

A Hunger for God

Week 2 Discussion Guide

Purpose:

To help the group reflect on how attention shapes affection, identify sources of distraction, and practice abiding with Jesus through Scripture and prayer.

1. Series Recap

In 2 Chronicles 19 and 20, the Bible tells us King Jehoshaphat was a man who “set his heart to seek the Lord”, “set his face to seek the Lord” and fasted (to seek the Lord). In this series, we’re exploring those three ways of seeking God and we’re calling them Affection, Attention, and Appetite.

Last week, we studied the relationship between our affection for God and our attention towards him. How Jehoshaphat prayed, “*We do not know what to do, but our eyes are on you.*” And then we looked the author of Hebrews (12:1-2) encouragement to fix our eyes on Jesus, and Jesus’ caution of a distracted faith in Matthew 13 and the parable of the sower.

All of this points to the fact that what gets our attention usually ends up getting our affection.

2. Teaching Reflection

- The sermon emphasized this idea:
“If we set our hearts on Jesus but put our eyes somewhere else, our faith is at risk. So we must give Jesus not only our general affection but our undivided attention.”

Questions:

1. Where do you see this dynamic playing out in your own life right now?
2. Have you ever experienced a season where your faith felt sincere—but stagnant or unfruitful? What contributed to that?

3. Distraction & Formation

- The message suggested that distraction isn't just a time problem—it's a **formation problem**.

Questions:

1. What captures most of your attention on an average day?
2. Do you think what you regularly consume (media, news, social feeds, entertainment) is forming you more toward:
 - Love or outrage?
 - Patience or impatience?
 - Peace or anxiety?

4. Finding Jesus in Scripture

Read Psalm 1:1-13.

Scripture is a mosaic—hundreds of scenes, accounts, stories, letters, prayers, poems, and songs that are arranged in such a way by the Holy Spirit that they reveal Jesus. In this way, reading scripture broadly and consistently is important for us to get an ever-sharpening image of the one true Jesus and his gospel.

(Optional) Read 2 Corinthians 11:3; Galatians 1:6-7

Dallas Willard: “To bring the mind to dwell intelligently upon God as he is presented in his Word will have the effect of causing us to love God more passionately, and this love will in turn bring us to think of God steadily. Thus, he will always be before our minds.”

Questions:

- What comes to mind when you think about the importance of reading Scripture?
- What kind of rhythms do you have currently for reading Scripture?
- What has tripped you up in the past when trying to start/keep these rhythms?

5. Abiding with Jesus

Read John 15:4-5.

- The sermon defined *abiding* as “making your home in Jesus’ presence.”

Questions:

1. How is abiding different from how you typically think about prayer?
 2. Which of the four practices resonated most with you?
 - Retreat
 - Release
 - Repent
 - Receive
 3. Which one feels most difficult for you right now—and why?
-

6. Practicing During Lent

- The invitation was to spend **at least 5 minutes a day** abiding with Jesus during Lent.

Questions:

1. What usually keeps you from slowing down and being alone with God?
 2. What is one realistic adjustment you could make this week to give Jesus more of your attention?
 3. How can this group help you stay consistent and encouraged during Lent?
-

Optional Leader Tip

Resist the urge to *fix* people’s habits. This discussion is about **attention and desire**, not guilt or performance. Let the Holy Spirit do the work of conviction and invitation.