

I Am - Week 2, 3/8/2020

This quarter we are exploring the spiritual practice of Gratitude. Take a few minutes in silence to give thanks to God for this season, month, week, day, hour. Give thanks to God for all that He has done for you, and meditate on His generosity.

Angie's sermon this week focused on Jesus' declaration that He is the Bread of Life. Jesus had shown many signs that he is God, but followers then and still now miss those signs and are more interested in what they can get from Jesus (free food!), instead of knowing who He is. Our spiritual hunger can only be satisfied through God, and that satisfaction only comes through relationship with Him.

Discussion Questions:

Read John 6:25-35

- **We are hungry people.**
 - Spiritual hunger is a physical experience, just like hunger for food. Only a relationship with God can truly satisfy your spiritual hunger. Identify a time when your spirit was craving God, and share the experience with your group. How did that feel? How did you know it was God you were craving? What did you do about it?

- **What we feast on matters.**
 - Like bread, Jesus is universal and available to the rich and poor in every country. Jesus meets all of our needs. How do you eat spiritually? What practices help you enjoy Jesus as the Bread of Life?
 - If we try to satisfy our spirits on worldly food (success, adventure, comfort, promotion, attention, compliments, sex, food, substances, etc) we will starve because it doesn't satisfy like Jesus. As the saying goes, we are what we eat. How do we change our spiritual diet from "earthly" food to the Bread of Life?

- **Only Jesus sustains.**
 - Later in the chapter the crowd left (John 6:66-69) in part because they found out that Jesus wasn't going to give them an endless supply of physical bread and fish. The disciples stayed because they KNEW who Jesus was (and is!). There is an idea in food culture to know your farmer, or to know your baker because the food will be more local and full of nutrients. Likewise we need to know our spiritual baker.
 - Consider your own relationships with food. How can we draw connections to our practices of spiritual eating? Are you trying to survive spiritually on just a couple "big meals" each week? Are you trying to substitute quick and easy "fast food meals" for more intimate, time-intensive connections with God? Discuss.