



week three
feeding the spirit

bottom line

We starve the flesh so
we can feed the spirit.



corresponding teaching content

Invite your group members to watch the corresponding teaching by Pastor Neil on LivingInhabit.com's Media page before you begin this week's discussion guide.

group icebreaker

If you had to eat the same food for every meal for a month, what would you choose?

reading scripture together

Read about *Jesus & the Samaritan Woman* in John 4:3-34.

play today's group intro video



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suggested discussion questions

getting connected with scripture:

- Do you ever miss a meal because you are too busy or distracted? How do you think that's different from what Jesus did here?
- *Read verses 32-34 again.*
 - How do you imagine Jesus' extensive previous experience with fasting had changed his perspective on food?
 - Do you believe it's possible for us to access this other "food" he accessed?
 - Have you ever experienced anything similar to the fulfilled feeling Jesus seems to have been experiencing in this moment?

getting real with each other:

- What are the questions, doubts or hangups you deal with when it comes to spiritual life and receiving life from the Holy Spirit?

getting practical with our faith:

- If you have experience with fasting for spiritual or dietary reasons, would you share a little of what that was like for you and anything you may have learned through it?
- *In Matthew 6:16-18, Jesus taught people who regularly fasted that the motives behind their fasting would affect the results they got.*
 - How do we guard against hypocritical or impure motives when we practice the formational habits Jesus taught and modeled for us?
 - What's the difference between fasting for spiritual vs dietary reasons?
 - Is it possible or wise to attempt both at the same time?
- **This Week:** When you fast, incorporate time alone to be with & listen to God.