

EPISODE 4: ATOMS, ARRANGED TO LOVE



SKETCH & WRITE ABOUT THINGS YOU LIKED AND LEARNED FROM THE VIDEO:

TALK ABOUT IT

- > What did you **like** about and **learn** from the video? Did anything surprise you?
- > Share a question or wondering you wrote down.

BRAINSTORM 1: SCIENCE & HUMANS

Using **sticky notes**, post responses to **the question below** on a wall. DON'T over think this... write down the first things that come to mind. **Try to post as many ideas as you can in 3 minutes.**

➔ **What facts does SCIENCE give us about who we are as humans?**

DEBRIEF

- > Look at your **brainstormed** list of **facts about humans**. What do these facts tell us about who we are?
- > What do these facts leave out or miss about humans?
- > Are there questions about life that science can't answer? If so, what kind of questions?

JUST ATOMS & ELEMENTS?

HUMANS ARE:

65% OXYGEN

18% CARBON

9% HYDROGEN

3% NITROGEN

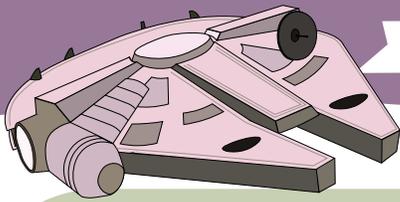
1% CALCIUM

1% PHOSPHORUS

LESS THAN 1% OF A LOT OF OTHER ELEMENTS

BUT YOU ARE SO MUCH MORE!





BRAINSTORM - PART 2: FAITH & US

During our teen years, questions about our identity, belonging and purpose become central to us. Paul suggested that **“science cannot address these questions in a morally satisfying way... but faith can.”**

Post the **three questions** below on the wall or whiteboard. Then, using sticky notes, take **two minutes** to brainstorm and post responses to **each question**:

WHAT answers does our faith provide to these important questions:

1. **“Who am I?”** (The search for identity)
2. **“Where do I fit?”** (The search for belonging)
3. **“Why am I here?”** (The search for purpose)

“FAITH IS A PLACE OF MYSTERY, WHERE WE FIND THE COURAGE TO BELIEVE IN WHAT WE CANNOT SEE AND THE STRENGTH TO LET GO OF OUR FEAR OF UNCERTAINTY.”

– BRENE BROWN

DEBRIEF

- > Look at your **brainstormed list**. What do these responses tell us about who we are?
- > What meaning does our faith provide for us that science can't?

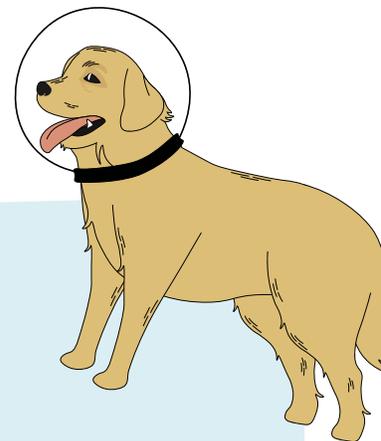
REST IN LOVE

Quietly take a few deep breaths.

When thinking about our place in cosmos, we can become anxious and overwhelmed. But our faith can guide us back to a place of peace and purpose. As Paul stated in the video, you are a **“fantastically complex collection of atoms that carries the divine image and has a deep capacity to love.”**

You belong. You are loved. You are given a purpose to love, care and serve others.

Close your eyes for a minute. Take several deep breaths. Rest in the reality that you are **“created by love, for love.”**



REFLECT & WRITE

How might faith and science-**together**-help show you the best possible way to live?