



Starve the Algorithm, Feed Your Soul

Part three - "Feed Your Soul"

John 4:1-42

Bottom line: You need to feed your nephesh.

1. What are some of the ways you fragment your life? Do you think of yourself in different parts?
2. How would you describe what it means to be "real"?
3. Are there ways or environments where you struggle more to be your whole, real self? Why do you think that is?
4. Read John 4:1-42
 - a. What stands out to you in Jesus' conversation with the Samaritan woman? (this list could be long, so take some time here - there's a lot happening in this interaction)
 - b. Why do you think it matters that the woman showed up to the well alone, and ultimately, Jesus left her with others when He moved on from that village?
5. Are there parts of you that you try to hide from God, or keep separate from your "spiritual life?"
6. Jenn talked about gathering for dinner and letter writing as spiritual practices that prioritize real connection. What are some other ways you could prioritize real connections this week?