

ALPHA: Session 1

BIG IDEA

Alpha is an invitation to explore life's biggest questions and a chance to look at the life and message of Jesus. Every opinion and question is welcome.

Q 1:

How did you end up at Alpha?

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

- Boring?
- Untrue?
- Irrelevant?

Do you have any hopes or expectations about doing Alpha?

If you had 24 hours to do anything, what would you do?

What makes you happy?

What could you not live without?

Q2

If it turned out God existed after all, and you could ask one question, what would it be?

Where do people go to talk about these sorts of questions?

Why do people sometimes find it awkward to talk about big life and faith questions?

Episode Summary

What did you think/feel about this episode?

What stood out to you from this episode?

KEY QUOTES & SCRIPTURES

- In each one of our hearts, it's like we have a happiness bucket that we're constantly trying to fill.

 - At the heart of the Christian faith is a person: Jesus Christ.

 - Christianity, if false, is of no importance, and if true, of infinite importance. The only thing it cannot be is moderately important. C.S. LEWIS
 - Truth – understood intellectually (head knowledge)
 - Truth – experienced as a relationship (heart knowledge)

 - 'I am the way and the truth and the life.' JESUS (JOHN 14:6)

 - Jesus said, 'I am the bread of life.' (John 6:35)

 - 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.'

 - 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.

 - '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 FURTHER READING:

"What's So Amazing About Grace?" - Philip Yancey.

"Why Jesus?" - Nicky Gumbel