

SMALL GROUP / STUDY GUIDE

SCRIPTURE

Read 1 Peter 2:1–3

KEY TRUTH

Crave the Lord above everything else, because only He can truly satisfy your soul and make you grow.

OBSERVATION QUESTIONS

(What does the passage say?)

- What five things does Peter tell believers to put away in verse 1?
- What do these attitudes and behaviors have in common?
- How does Peter describe the way believers should desire spiritual nourishment?
- What image does Peter use to describe that desire?
- What does Peter say this spiritual nourishment produces in us?
- According to verse 3, what have believers already “tasted”?

INTERPRETATION QUESTIONS

(What does the passage mean?)

- Why do you think Peter connects malice, deceit, hypocrisy, envy, and slander with the command to crave pure spiritual milk?
- What kind of “payoff” can things like envy, resentment, approval, control, or tearing someone else down seem to give us?
- What does it mean to crave spiritual nourishment “like newborn babies”?
- Peter says this nourishment helps us “grow up in our salvation.” What kind of growth do you think he has in mind?
- How does verse 3 help us understand where true spiritual nourishment ultimately comes from?
- Why is there a difference between wanting good things from God and looking to those things to satisfy our souls?

APPLICATION QUESTIONS

(What does this mean for us?)

- What are some things you tend to think, “If only this changed, then I’d finally be okay”?
- Which unhealthy cravings are easiest for you to recognize in yourself: approval, attention, control, being right, getting even, comparison, lust, or something else?
- What good thing are you most tempted to ask to do something it cannot do—fully satisfy your soul?
- What does it look like practically to “develop an appetite” for God?
- Which practices most consistently help you taste God’s goodness: Scripture, prayer, worship, Christian community, remembering the gospel, or something else?

How might becoming more satisfied in Christ change the way you relate to other people?
Where are you currently tempted to use another person, circumstance, achievement, or answer to prayer as a source of identity or satisfaction?
What would it look like to seek more of God even before your circumstances change?

PERSONAL REFLECTION

Take a moment and ask:

What am I craving right now?
What is my current “if only”?
Am I asking something or someone to satisfy a need that only God can ultimately satisfy?
What appetite have I been feeding most lately?
What would it look like for me to intentionally crave more of the Lord this week?

PRACTICE FOR THE WEEK

Choose one intentional way to feed your appetite for God each day this week. Spend time in His Word, pray, worship, meet with someone who encourages your faith, or intentionally remind yourself of the gospel. When you notice yourself reaching for approval, control, comparison, resentment, or another quick source of satisfaction, pause and remind yourself:

“Real satisfaction is not found in getting more things FROM God, but in getting more OF God.”

PRAYER

Ask God to reveal the cravings that are shaping your heart and relationships. Thank Him that He does not merely offer temporary relief, but Himself. Ask Him to deepen your hunger for His presence, nourish you through His truth, and make you increasingly satisfied in Christ so that you can love others freely and continue growing in your salvation.