



**Morning Star Las Cruces
Fall 2021 Growth Group Questions**

Week 3 (Sermon Date = September 26)

Worship Series = "Practicing Life: Connecting with God in Daily Tasks"

Sermon Title = "Being Nourished"

1. What is your favorite comfort food? What associations do you make with it that brings you such comfort?

2. Do you consider food to be nothing more than fuel for your body? Or, from your perspective, does food need to taste good to be truly nourishing? Why?

3. Did anything about today's sermon, "Being Nourished," surprise or challenge you? What was your takeaway from the sermon today?

4. Read Psalm 34:4-10. People of faith often talk about "seeing" the goodness of God in daily life. What does it mean to "taste" that God is good? In what other way would you describe the experience of God's goodness?

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5. Psalm 34 is known as a psalm of wisdom. Wisdom literature in the Bible is built on the importance of “the fear of the Lord.” What does that phrase mean to you? How does “the fear of the Lord” lead to spiritual growth and maturity?

6. Read James 1:16-27. Do you view God as the source of what you enjoy in this life? What is the connection between the nourishment of our bodies and the nourishment of our souls?

7. Does your family say or sing a blessing before meals? How could such a practice connect you to the goodness of God and the interdependence that we human beings have on each other?

8. Do you grow some of your own food? Do you know if the people who grow the food that you purchase receive a living wage? Do you seek to eat foods that are in season?

9. What’s one practice that you could change in your eating habits to create greater awareness about your connection to the land and to other people?

10. How might your Growth Group pray for you this week?

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