



SESSION 1 - MORE LIFE

MESSAGE BIG IDEA

Jesus offers us a more blessed life than we could ever imagine.

SCRIPTURE

John 1:1-14, John 10:10, Matthew 5:1-10

ICEBREAKER

Did you ever have to memorize the Declaration of Independence or Constitution as a child? Can you still recite some of it?

OPENING THOUGHT

The beginning of the Declaration of Independence reads, “We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty and the pursuit of happiness.” How much of our lives are spent in pursuit of ‘more’? Are you happier for pursuing more?

BIBLE DISCUSSION

1. Read John 1:1-14, what stood out to you? What struck you?
2. Now read Matthew 5:1-10 and discuss Jesus’ concept of a blessed life. How does it compare and contrast with what culture teaches us?
3. John 10:10 says, “I came so they can have real and eternal life, more and better life than they ever dreamed of” (The Message). How possible does this seem for your life?

LIFE APPLICATION

4. Psychologists have been telling us for years that pursuing more will lead to greater and greater levels of depression, of anxiety, and of discontentment in our lives, yet most of us aren’t listening. We’re literally killing ourselves in our pursuit of ‘more’. Are you ever discontent with the way your life is turning out? If so, how does this discontent feeling manifest?
5. At birth, each person is born with what the Greeks called the bios life. This life is bodily and physical. Only over time do we see the mental life, the psuche development. Most of us live our lives bouncing between the pursuit of bodily satisfaction or mental satisfaction. Which type of life are you more comfortable with? What do you typically pursue?
6. In addition to bios and psuche, we are called to integrate the two into what was called zoe. This type of zoe living takes the spiritual life with God into account. It requires that we look outside of ourselves and our desires to what God has in store for us. How could this zoe life differ from your bios and psuche lives?

CHALLENGE

This is a two-step challenge! First, take (or retake) the 3C Spiritual Growth Plan online (communitychristian.org/3C) to plan next steps in your faith. Make a plan to grow in one area, committing to contribute, connect, and/or celebrate. Secondly, commit to praying “Jesus, I want more of you. Fill me with more of your Spirit today” daily and watch God transform you from the inside out!