



## Life Guide

applying God's Word to life

### A Banquet for our Souls August 15-17, 2020

*Isaiah 55:1-5 "Come, all you who are thirsty,  
come to the waters;  
and you who have no money,  
come, buy and eat!*

*Come, buy wine and milk  
without money and without cost.*

*2 Why spend money on what is not bread,  
and your labor on what does not satisfy?*

*Listen, listen to me, and eat what is good,  
and you will delight in the richest of fare.*

*3 Give ear and come to me;  
listen, that you may live.*

*I will make an everlasting covenant with you,  
my faithful love promised to David.*

*4 See, I have made him a witness to the peoples,  
a ruler and commander of the peoples.*

*5 Surely you will summon nations you know not,  
and nations you do not know will come running to you,  
because of the Lord your God,  
the Holy One of Israel,  
for he has endowed you with splendor."*

1. What kind of "junk food" are you most likely to crave?

2. What are the physical (and emotional) effects of a diet high in processed sugar and saturated fats?

3. Agree/disagree: Eating junk food is very satisfying.

4. What is unusual about the invitation that God extends in Isaiah 55:1?

5. In your life, what unhealthy behavior(s) are you tempted to find "satisfaction" in?

6. Jesus says that he came so that you might have "life to the full" (John 10:10). In your opinion, what did he mean by that? (What does that life look like?)

7. Reflect for a moment on the physical blessings that God has provided for you.

8. God feeds our souls primarily through our ears, not our mouths. Explain.

9. Agree/disagree: "There is no such thing as a free lunch."

10. What is it that brings you back to God's banquet for your soul again and again? What would keep you away from that banquet?