



# Alpha Guide



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ISBN 978-1-938-3-2882-4

First Printing 2016 / Printed in the United States of America

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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.”<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.

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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."<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 answered,  
"I am the way,  
the truth and the life."**

(JOHN 14:6)

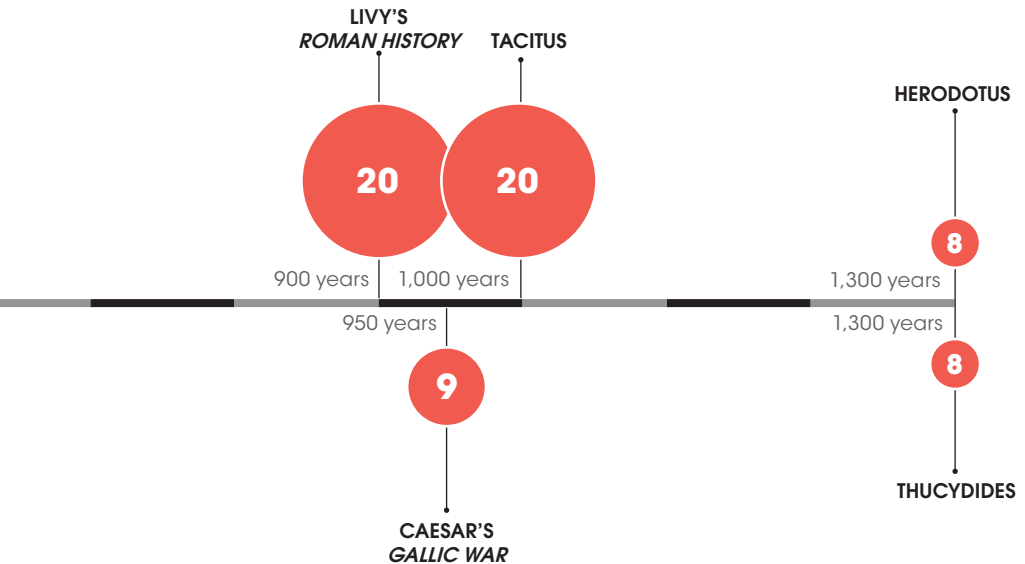


Session 2

**Who is**  
**Jesus**



WORK	WRITTEN	EARLIEST COPY	TIME LAPSE	COPIES
HERODOTUS	488–428 BC	AD 900	1,300 years	8
THUCYDIDES	c. 460–400 BC	c. AD 900	1,300 years	8
TACITUS	AD 100	AD 1100	1,000 years	20
CAESAR'S <i>GALLIC WAR</i>	58–50 BC	AD 900	950 years	9–10
LIVY'S <i>ROMAN HISTORY</i>	59 BC–AD 17	AD 900	900 years	20
NEW TESTAMENT	AD 40–100	AD 130 (full manuscripts AD 350)	30–310 years	5,000 + Greek 10,000 Latin 9,300 others



**Was Jesus fully human?**

- He had a human body.
  - tired (John 4:6)
  - hungry (Matthew 4:2)
  
- He had human emotions.
  - anger (Mark 11:15–17)
  - love (Mark 10:21)
  - sadness (John 11:32–36)
  
- He had human experiences.
  - temptation (Mark 1:13)
  - learning (Luke 2:46–52)
  - work (Mark 6:3)
  - obedience (Luke 2:51)

Was He more than a man, a great human, a religious teacher?  
(Matthew 16:13–16)

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## 2. WHAT EVIDENCE IS THERE TO SUPPORT HIS CLAIMS?

- His teaching (Mark 12:31; Luke 6:31; Matthew 5:44)
- His life/works (John 2:1–11; 10:37–38)
- His character (Luke 23:34)
- His fulfilment of Old Testament prophecy
- His conquest of death

Evidence for the resurrection:

- **His absence from the tomb**
  - Theories:
    - Jesus did not die (John 19:33–34)
    - Disciples stole the body
    - Authorities stole the body
    - Robbers stole the body (John 20:1–9)
- **His presence with the disciples**
  - Did they hallucinate?
  - Number of appearances over a six-week period
    - 11+ appearances
    - 500+ people
  - Nature of appearances (Luke 24:36–43)
- **Immediate effect**
  - Birth and growth of Christian church
- **Effect down the ages**
  - Experience of Christians down the ages
  - Over 2,300 million Christians in the world today

