

# Discussion Questions

January 4, 2026

## Expectant Hunger - Psalm 63:1-5



This sermon launches the “Pressing In” series by confronting the quiet danger of being spiritually overfed on the wrong things and underfed on God. Using Proverbs 27:7, the message shows how being “full” of comfort, entertainment, and distraction can make even “honey” (God’s presence, His Word) feel unappealing. The image of people eating clay during famine becomes a picture of “digital clay” - things that fill but don’t nourish. In Psalm 63, David is physically in a desert and on the run, yet spiritually feasting as he thirsts and longs for God with his whole body. His early-morning seeking, his memory of God’s power and glory, and his declaration that God’s love is better than life reveal a posture of hunger we often lack. The sermon then connects to Acts 2, where the early church’s devotion, expectation, and desperate hunger set the stage for the Spirit’s power. Finally, it calls the church to change its “diet” through simple, practical steps: identifying a go-to comfort, fasting from it, replacing it with seeking God, and preparing together for a corporate fast and a night of prayer and worship.

1. What was one highlight (or food item!) from your holidays that you indulged in?
2. On a scale of 1-10, how “ready” did you feel to tackle 2026 when you woke up on January 1st?
3. Read Proverbs 27:7. The sermon mentioned that “he who is full loathes honey.” Can you think of times when you knew something was good (Scripture, prayer, worship) but still felt “meh” about it?  
In your own life, what are the “innocent delights” (Netflix, hobbies, scrolling) that tend to fill you up and dull your appetite for Scripture or prayer?
4. Read Psalm 63:1-5. David wrote this while in a literal desert fleeing for his life. What strikes you most about his attitude in verse 1? Do you think it’s possible to have that level of desperation for God when our lives are comfortable?
5. In verse 3, what does it mean, practically, to believe God’s love is “better than life”?

The sermon used the lifeboat/captain illustration: In what ways do we sometimes love God’s rescue more than we love God Himself?

6. Discuss the “Forbidden Fat” (Verse 5). David claims to be satisfied with “fatness” (God’s portion).

What does this tell us about the level of intimacy God wants to have with us?

How does this differ from viewing God as just a “rule-maker”?

7. Revisit the “digital clay” image: The sermon used the story of edible clay in famine as a picture of filling yourself with things that don’t nourish.

What are some modern examples of “digital clay” or “non-nutritious” inputs that can fill us but not feed us?

Where do you see this in your own life?

8. The Check Engine Light: The sermon suggested that negative emotions (boredom, anger, loneliness, stress) are warning lights. When your light comes on, what is your default “go-to” comfort? (The Pantry, The Phone, Shopping, etc.?)
9. What do you think is the difference between being “numbed by comfort” and being “filled by God”?
10. The Challenge: We were challenged to identify one “idol” to starve this week.  
What is one specific thing you are willing to set aside this week to make space for God?
11. The Replacement: The sermon emphasized not just stopping a behavior but replacing it: “Don’t reach for the phone; reach for the Father.” Practically, what could “reaching for the Father” look like in those moments for you? (e.g.: a short prayer, a psalm, silence, worship song)  
  
Is there a simple, concrete practice you’d like to try this week when you feel the urge to go to your “go-to” comfort?
12. Our series will culminate in a 5-day fast and prayer/worship night. What fears or obstacles come up when you think about fasting?

**Psalm 63:1–5 (NLT)**

O God, you are my God; I earnestly search for you. My soul thirsts for you; my whole body longs for you in this parched and weary land where there is no water. I have seen you in your sanctuary and gazed upon your power and glory. Your unfailing love is better than life itself; how I praise you! I will praise you as long as I live, lifting up my hands to you in prayer. You satisfy me more than the richest feast. I will praise you with songs of joy.

**Proverbs 27:7 (NIV)**

One who is full loathes honey from the comb, but to the hungry even what is bitter tastes sweet.

**David doesn't just want God's help...**

**He wants God.**

**Psalm 63:5 (NASB)**

My soul is satisfied as with **fat and fatness**,

**Leviticus 3:16**

"All the fat is the Lord's."

**Acts 2:42 (NLT)**

All the believers **devoted** themselves to the apostles' teaching, and to fellowship, and to sharing in meals (including the Lord's Supper), and to prayer.

**Acts wasn't meant to be a documentary about a God who used to move.**

**It was meant to be a window into what happens when ordinary people get hungry for Jesus, His Kingdom and His Empowering Presence.**

**We cannot be full of the world and hungry for the Spirit at the same time.**

**1. Identify your one "go-to" comfort this week.**

- What is the default thing you run to instead of God?

**2. Starve that idol**

- Fast from that specific thing this week.

**3. Replace it**

**1 Corinthians 11:23-25 (NLT)**

For I pass on to you what I received from the Lord himself. On the night when he was betrayed, the Lord Jesus took some bread and gave thanks to God for it. Then he broke it in pieces and said, "This is my body, which is given for you. Do this in remembrance of me." In the same way, he took the cup of wine after supper, saying, "This cup is the new covenant between God and his people - an agreement confirmed with my blood. Do this in remembrance of me as often as you drink it."