

I AM: The One Who Satisfies Your Soul  
September 27, 2020

### **Read**

Read John 6.

### **Discuss**

- Share about a favorite meal and why it's your favorite.
- Read John 6:25–59 together as a group. What stands out to you? What confuses you? What questions do you have about the text?
- The crowd followed Jesus because they were focused on the food that he provided for them. What are the things you tend to focus on? What is one "quick fix" you wish you had in your life right now?
- Jesus says that he is the bread of life. He is the one who truly satisfies. When have you felt satisfied by Jesus? How does Jesus satisfy you?
- What can you put into practice this week to help you grow your hunger for and relationship with God?

### **Pray**

Take a few minutes on your own to pray John 6:35 back to Jesus. ("You are the bread of life. Whoever comes to you will never go hungry, and whoever believes in you will never be thirsty.")

As a group, pray for each other, that each person would be able to give over their specific temporary focuses to God and shift to an eternal mindset.

### **Next Steps**

1. The best way to foster an appetite for Jesus is to focus on him. Set aside ten minutes every day this week to sit quietly in Jesus' presence. You might not be used to sitting quietly with Jesus, and that's okay! When you start to feel distracted, pray John 6:35 to refocus on Jesus and who he is.
2. Start an accountability chat with your group to help you remember to spend some time with Jesus every day, whether it be in prayer, reading the Bible, or engaging in a practice from the Next Steps podcast.