



LIFE Groups Sermon-Based Discussion Questions

The Gospel of John: Believe

"You Are What You Eat"

John 6:48-59, for the week of Sunday, October 7, 2018

I. Spiritually, you are what you eat. That is, you become what you behold. Spend some time sharing the things that take up your average day and night. What's your life like? What do you regularly think about? How do you spend your time (e.g., YouTube, Facebook, Netflix, Amazon shopping)? Do you see any personal struggles toward idolatry or too much time spent on a particular desire? And how could spiritual disciplines like Bible reading, prayer, and solitude be nurtured in your life? What steps could you take to feed on Christ to become more like Christ?

Supplemental material to help discussion from the sermon

•*"If you gorge yourself on the latest movies or binge on Netflix regularly, and you seldom graze on Scripture, don't be surprised if you are not spiritually healthy. If your spiritual intake is only the Sunday sermon, and you don't consume Scripture throughout the week, don't be surprised if you're feeling spiritually sluggish. Why? Because you are what you eat. You become what you behold."*

II. Read vv48-51. After some time of personal reflection on the passage (and taking in the context), discuss as a group the meaning and application of v48 and this famous "I am" saying of our Lord. That is, share with one another what the verse means and what the verse means for our lives. What do you learn about Jesus, what does he offer, and how do these truths transform us as believers?

III. Read vv51-53. Answer and discuss the following questions.

- What is the Roman Catholic doctrine of transubstantiation?
- What is at least one reason why this teaching is unbiblical?
- Why is v53 not a reference to the Lord's Supper? Give biblical reasons.
- What does Jesus intend to teach in v53 ("eat his flesh", "drink his blood")?
- What encourages you about vv48-59?

Additional resources for further study and edification

- David Mathis, *Habits of Grace: Enjoying Jesus through the Spiritual Disciplines*
 - John Piper, *When I Don't Desire God: How to Fight for Joy*
 - Paul Tripp, *New Morning Mercies: A Daily Gospel Devotional*