



Week 2 – Healthy Eating

Announcements

Lead a Transformed Group – the next big thing at Church of the King! Beginning January 3-4, we will be kicking off our next Spiritual Emphasis Series going through an exciting book called *Transformed*. Consider stepping out to lead a small group during this 7-week series. Training classes for anyone interested in leading will be offered on the following dates:

- **Little Creek Campus | 5pm in Globe345** November 23 and December 7
- **Little Creek Campus | 9am in Annex Studio B** January 4

For more information please email smallgroups@churchoftheking.com

Warm-up

What is your favorite Thanksgiving dish?

What is the most unique food your family serves at Thanksgiving?

Today we are going to discuss how we can make reading the Bible a regular part of our spiritual diet and how this can impact our lives.

Word and Application

Read Matthew 4:4. Jesus is encouraging us to not live by physical food alone, but by spiritual food – the Word of God.

Read Hebrews 4:12. What are some positive effects the Bible can have on our lives?

Read John 6:35. After Jesus fed the 5,000 he taught “*He who comes to me shall never hunger...*” What do you think Jesus was trying to emphasize when he said this?

Jesus wants us to make sure we are not living for the temporary, but for the eternal. We must recognize there is more to life than what we can see with our eyes. We live in both the physical world and the spiritual world.

Read Psalm 1:1-3. One of the best ways to build a strong spiritual foundation is to practice the spiritual discipline of biblical meditation.

We are going to look at three instructions from Psalm 1:1-3 that will help us to live a life blessed by God.

1) Avoid ungodly counsel

Read Psalm 1:1. If you walk in the company of the ungodly, you will soon find yourself walking down the path of pain, heartache and misery.

Read 1 Corinthians 15:33. How have the people you've surrounded yourself with impacted who you've become?

2) Delight in the Word

Read Joshua 1:8. God commanded Joshua to *"meditate in it day and night..."* as a way to find success.

How can you improve on how you "meditate" on God's Word? As you grow in this area of your life, how will you be impacted?

3) Enjoy the good life

Read Psalm 1:3. How has God's Word impacted your life and led to a blessed life?

How has today's discussion impacted how you view the role of God's Word in your life?

Prayer

Close with a time of prayer focused on the specific requests of the members in your small group.