



GROUPS DISCUSSION GUIDE

WEEK FEB 21-27

MAIN IDEA

Jesus is the bread of life.

CHECK IN (HIGHS & LOWS) 15 min

A great, quick way to catch the highlights of what is happening in the lives of the people in your group is to take turns quickly sharing the “highs & lows” of your week. High: What was the highlight of your week? Low: What was the low point of your week?

SETTLE IN (ICE BREAKER) 10 min

1. Start your time with open prayer. Set a timer for five minutes and leave it open for anyone to pray for what’s on their mind. Here are some potential topics:
 - For God to show us truth today
 - For our group to encourage and challenge one another today
 - For you to apply some truth you discuss today
2. What is your favorite meal?

LOOK IN (OBSERVATION) 15 min

1. Read John 6:25-33. What miracle happened earlier in John 6 that started this conversation?
2. What is Jesus telling his disciples they should work toward?

3. What priorities is Jesus giving his disciples in this passage?
4. Read John 6:34-42. Who is Jesus according to this passage?
5. What has Jesus come to give?

LOOK UP (UNDERSTANDING) 20 min

1. Jesus isn’t literally saying we shouldn’t work for food, rather he’s telling us to prioritize our spiritual health. What’s the difference between an earthly need and a spiritual need?
2. Why is Jesus saying that spiritual needs are more important than earthly needs?
3. What does it look like to pursue spiritual health rather than worldly satisfaction?
4. What are some things that we might pursue that satisfy us in this world that aren’t necessarily sin but hinder us from growing spiritually?
5. How can Jesus satisfy us in a way that the world can’t?

GEAR UP (APPLICATION) 20 min

1. Jesus discerns that some people only follow him to get their earthly desires met, but he wants to fulfill spiritual needs. One way you can tell if this is the case is if someone stops following Jesus when that earthly desire has been met. These people are using Jesus instead of being his disciple. Is there an area in your life where this is the case?
2. What is a spiritual practice(s) you have found connects you to God in a way that satisfies your soul?
3. What spiritual practice do you want to prioritize this week so that you can draw near to God?

STEP UP (HOMEWORK) 5 min

1. Name that spiritual practice and pursue it this week! Partner with someone to hold one another accountable in your spiritual pursuit of Jesus.