

SMALL GROUPS

Sermon Overview

This sermon explores the concept of spiritual hunger versus spiritual fullness. Pastor Chris challenges us to examine what we're feeding our souls and whether we've become so full of the world that we've lost our appetite for God. The key scripture references include Matthew 6:22-23, Proverbs 27:7, and Psalms 107:9.

Key Takeaways

1. We are made of three parts - mind, body, and soul - and all three need to be fed properly
2. A full soul loathes the honeycomb (God's presence), while a hungry soul finds even bitter things sweet
3. What we consume matters - our spiritual diet shapes our perspective and relationship with God
4. The enemy only needs a small piece to corrupt the whole - like the nail in the wall illustration
5. The simplicity of Christ - Love God above all, love others (in that order)

Discussion Questions

Section 1: Examining Our Appetite

1. Personal Reflection: On a scale of 1-10, how hungry would you say your soul is for God right now? What influenced your answer?
2. Pastor Chris mentioned that we often know more about what we don't want than what we do want. How does this apply to our spiritual lives? Do we sometimes approach God with the same indecision?
3. Read Proverbs 27:7 together. What does it mean to have a "full soul" that loathes the honeycomb? Can you identify areas where you might have become spiritually full or satisfied with things other than God?

Section 2: What Are We Feeding On?

4. Matthew 6:22-23 talks about the eye being the lamp of the body. In Jewish context, this refers to our perspective and what we focus on. What are some things in our culture that try to reshape our perspective away from God?
5. Pastor Chris shared that we can become so full of ministry that we loathe God's presence. How can good things (ministry, service, church activities) become obstacles to intimacy with God?
6. The sermon mentioned that "what we speak over our spouses eventually becomes the truth." How have you seen the power of words (positive or negative) shape relationships in your life?

Section 3: The Process of Becoming Hungry Again (15-20 minutes)

7. Pastor Chris talked about going through a "spiritual detox" - removing things to make room for the Holy Spirit. What might this look like practically in your life? What might God be asking you to set aside?

8. The honey-making illustration showed that bees must visit 2 million flowers and fly 55,000 miles to make one pound of honey. How does this relate to our spiritual journey? Why do we often want quick fixes instead of lasting transformation?
9. 2 Timothy 3:1-5 warns about having "a form of godliness but denying its power." What's the difference between having a form of godliness and experiencing the real power of God in our lives?

Section 4: Practical Application (15-20 minutes)

10. Pastor Chris challenged us to choose to be like Mary (sitting at Jesus' feet) before being like Martha (doing the work). What does "sitting at Jesus' feet" look like in your daily routine? What obstacles prevent you from doing this?
11. The sermon emphasized that "the simplicity of Christ" is to love God above all, then love others. Have you ever found yourself loving others or yourself more than God? How can we realign these priorities?
12. Pastor Chris mentioned that he was convicted when he found himself scrolling past worship videos and sermon clips. What are some indicators in your life that might reveal your spiritual appetite has changed?

Personal Reflection & Action Steps

Take 5-10 minutes for individual reflection:

Consider these questions privately:

- What is my soul currently full of?
- Am I more hungry for the world or for God?
- What one thing could I remove this week to make more room for Jesus?
- What one discipline could I add to feed my soul?

Commitment for the Week:

Choose ONE of the following action steps:

- Start a "Red Journal" - Like Pastor Chris did, spend time going through the Gospels, journaling what God speaks to you (not sermon prep, just sitting with Jesus)
- Implement a 24-hour fast from social media/entertainment and replace that time with prayer and Scripture reading
- Create a "Mary moment" - Schedule 15-30 minutes daily to sit at Jesus' feet before doing anything else
- Prophecy over your family - Begin speaking blessings over your spouse, children, or family members instead of complaints
- Evaluate your consumption - Do an honest audit of what you're feeding your mind (shows, music, social media) and remove one thing that's dulling your spiritual appetite

Prayer Focus

Group Prayer Time (10-15 minutes):

1. Marriages & Families - Pastor Chris specifically mentioned a special anointing for marriages in the house. Pray for any struggling marriages represented in your group.
2. Hunger for God - Pray that God would create a fresh hunger for His presence in each person's life.
3. Spiritual Detox - Ask the Holy Spirit to reveal what needs to be removed and give strength to let it go.
4. The Younger Generation - Pray for children and young people who are looking for authentic faith, not just a form of godliness.
5. Hope Week - Pray for the upcoming outreach, that supernatural encounters would happen and lives would be transformed.

Closing Thought

"For He satisfies the longing soul and fills the hungry soul with His goodness." - Psalm 107:9

Remember: God doesn't fill a full soul, but He satisfies a longing soul. The journey to becoming hungry again starts with availability - simply saying, "Here am I, Lord. Send me."

Before Next Week

- Share your action step commitment with one other person in the group for accountability
- Check in mid-week via text to encourage one another
- Come prepared to share one way you experienced God's presence this week

Additional Resources for Group Leaders

If your group needs more discussion time, consider these bonus questions:

- How does the story of the nail in the wall relate to how sin works in our lives?
- What's the difference between being "full" and being "satisfied" in our relationship with God?
- Why do you think the younger generation is walking away from faith that appears inauthentic?
- How can we protect our spiritual appetite once we've rekindled it?

If someone is struggling with feeling distant from God:

- Remind them that God was with them even when they couldn't feel Him
- Encourage them that recognizing spiritual hunger is the first step to change
- Pray specifically for the Holy Spirit to comfort and draw them near