

THE PASSIONATE LIFE OF MRS GREN

The Passionate Life - Nutrition

Jesus is the true source of our nutrition.

“The American Dream”

Choices produce _____.

Good nutrition is fundamental to spiritual life.

(Matthew 4:4, p. 805)

Spiritual maturity is not about trying to humanly live a divine life. It is about divinely living a human life.

(John 6:25-35, p. 890)

Jesus alone is the _____ and _____ of spiritual life.

Jesus provides what we _____ and not always what we _____.

How did Jesus himself stay spiritually nourished?

(John 4:31-34, p. 887)

Our objective as Christ-followers should not be to merely live long lives. Our objective should be to live full lives, meaningful lives, and purposeful lives.

(John 4:35, p. 887)

What are you hungry for?

What are you eating to satisfy that hunger?

Life Group Questions:

1. Describe what you think is a balanced diet.
2. In terms of food, what do you have a weakness for?
3. Holocaust survivor Corrie ten Boom once said, "Look within and be depressed. Look without and be distressed. Look at Jesus and be at rest."
 - a. What do you think she meant?
 - b. Describe a time when looking to Jesus put you at rest.
4. Read John 6:25-35 and discuss the implications of Jesus being "the bread of life."
 - a. What are the similarities between physical hunger and spiritual hunger?
 - b. How are they different?
5. Read John 4:31-35 and discuss how obedience to God's will is food for the soul.
6. What one positive change can you make to your spiritual diet this week?
7. What can you do to create a hunger and thirst for Jesus in the people around you?