

Session 1

Is there
more to
life
than this



What, if any, has been your experience of Christianity?

- Boring?
- Untrue?
- Irrelevant?

At the heart of the Christian faith is a person: Jesus Christ. Jesus said, 'I am the bread of life.' (John 6:35)

1. JESUS SAID, 'I AM THE WAY.'

The first-order questions of life:

- Is there more to life than this?
- What am I doing on earth?
- What is the point of life?
- What is the purpose of my life?
- Where am I heading?

C. S. Lewis: 'I believe in Christianity as I believe that the sun has risen: not only because I see it, but because by it I see everything else.'¹

Jesus is the lens through which we see God. He is the way to God.

Jesus is also the lens by which we see the world in a totally different dimension and clarity.

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2. JESUS SAID, 'I AM THE TRUTH.'

C. S. Lewis: 'Christianity, if false, is of no importance, and if true, of infinite importance. The only thing it cannot be is moderately important.'²

- Truth – understood intellectually (head knowledge)
- Truth – experienced as a relationship (heart knowledge)

3. JESUS SAID, 'I AM THE LIFE.'

'I have come that [you] may have life, and have it to the full' (John 10:10).

Jesus came to deal with:

- The things that spoil our lives
- Our guilt

God loves you and he came, in the person of his Son, Jesus, to set you free to enjoy life to the full.

Jesus said,
'I am the way and
the truth and the life'

(JOHN 14:6)

