



### **Question to consider for Study Group**

1. Reflect together on John 6:27 "Do not work for food that goes bad; instead, work for the food that lasts for eternal life," How do you understand this verse?
2. If we think of spiritual food as a diet what does your diet consist of and do you need to adjust it,?
3. Where do you find the greatest encouragement on your journey? Is it worship, study group, one to one conversations, music, reading or somewhere else?
4. Are there ways in which the church could be more effective in the spiritual diet it offers?