

**PART 1: What Are You Craving?**

**DATE: 03-05-2023**

## START

In your daily conversations you probably have used the phrase “I am...”. You probably even use it without thinking. It sets up a description of who we are, an emotion we are feeling, an action we intend to perform, or for a number of other instances. It’s a phrase we use without any thought, but in the Jewish world, this phrase was a name. A relational name given by God to His people.

- What is the significance of God giving a name for himself?
- What are the relational implications connected to God revealing His name?

## READ

[John 6:35](#) (NIV)

“Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.”

## THINK

In following Jesus we can easily turn our faith into a checklist. We might not do it intentionally, but we want to know what we have to do so we can check it off. However, faith in God is not about what we do but who our faith is in. When we have the “who” right, we will continue to do what is right.

- When have you been tempted to turn your faith into a checklist?
- How does your relationship with God guide you in what you do?

Jesus declares that He is the bread of life that fulfills all of our cravings in life. We must realize what our cravings are, recognize that our cravings are a desire for us to be in control, and rely on God who is with us.

- What do you crave?
- How are your cravings a sign of wanting to be in control?
- How must you continually rely on God?

## PRAY

“God, help me to realize what my cravings are, recognize what I am trying to control with my cravings, and to rely on you instead to guide me. Help me to know that you are the bread of life that always sustains.”

## ACT

This week, reflect on what you are craving and determine where you need to rely on God more to satisfy your cravings.

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