



Read – Read the passage in its context several times. Read it slow enough to understand what God is saying through it.

- What ideas or words are emphasised, repeated or related in this passage?
- In your own words, what is the main idea of this passage? (Try to summarise these verses in 10 words or less)

Examine – Next, try to understand the specifics of what the passage is communicating.

- What do you notice about God? What has he done/is he doing in these verses?
- What do you learn about Jesus and his gospel from this passage?
- What does it reveal about people?
- How do you think the writer wanted his reader to respond to these words?

Apply - After seeking to understand God's Word in this passage, consider how he intends to use it in your heart and life today.

- As you listened to these familiar words of Jesus being preached, what struck you?
- What do you want from Jesus?
- As you reflect on your life, where have you been most susceptible to wanting 'food that perishes'? (Consider the wine that runs out, or the husbands that do not fill the emptiness). In what ways did they perish?

- What might it look like for you to daily seek him? What difficult decisions might you make to maximise your joy in him?

- Consider the twelve baskets left over. Christ truly is enough. Meditate upon, or share with others, the ways in which Christ is better than our false comforts and allow the joy of the Lord to be your strength today.