



05/03/2020 "Feed Your Soul"

1. How would you describe your ability to focus over the past week: like an athlete, a ninja, a circus clown, a sloth bear, or a squirrel?
2. Read John 6:16-21. What jumps out at you from this passage?
3. How have you seen the phrase "What captures your attention controls your life" play out?
4. Last week's message was about controlling the content we take in. Where you able to adjust your content? What was the outcome?
5. Read Joshua 1:8-9. What do you notice out of the passage?
6. What does it look like to "meditate on [God's words] day and night"?
7. How does focusing on Jesus' life change how you see your life?
8. Can you think of a time when God showed up, or seemed to speak directly to you through scripture or a sermon? What impact did that have?
9. Read Isaiah 43:1-3 out loud. Take a moment to reflect on this passage. What part of this passage captures your attention? Why?
10. How does it speak to what you are currently facing?
11. John 10:10 says that Jesus came to give life, and have it to the full. How can focusing on God's words, or Jesus' life, help you experience life to the full?

Download the YouVersion Bible app, if you haven't already, and make it a practice to read the verse of the day, write in your notebook, highlight what matters, and pray.