



PART 19: STOP CHASING WHAT DOESN'T SATISFY

Just like we all have physical hunger, we also all have spiritual hunger, desires/needs that go beyond the physical. We want meaning, purpose, value, identity. We want to know am I loved, do I belong, am I part of something greater than myself? What can satisfy our spiritual hunger?

SCRIPTURES

John 6:25:40

DISCUSSION QUESTIONS

These questions are a guide to get the conversation started in your group or home; don't feel like you have to ask everything below! As long as you're having a conversation you're headed in the right direction. Feel free to adjust the questions to fit the needs of your group.

1. **What's the fullest you've ever been? How long did it take for you to get hungry again?**
 2. **Just like we get physically hungry we also get spiritually hungry. How would you describe "spiritual hunger?"**
 3. **John 6:25-40 What stands out about the passage? Do any themes or ideas emerge?**
 4. **Jesus instructs us to work not for food that spoils (temporal things), but rather food that leads to eternal life. What kind of temporal things do you see people working for? What temporal things are you tempted to work for to try and satisfy a spiritual hunger?**
 5. **Why do you think we try to satisfy ourselves with the "food that spoils" (temporal things) rather than with Jesus, the bread of life?**
 6. **Read John 6:35**
 - a. **What does it mean for Jesus to be "The Bread of Life?"**
 - b. **According to Jesus what satisfies our hunger and thirst?**
 7. **Jesus is THE Bread of Life, but is he YOUR Bread of Life?**
 - a. **What is 1 practical step you can take this week to make Jesus your Bread of Life?**
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