

CAC LIFE GROUP QUESTIONS

I AM – The Bread of Life – March 29, 2026

Big Idea: Jesus is the only source of lasting, abundant life

Ice Breaker: What's a food or meal you were really excited about but it didn't live up to the hype or didn't satisfy for long? **What food do you really like?**

Key Points

Take a few minutes to review the key points from this week's sermon.

- Jesus uses ordinary things (like bread) to reveal extraordinary truth about who He is
- God's provision and love were displayed through the Bread of Presence
- The miracle of the feeding of the 5000 points beyond provision to a deeper spiritual reality
- Jesus meets us in our storms with His calming presence
- There are two types of life, BIOS (physical existence) and ZOE (abundant life), that do not provide the same type of satisfaction

Discussion Questions

Based on the sermon, discuss the questions below.

- What was your biggest takeaway? What stuck out the most or moved you on a personal level?
- Did anything bother you? What questions did you have?

Making it Personal

Review with your group the impact this week's sermon made on you personally.

- Have you ever tried to "stock up" on something that didn't last like you expected?
- Have you ever experienced a time when something you thought would satisfy you didn't last? What was that like? How did you come to learn/realize that it was not truly sustaining you?
- In what areas of your life do you feel like you are running on "empty" right now?
- How do you typically respond when life feels uncertain or unstable—do you try to control it, avoid it, or invite Jesus into it?
- Share about a specific time Jesus was a calming presence in your life.
- Where in your life are you spiritually hungry right now? What are some things you tend to look to for satisfaction, security, or identity?

Scripture Review

Revisit some of the scripture passages from this week and discuss the questions below.

- **John 6:1-14:** What stands out to you about how Jesus provided for the crowd? What does this reveal about His character?
- **John 6:26-27:** What's the difference between working for food that spoils and food that endures?
- **John 6:35:** What do you think Jesus means when He says we will "never go hungry" or "never be thirsty"?

Diving Deeper

Use the verses below to dive into other passages of scripture that relate to the primary scripture passage from this week's sermon.

- **Old Testament:** Exodus 16:4-5, Psalm 16:11, Psalm 34:8, Isaiah 55:1-2, Psalm 107:9, Psalm 63:1, Jeremiah 2:13, Isaiah 41:10, Psalm 107:29
- **New Testament:** John 10:10, Ephesians 3:20, Colossians 2:9-10, Matthew 4:4, Revelation 3:20, Mark 4:39-40, Matthew 4:4, Matthew 6:25, Philippians 4:19, 2 Corinthians 9:10

Application & Action

It is important to take the knowledge you gain and see how it can become an actionable step that the Holy Spirit can use to produce transformation in your life.

Jesus doesn't just offer something to improve your life—He offers Himself as the source of life. The invitation is not just to receive what He gives, but to come to Him, trust Him, and depend on Him daily. These questions are designed to help you reflect on where you may be settling for temporary satisfaction and where Jesus may be inviting you into something deeper and lasting.

- **Provision vs. Source:** Where in your life are you more focused on what Jesus can give you rather than simply being with Him? How might He be inviting you to shift that focus?
- **Temporary Satisfaction:** What is something you've been relying on lately for fulfillment that may be leaving you empty? What would it look like to bring that need to Jesus instead?
- **Storms & Trust:** What "storm" are you currently facing? What might it look like to actively invite Jesus "into the boat" in that situation this week?
- **Abundant Life (Zoe):** Where do you sense Jesus inviting you into a fuller, deeper kind of life—not just getting by, but truly living in Him? What is one small step you can take toward that?

Two-minute Takeaway

In response to this week's message, commit to taking two minutes each day to take a step closer to God.

A Daily Bread Pause: Before your first meal of the day, pause for 2 minutes. Pray: "Jesus, you are my true source today — not this food." Remember your hunger is more than physical (BIOS) – it is also spiritual (ZOE). Share with Him your greatest need for the day and trust Him to calm any storm and be your ultimate provider.

Prayer

Close your group time together with prayer.