

House Church Gathering Discussion Questions

Sunday March 15, 2026

“Come and See the Bread of Life”

Scripture: John 6:35-40

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. ³⁶ But as I told you, you have seen me and still you do not believe. ³⁷ All those the Father gives me will come to me, and whoever comes to me I will never drive away. ³⁸ For I have come down from heaven not to do my will but to do the will of him who sent me. ³⁹ And this is the will of him who sent me, that I shall lose none of all those he has given me, but raise them up at the last day. ⁴⁰ For my Father’s will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise them up at the last day.”

Summary: Most of us understand physical hunger. You skip a few meals, and your body reminds you quickly. But there is another kind of hunger many people carry — **a spiritual hunger**.

You see it everywhere:

- scrolling endlessly on social media but still feeling empty
- chasing achievements but still feeling like it's not enough
- looking for validation through likes, followers, or relationships

We are one of the most connected generations in history, yet studies consistently show it is also one of the most **lonely and anxious generations**. Why? Because **our souls are hungry**.

Discussion Questions:

1. Where do you usually look for satisfaction when life feels empty or stressful?

- What are some “quick fixes” people often rely on for comfort or validation?
- Why do you think those things only satisfy temporarily?

2. Jesus promises that whoever comes to Him will never be turned away. How does that promise impact the way you see your relationship with God?

Many people struggle with feeling unworthy or afraid of rejection.

- Have you ever felt hesitant to come to God because of guilt, doubt, or failure?
- What does it mean to you that Jesus says He will never drive away those who come to Him?

3. If your soul had a “spiritual diet,” what would it look like right now?

Think about what you have been feeding your mind, heart, and spirit lately.

- What things have been shaping your thoughts and emotions the most this week?
- Do those things bring you closer to Jesus—the Bread of Life—or leave you feeling emptier?
- What might it look like to intentionally “feed” your soul with Christ this week?