

Week 2: John 6:25-59

Key Theme: Sustainer

SEE my Life: Battery Life Ice Breaker (15 mins)

What is the current level of charge on your personal battery? (i.e. 80%, 50%) Has anyone's "low battery" warning light come on? Explain.

SEE Jesus: John 6:25-39 (30 mins)

Read the text aloud and respond to the following questions. During the scripture processing part of your time, vary your structure. Sometimes—especially, if you have a large group, an introverted group, or a dominating voice—share responses in pairs or trios.

1. What stands out to you about the passage? What questions does it raise?
2. What does Jesus mean when he says, "I am the bread of life" (v.35)?
3. How did his audience, the Jews, react? Why?
4. What promise does Jesus offer?
5. How does one take advantage of the promise?
6. In what ways, does the passage challenge, comfort, or convict you?

SEE my Life: Life Mapping Activity (15-60 mins)

1. Hand out the Life Mapping packet to each person (paper, yellow post-its, red post-its, one blue post-it note, direction sheet)
2. Go over directions
 - Divide your paper in 10 equal sections. Divide your age by 10. These age intervals define each section. (Ex. For someone 40 years old: 0-4, 5-10, etc.)
 - Use a Yellow Post-It note for life events that seemed positive at the time. Write the event down and place the note in the appropriate age column.
 - Use a Red Post-It note for life events that seemed negative at the time. Write the event down and place the note in the appropriate age column.
 - Use a Blue Post-It note for the time you first put your faith in Christ.
 - NOTE: Be sure to include "major" life events—marriage, birth of a child, etc.—but also include "minor" events that may represent something more significant.
 - NOTE: This life map is for your eyes only. You will never be asked to "present" your life map or be forced to share. We will have several opportunities during the series where you will be invited to share based on your map, but your map is your map!
3. Take a picture of your life map on your phone.

NOTE: You will most likely explain how to do the life map during your group session and send each person home with the materials to complete it on his or her own. If you have the space, and a little extra time, feel free to do it together during your meeting time.

SEE the practices of Jesus: Fasting (15 mins)

In response to the truth in John 6:25-29, we are going to spend the next 3 weeks individually, as a group, and corporately using fasting as a discipline to grow us closer to Jesus Christ.

- **Challenge:** This week, skip one meal and purposefully spend that 30-60 minutes reading and reflecting on Psalm 40 with your life map. Reflect on these two questions:
 - (1) How is God faithful when I am in the pit?
 - (2) What does God desire from me?Spend some time praising Him for who He is when we are struggling.
- To close the meeting today, pray for each other in smaller groups, asking God to work in each of us through the fasting and reflection activity. Also, take some time to pray for those names who don't know Jesus—the one's you've been praying for daily.