






	I AM _____ - The Bread of Life
 BIG IDEA	<p>Jesus is the Bread of Life who alone can satisfy our deepest cravings.</p>
 ICE BREAKER	<p>What's one food you could eat every single day and never get tired of? Why do you think it satisfies you so much?</p>
 MAIN POINTS	<ul style="list-style-type: none"> • We Often Ask the Wrong Questions • The better question is not "Who am I?" but "Who is God?" • Jesus is the clearest picture of who God is • We often try to satisfy deep cravings with things that can't fulfill us • Only Jesus truly satisfies our deepest cravings • We don't achieve the Bread of Life—we receive it through faith • Filling up with Jesus is an ongoing process, not a one-time event
 DISCUSS	<ol style="list-style-type: none"> 1. What "wrong questions" do you find yourself asking in your daily life? 2. How does focusing on "Who is God?" rather than "Who am I?" change your approach to life? 3. In what ways has getting to know Jesus helped you better understand yourself? 4. What things do you find yourself craving or returning to when you feel empty? 5. What legitimate needs might be behind some of your unhealthy cravings? 6. What does it mean to you personally that Jesus is the "Bread of Life"? 7. Which of the suggested ways to "fill up on Jesus" (Scripture, prayer, meditation, etc.) comes most naturally to you? Which is most challenging?
 NEXT STEP	<p>Choose one specific way you'll intentionally "fill up on Jesus" this week instead of turning to something else to satisfy your cravings. Consider:</p> <ul style="list-style-type: none"> • Setting aside daily time to read Scripture • Starting your day with prayer and meditation • Serving others • Fasting from something that typically distracts you
 SCRIPTURE	<p>John 6:27 - Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval."</p> <p>John 6:35 Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.</p>
 NEXT WEEK SNEAK PEAK	<p>Join us next week and invite a friend as continue the I AM series exploring who Jesus is!</p>

Questions or Feedback? Email Groups@CentralAZ.com