



Living FROM THE CROSS

QUESTIONS FOR DISCUSSION AND REFLECTION

BEFORE VIEWING

1. Many Christians would describe themselves as tired, burned out, even depressed. Some would say it is often difficult to feel joyful. Why do you think that is?
2. Jesus says "Come to me all who are weary and I will give you rest" but still some people have turned away from Christianity claiming that it is just too hard. What do you think they are referring to? Why do you think there is a disconnect here? Discuss or journal.

AFTER VIEWING

1. Stephen Harbridge talked about the significance and meaning of the statement that Jesus uttered on the cross, "It is finished." What is IT? Discuss.
2. What are the implications in your life of you holding on to the IT he has already dealt with? Discuss.
3. If you embraced the truth that Jesus has finished the IT in your life, what would some of the immediate effects be? What are some of the immediate effects of the cross upon the redeemed?
4. This course is entitled "Living FROM the Cross". What does it mean to live FROM something? What is the opposite of living from, and what are the effects?
5. Consider the difference between living by faith and living by sight. How would you know if someone is living by faith or living by sight? Share some examples or classify these.
6. What are some of the dangers of living by sight?
7. What lies have you been buying? What truths are you desperate to embrace?
8. Steven explained, "We aren't happy because we don't know that we have everything we need to be happy". Do you agree or disagree? Explain.

FOLLOW-UP

1. Reflect on whether you are 'living by faith' and ask God to help you embrace his glorious truths and to change those behaviours that were evidence that you were living by sight.
2. Focus on one area this week and record what you are noticing in your thoughts and behaviours. What are the ripple effects?