

Season 3

Episode 16: One of Us

Original Air Date: April 11th 2007

Facilitation Date: April 18th 2007

Episode Information:

Jack's joyous reunion with his fellow survivors is cut short when they realize that accompanying him is one of "The Others," and Claire is stricken by a mysterious, life-threatening illness.

Overall Episode Discussion Theme:

- "One of Us" deals primarily with Juliet's experience of being an outsider. In this particular lesson we will be focusing on her in the context of how people attempt to fit-in when faced with unfamiliar circumstances and social situations.

Recurring Characters:

- Rachel - Juliet's sister - Flashback off island

Key Show Facts:

- Juliet, Jack, Sayid, and Kate make their way from the barracks to the survivors on the beach.
- Claire becomes extremely sick with an unknown illness.
- Juliet offers to help Claire, claiming that she is responsible for Claire's illness.
- Sawyer and Sayid threaten Juliet's life for answers to why the "Others" have been disturbing the Flight 815 Survivors.
- Juliet manages to cure Claire and is allowed to join the ocean front camp of the survivors.
- Flashbacks reveal more of Juliet's back-story including how she came to the island and more insight into why the "Others" needed her help.

Time for speculation on the show – Sample Topics

- Is Juliet going to betray the Flight 815 Survivors?

If you could look back on last week's show and plan this lesson... what would you focus on?

Review: What do we know about Juliet?

Scripture: **Galatians 5:13-15 (The Message)**

"It is absolutely clear that God has called you to a free life. Just make sure that you don't use this freedom as an excuse to do whatever you want to do and destroy your freedom. Rather, use your freedom to serve one another in love; that's how freedom grows. For everything we know about God's Word is summed up in a single sentence: Love others as you love yourself. That's an act of true freedom. If you bite and ravage each other, watch out—in no time at all you will be annihilating each other, and where will your precious freedom be then?"

- What does the teaching mean to you?
 - What is the main theme/point of the passage?
 - What advice does it give?
- How does this teaching relate to what happened in this week's episode?

Clip 1 – Fitting In – 03:13 – 5:21 – "I'm Never Going to Fit In With These People"

- How do you think Juliet feels in this clip?
 - Nervous? Excited? Sad?
 - Why?
- What are some free association words that come to mind when you hear the phrase...
 - fit-in?

- What is fitting in to you?

- Definition: **fit in** *verb*
dictionary.com

1. go together
2. belong

urbandictionary.com

1. being a follower.

- What are some examples of times and/or places that you have felt like you “fit in”

- Why?

- What are some examples of times and/or places that you have not felt like you “fit in”

- Why?

- Is fitting in a good thing?

- Why or why not?

- What are the benefits of fitting in?
- What are the drawbacks?

- Why is it so important to us?

Clip 2 – Fitting In – 7:57 – 8:33 – “You nervous?”

- In this clip we see Juliet talking about all the obstacles she has to overcome in order to have Sayid and Kate trust her.

- What other characters on the show have had to overcome obstacles in order to be trusted?

- What was the obstacle?

- ex. Sayid
- ex. Kate
- ex. Sawyer
- ex. Jin
- ex. Charlie

- In the real world, what prevents us from fitting in?

- Ethnicity?
- Style?
- Etc.

- What do you believe is the most common obstacle that prevents a person from fitting in?

- If you could choose one thing that makes it difficult for you to fit in...

- What would it be?

Clip 3 – Fitting In – 38:54 – 40:36 – “That makes you one of us.”

- How do you think Juliet feels when Jack brings her the supplies?

- Jack tells Juliet that her wanting off the island makes her one of the survivors.

- Do you think this is true?

- Is this common hope enough to make her one of them?
- Are their greater obstacles than a common hope for the future?

- How do we overcome these obstacles?
 - and, in general, obstacles that prevent us from fitting in?
- Each of you mentioned an obstacle that makes it difficult for you to fit in...
 - Is this obstacle something you would choose to change?
 - Or is it something that you believe is important to you?
- How can we identify people that are not good for us?
 - People that we may be better off without are...
 - People that - criticize, mock, and/or pressure us.
- If you had to fill in the blanks in the following sentence - what words would you choose?
 - While our _____ tear us apart, our _____ bring us together.
- What can we take away from this episode?

Devotional Activity: (10 Minutes)

Give everyone a sheet of paper and a pencil. Have them fold their paper in half. On the left side, ask everyone to take several minutes and draw a picture of a person they look up to, someone they know personally. Have them focus on the physical aspects of the person as well as attempt to capture their personality and interests. Once everyone has completed their picture have them flip the paper over. Now, ask them to draw a picture of themselves - encouraging them to focus on aspects of their personality, appearance, interests, etc. that help paint a clear picture of who they are inside and out. Once everyone has finished, have each person unfold their picture and look at the pictures side by side. Have everyone go around and share, if they're willing, who they drew, what they admire about this person, and what they admire about themselves. Whether they share characteristics or not, the purpose of this activity is to enable each person to gain insight into characteristics they look for in others as well as those they cherish about themselves.

Further Speculation:

- Why can't women on the island have children?
- How did Ben cure Rachel's cancer?

Clip times refer to episodes presented without commercials (i.e. On a DVD or legally downloaded through iTunes - <http://phobos.apple.com/WebObjects/MZStore.woa/wa/viewVideo?id=250671308&p=200507719&s=143441>. Most recent episode also available at <http://dynamic.abc.go.com/streaming/landing> - streaming only. Scripture courtesy of <http://www.biblegateway.com>. Definitions courtesy of <http://www.dictionary.com> and <http://www.urbandictionary.com>. Curriculum written and prepared by Benjamin Kendrick and licensed under a Creative Commons Attribution-Noncommercial 3.0 United States License.