

Small Group Questions

Essentials

03/22/2026

Ice Breaker

What's your favorite snack food that you could easily eat way too much of in one sitting?

Key Verses

John 6:26-35

Questions

1. Pastor Dave asked, 'Is this feeding me or just filling me?' What are some things in your life that might be filling you but not actually feeding your soul?
2. Read together John 6: 26-35 Jesus told the crowd they were seeking Him not because of the signs but because they ate and were filled. What motivates you to seek Jesus - is it for what He can give you or for who He is?
3. In verse 28 & 29 the crowd asked 'What must we do to do the works God requires?' and Jesus answered, 'Believe.' Why do you think we often want to earn our way to God rather than simply receive His gift?
4. What does it mean to you that Jesus said 'I am the bread of life' and that whoever comes to Him will never go hungry?
5. Pastor Dave mentioned that we can't live on 'yesterday's bread' spiritually. How do you relate to this concept? Have you ever tried to coast on past spiritual experiences?
6. The message emphasized 'daily bread, daily fed.' What are the biggest obstacles that prevent you from having consistent daily time with God?

7. Which of the four daily practices mentioned (reading the Bible, prayer, worship, sharing with someone) comes most naturally to you? Which is most challenging?
8. How might your life look different if you truly prioritized daily spiritual nourishment? What changes do you think you would see in your relationships, stress levels, and sense of purpose?

Life Application

This week, commit to establishing or strengthening one daily spiritual practice. Choose one of the four areas mentioned: reading the Bible (start with one chapter of John daily), setting aside dedicated prayer time, spending time in worship through music, or sharing your spiritual journey with someone for accountability. Make this a non-negotiable part of your daily routine, just like eating physical food. Track your progress and notice how this daily spiritual nourishment affects your sense of peace, purpose, and satisfaction throughout the week.

Key Takeaways

1. We often pursue things that fill us temporarily but don't truly feed our souls - we need to distinguish between what satisfies momentarily versus what provides lasting fulfillment
2. Jesus is the bread of life - true satisfaction, purpose, and fulfillment come through a relationship with Him, not through achievements, entertainment, or material things
3. We cannot live on 'yesterday's bread' spiritually - past spiritual experiences or weekly church attendance alone are insufficient for spiritual health
4. Daily bread equals daily fed - consistent daily spiritual practices (Bible reading, prayer, worship, community) are essential for experiencing the abundant life Jesus promises
5. Spiritual health requires the same intentionality as physical health - just as we eat daily to maintain our bodies, we must engage with God daily to maintain our spiritual well-being.