



Small Groups

LEADER GUIDE

Session 5 | Cravings

ICE BREAKER QUESTION

What is your usual late night craving?

PLAY SMALL GROUP VIDEO

video for this lesson is available on the Hope Commons app or on the website under "media"

SCRIPTURE READING

1 John 2:15-17

Mark 6:45-56

DISCUSSION QUESTIONS

Do you think our cravings define us? Why or why not?

How does following Jesus change what we desire?

How are Jesus' actions and demeanor in contrast with his disciples?

How might following Jesus lead you to be different in the world you live in?

APPLICATION

Practice the discipline of fasting. Fasting equips us to deny our cravings and say no to what we feel we need. Think of fasting as a way of mastering your cravings!

PRAYER REQUESTS & ANSWERED PRAYERS

make a list of prayer requests as well as a list of answered prayers

