



You Are What You Eat

WARM UP

What is the most impressive meal you can make?

SET IT UP

There is an old cliché that says, "You are what you eat." It would be far more accurate to say, "You are what you think." Whatever enters your mind repeatedly will eventually shape your mind, and will ultimately express itself in what you do and who you become. The Bible will take our lives in new directions, but only if we take it in.

CHAT IT UP

1. **If you magically became what you eat most often... what would you become?**
2. **Have you ever been lost? Tell the story.**
3. **Read Psalm 119:105. Among many other things, the Bible acts as a light to guide our path. What do you think that means? Why is it so important?**
4. **What verse, passage, or biblical truth has guided you in life?**
5. *Give everyone a blank notecard.* Mark said, "Whatever fills your mind will shape your life." **What are the dominate voices in your life? Make a list on your notecard of those "voices" or sources that fill your mind.** (Ex: Co-workers, entertainment, books, radio, friends, church, family, etc.)
6. Now evaluate that list for it's influence on you. Put a "plus" next to the voices that encourage your walk with God. Put a "minus" next to those that don't. Put a "squiggle" next to those that are a mix. **What do you discover?**
 - **Are there more negative or positive? What voice has the most air time? Is that a good thing? What voice needs to get "turned down" or "turned "up"?**
7. **"You are what you eat" when it comes to spiritual matters too!** What is your next step when it comes to Bible reading?

WRAP IT UP

Whatever fills your mind will shape your life. Make it a point to open God's Word this week.

LEADER TIPS

- Even if you usually follow a different plan, consider taking on the *Summer Reading Plan: 40 Essential Bible Passages for Everyone* with your group and encouraging each other as you go.
- You'll need to provide everyone with a **blank notecard and a pen** for question four.