lord and Savior, or He is not.

eternal life seriously.

The Bible also explains why we need a Savior. Every person has sinned and fallen short of God's standard ([Romans 3:10–12, 23](#)). Sin is not a small issue. It is the condition of a heart in rebellion against God, and it leads to separation from Him. Jesus warned that if people do not believe in Him, they will remain separated from God because of their sin ([John 8:24](#)). No amount of good works can remove the guilt of sin or restore our relationship with God.

Because of this, we cannot save ourselves. Just as a doctor gives a diagnosis and treatment, Jesus provides the only solution to our greatest problem. Directing people to Him is not arrogant or unloving. It is truthful and caring.

The good news is that God has made a way for us to be forgiven. **Galatians 2:16** teaches that we are not made right with God by keeping the Law or by good works, but through faith in Jesus Christ. Justification means that through Christ, our sin is paid for and we are declared righteous in God's sight. This is possible because Jesus took our sin upon Himself and gave us His righteousness ([2 Corinthians 5:21](#)).

This is often called the “marvelous exchange.” Jesus bore our sin so that we could receive His righteousness. Our debt is paid in full. As **Romans 3:24** explains, we are made right with God by His grace through the redemption that is found in Christ Jesus. This free gift is acquired through faith in Jesus Christ (Ephesians 2:8).

Jesus is the only way to God because He is the only One who has dealt with our sin through His death and resurrection and made a way for us to be made right with Him. Salvation is not something we earn. It is a gift we receive by faith. Because of what Jesus has done, anyone who trusts in Him can be forgiven and enter into a restored relationship with God.

Live It Out: Respond to the good news of the gospel by trusting in Jesus and resting in what He has done for you.

Discuss Together:

- *Why is it important to understand that we cannot earn our way to God?*
- *What does it look like to trust Jesus instead of relying on our own efforts?*

D6

Principle

What we believe about Jesus must be intentionally taught and modeled at home and in the church. As the next generation hears and sees who He is and what He has done, they learn that following Him shapes every part of life.

D6 Discipleship Journals

Remind group members to bring their *D6 Discipleship Journals* each week for lesson notes, sermon notes, journaling, and class discussion. These journals are designed to support discipleship both at church and at home.



AH 4-4



AYG-4

As You Go (AYG-4) is a resource to help parents discuss the truths of this lesson with their children at home. Give copies of this page to those who will benefit from it and encourage them to use it at home this week. As You Go is also available for FREE download at [D6curriculum.com/bonus](https://d6curriculum.com/bonus). (No password required.)

Bible Engagement

Encourage your group members to complete the daily devotions in the *D6 Discipleship Journals* this week and use the journaling pages to reflect on what God is teaching them through personal study, class discussion, and Sunday sermons.

Respond

Use one of these options to help your group put this lesson into practice this week.

REFLECTION: Challenge group members to take time this week to consider who Jesus is. Encourage them to write down how they would answer the question, “Who is Jesus?” using what the Bible teaches rather than personal opinion. Then invite them to reflect on whether their daily lives align with that belief and to identify one area where they need to trust or follow Him more fully.

FAITH AT HOME: Encourage group members to have a conversation with their family or someone close to them about who Jesus is. Suggest that they ask how others would answer that question and share what they learned from this lesson. Recommend reading a key passage together (John 14:6 or Matthew 28:1–10) and discussing what it reveals about Jesus and how that truth shapes everyday life.

TRUTH IN ACTION: Encourage group members to identify one area of their daily lives where they need to submit to Jesus as Lord. Challenge them to take one intentional step this week to follow Him more closely in that area, whether in their decisions, priorities, or relationships. AH 4-4 (*Following Jesus*) can help group members put truth in action.

Notes:



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