

# BEYOND SUNDAY

Jesus in His Own Words — 1.12.25

## **I AM the Bread of Life: You're not you when you're hungry**

Mark Tumney

### **SCRIPTURE REFLECTION AND UNDERSTANDING**

- 1.** Read John 6:35-51 together. What stands out to you about Jesus' declaration, "I am the bread of life"? Why do you think this statement was so significant to His audience?
- 2.** Jesus says, "Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty." How do you interpret this promise? What does it mean to you personally?

### **EXPLORING RESTLESSNESS (GATHER)**

- 3.** The sermon described restlessness as a sense of unease, like something is missing. Can you share a time in your life when you felt restless? What helped—or didn't help—you find peace?
- 4.** How does Jesus being the Bread of Life offer hope and peace in the face of restlessness? What would it look like for you to anchor yourself daily in Him?

## EXPLORING EMPTINESS (GIVE)

5. Emptiness was described as the feeling of having what you thought you wanted but still feeling unfulfilled. Have you ever experienced this? How did it impact your priorities or decisions?
6. Jesus said, "The work of God is this: to believe in the one he has sent." How does trusting Jesus give meaning and purpose to your life, even when success or recognition falls short?

## EXPLORING DISCONNECTION (GROW)

7. Disconnection was described as feeling unseen or unknown, even when surrounded by people. How has this shown up in your life, and what role has community—or the lack of it—played?
8. Jesus not only connects us to God but to one another. How have you experienced community in the church or in a small group? What steps can we take as a group to deepen those connections?

## APPLICATION AND PERSONAL GROWTH

9. Jesus invites us to come to Him, believe in Him, and participate in Him. Which of these three steps feels most challenging for you right now, and why?
10. What practical changes can you make this week to reconnect with God, rediscover purpose, or engage more deeply in community? How can we as a group support you in those steps?