



Food

The SQUEEZY Way that leads to life.

Hunger and Thirst are Natural Desires

The good and natural can be distorted into something destructive.

FAMINE -

Jesus said, “do not worry about what you will eat.”

- Unhealthy desire – fear of lack
- Unhealthy desire – fear of everything else

Is this food to fill me, or fill the void in me?

FASTING -

A food relationship reset.

When was the last time you were hungry on purpose?

FEASTING -

A celebration feast is not gluttony.

DAILY BREAD -

Received with thankfulness!

Eat what you need for TODAY

I tell you the truth, the one who believes has everlasting life. I am the bread of life.

John 6:47-48



ENCOUNTER QUESTIONS

Spiritual Growth Small Groups at Emmanuel Reformed Church

Review the sermon, what were the key points?

What questions did it raise for you?

What felt most important to you?

How many sermons have you heard about food?

What are your thoughts and reactions to messages about food or money?

The broad road includes gluttony. What do you see in these proverbs about gluttony? **Proverbs 23:1-3 & 23:19-21**

There are physical reasons to eat well, and spiritual impacts of our relationship with food. Why should we care for our bodies? Consider **1 Corinthians 3:16-17** – what other reasons come to mind?

Do you see any connections in **Philippians 3:19-20** to the physical/spiritual interplay?

What is your experience with fasting? Jesus says, “when you fast” it should be between you and God. What keeps you from fasting more than you do?

Do you struggle with eating what you need for today (not extra and not junk)? What do you think are some of the root causes of this? What might be some of the spiritual elements.

Prayer

Lord Jesus, thank you for the daily bread you provide. Help me to be filled with the “bread of Life” your Son, so that my deepest needs are met and my fears released. May my food consumption be to your glory. Amen.