

Walking in the Light

Session 1:
Knowing what I know

1. Sharing your story

In the group (or in small groups) share with each other your own memories of when you first encountered the Church.

- What did you think about the Church when you were growing up?
- Is going to Church today just what you expected?
- Do you feel you 'belong' when you come to Church? Why?

2. Seeing and hearing what is really there

We watch an excerpt from *Jesus of Nazareth*.

They called the man who had been blind, and they said to him, 'Give glory to God! We know that this man is a sinner.' He answered, 'I do not know whether he is a sinner. One thing I do know, that though I was blind, now I see.'

John 9.24-25

The one who enters by the gate is the shepherd of the sheep. The gate-keeper opens the gate for him, and the sheep hear his voice. He calls his own sheep by name and leads them out. When he has brought out all his own, he goes ahead of them, and the sheep follow him because they know his voice.

John 10.2-4

3. Discussion

- What is your image of God? Could you draw him?
- How do we sense God's presence?

4. Teaching

My heart is restless until it finds its rest in you

Augustine of Hippo (354-430)

There is no such thing as not knowing God. He made us, and so we have a relationship with him before we can even talk. But we have to respond to that relationship, recognizing what we already know.

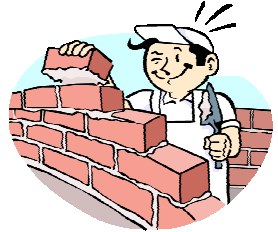
God designed us to know him

If we don't have that relationship with God, something is missing. There is a space, an inner restlessness, in our lives.

People spend their whole lives trying to fill space with all kinds of good (and bad!) things. But in the end, nothing will satisfy, except God.

Also, we build walls to keep God out...

God is the purpose for our lives (Father)
what distracts us from that purpose
and causes us to go our own way?



God is the light (Son)
what prevents that light getting through?

God is the fellowship that unites (Spirit)
what prevents us from living in harmony with each other and
in union with God?

What is it that prevents the joy and beauty of God illuminating our souls?

God's promise is to give each of us a new sense of purpose, of peace, and of love. We need to come home to God.

"In [Jesus] was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it. The true light, which enlightens everyone, was coming into the world. He was in the world, and the world came into being through him; yet the world did not know him. He came to what was his own, and his own people did not accept him. But to all who received him, who believed in his name, he gave power to become children of God."
John 1,4-5, 9-13

"See what love the Father has given us, that we should be called children of God; and so we are."
1 John 3.1

5. The language of the Church

The Church has been listening for God for 2000 years. The Church began to write down what she learned about God for us to say together.

Have a look at the Apostles' Creed. Discuss which bits are easy/difficult. Does it help you when you think about God?

**I believe in God, the Father almighty,
creator of heaven and earth.**

**I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.**

**I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.**

6. Next week...

We shall share brunch together, and although you are welcome to talk about Christianity, it is not compulsory! But talk now in the group about what you would like to discover the following week. You can set the agenda...