



# LIFE|**EXPLORED**

WHAT'S THE BEST GIFT  
GOD COULD GIVE YOU?

**HANDBOOK**

**Life Explored Handbook**

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WELCOME TO  
LIFE|**EXPLORED**

We all want to be happy. Over the next seven sessions, we'll explore some of the ways we try to find that happiness, and ask the question, "Are we looking in the right place?"

## Key

 Watch a film

 Discuss a question

 Read a Bible passage



# SESSION 1

## **THE GOOD GOD**

 **Overture Part 1**

 **What's the best gift God could give you?**



<sup>27</sup> God created mankind in his own image, in the image of God he created them; male and female he created them.

<sup>28</sup> God blessed them and said to them, “Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground.”

<sup>29</sup> Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. <sup>30</sup> And to all the beasts of the earth and all the birds in the sky and all the creatures that move along the ground – everything that has the breath of life in it – I give every green plant for food.” And it was so.

<sup>31</sup> God saw all that he had made, and it was very good.

Genesis 1:27-31

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**Blessed** | Looked on them with love and promised good things.

**Subdue** | Bring order to.

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 **Overture Part 2**

- Human beings have been described as “the glory and the garbage” of the universe.
- We’re “glorious” because we’re made by a glorious God, who has made us “in his own image” (Genesis 1:27).
- Being made “in God’s image” means that we can know and enjoy this God. God wants us to enjoy him!
- We flourish most, and enjoy him best, when we reflect him best.
- But there’s the “garbage” too. Rather than enjoying and reflecting our Creator, we enjoy and reflect “created things” more. We have other “gods”.
- A person’s “god” is anything they cling to and rely upon for their ultimate security and contentment.



- <sup>1</sup> *The heavens declare the glory of God;  
the skies proclaim the work of his hands.*
- <sup>2</sup> *Day after day they pour forth speech;  
night after night they reveal knowledge.*
- <sup>3</sup> *They have no speech, they use no words;  
no sound is heard from them.*
- <sup>4</sup> *Yet their voice goes out into all the earth,  
their words to the ends of the world.  
In the heavens God has pitched a tent for the sun.*
- <sup>5</sup> *It is like a bridegroom coming out of his chamber,  
like a champion rejoicing to run his course.*
- <sup>6</sup> *It rises at one end of the heavens  
and makes its circuit to the other;  
nothing is deprived of its warmth.*
- <sup>7</sup> *The law of the LORD is perfect,  
refreshing the soul.  
The statutes of the LORD are trustworthy,  
making wise the simple.*
- <sup>8</sup> *The precepts of the LORD are right,  
giving joy to the heart.  
The commands of the LORD are radiant,  
giving light to the eyes.*
- <sup>9</sup> *The fear of the LORD is pure,  
enduring forever.  
The decrees of the LORD are firm,  
and all of them are righteous.*
- <sup>10</sup> *They are more precious than gold,  
than much pure gold;  
they are sweeter than honey,  
than honey from the honeycomb.*

Psalm 19:1-10

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**Glory** | God's perfect and limitless goodness.

**The LORD** | Literally *Yahweh*, the name of God.

**Statutes, precepts, decrees** | Rules/laws.

**Righteous** | Right in God's eyes; perfectly good.

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1. According to verse 1, the heavens and the skies are telling us something. What is it?

2. When and where can that message be heard, according to verses 2-4?



**6. If you knew Psalm 19 was true, how would it affect the way you feel about God?**

**7. (If time) What has been most striking for you during this session?**

**Note:**

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