

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 the person of Jesus Christ.
Then Jesus declared, “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 answered,
“I am the way,
the truth and the life.”**

(JOHN 14:6)

RECOMMENDED READING

What's So Amazing About Grace?
Philip Yancey

The Return of the Prodigal Son: A Story of Homecoming
Henri J. M. Nouwen

Does Religion Do More Harm Than Good?
Nicky Gumbel

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