

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.'<sup>1</sup>

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.

.....

.....

.....

.....

## 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.'<sup>2</sup>

- 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)**

## RECOMMENDED READING

*What's So Amazing About Grace?*

Philip Yancey

*Why Jesus?*

Nicky Gumbel

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....