



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

Take this time to ease your group into talking, both by sharing something about their lives, but also by introducing the big idea via the opening thought. These are just suggestions though, so use your own best instincts about how to best do this in your groups.

BIBLE DISCUSSION

Read through the questions and allow your group to think on the text for a while. Remember that there are no right answers, so make sure to allow space for all observations. The bible reading covers the beginning of the book of John – discussing Jesus' presence in all things and the influence that has on all life. Then the Matthew passage is part of the Sermon of the Mount where Jesus talks about the ideal life. Notice the language used and what is actually ideal versus what we typically think of for 'the good life' most of us value.

Lastly the John 10:10 verse should help integrate the two other passages. Let your group thinking through the implications of each passage, especially when read together.

LIFE APPLICATION

These questions are designed to help us remember that happiness should never be a pursuit in and of itself, that this will always disappoint. Our lives cannot handle always having more and more; it isn't sustainable long-term.

The discussion on the different types of 'life' use the three different Greek words that referred to different types of living. These were the physical life (bios), the mental life (psuche – pronounced psoo-kay), and then a word that transcends each of these for something larger and fuller – the zoe life.

This will delve into the private lives of your group members. Make space for vulnerability in your group by perhaps going first with some of the things you are nervous about.

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!