



SESSION

01

HOST NOTES

Welcome to the Conversation

You're invited! Session 1 helps create the space to ask life's big questions around purpose and explore what truly matters. We will explore:

- Happiness
- Living life to the full

KEY BIBLE VERSES

Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."

– JOHN 6:35, NIV

"I have come that they may have life, and have it to the full."

– JOHN 10:10, NIV

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."

– JOHN 14:6, NIV

Keep in Mind

- "The Welcome" is a great way help your guests feel at home and included. Keep an eye out for guests that have come alone or seem especially nervous. A small gesture of recognition and a friendly face can go a long way.
- For a lot of young people, this is the first time they are hearing a lot of Christian words and phrases. Check regularly with your guests if there are any words or phrases they don't understand.
- We have created playlists that you can use for your

Discussion Questions

Q1 *What makes you happy?*

SUPPORTING QUESTIONS

- What could you not live without?
- What do you need to change in order to be happy?

Q2 *If you had 24 hours to do anything you wanted, what would you do?*

SUPPORTING QUESTIONS

- What's something you've always wanted to do? (your bucket list)
- Where have you always wanted to travel?

Q3 *If God exists, what would you ask?*

SUPPORTING QUESTIONS

- Why would you ask that?
- Why do young people sometimes find it awkward to talk about big life questions?