

Group
Real. Bold. Love.

LEADER GUIDE

SESSION 3




LIFE IS
Sweet
WHEN WE'RE
NOURISHED BY JESUS

Sweet Life Cafe
Where Women Savor Time With God

Supplies



SETUP AND PREP

- loaves of bread—choose a variety of flavors. You might include sourdough, rye, whole wheat, one with fruit bits, and so on. Have fun with your selection! If you have women in your group who are gluten-intolerant, pick up some gluten-free bread, as well.
- attractive baskets or plates to put the bread on
- wrapper from a loaf of bread that lists the ingredients in the bread. Try to find a list that includes all kinds of items beyond flour, water, and yeast. The longer the list and the more strange-sounding the words are, the better!
- Worship Instrumental CD* 
- CD player or sound system
- Each woman will need her Sweet Life Café Participant Guide.*

*You'll find this in the Sweet Life Café Director's Kit. Additional copies are available from Group (group.com or 800-447-1070) or your church resource supplier.

Read through this guide several times. You don't have to memorize it; just be comfortable with the content.



Place the bread on the plates or in baskets; set aside until you're ready to use it.



Play the *Worship Instrumental* CD as women arrive, and then continue playing it softly as they talk in small groups. Background music is great for setting a comfortable tone in your room.



There may be women at your retreat who don't know what it means to have a relationship with Jesus. Be prepared to share what it means to accept Jesus as your Savior, and pray that women who are seeking Jesus will be touched by this session.



START

Welcome

The Worship Leader will open this session with a time of singing, and then she'll introduce you. Be sure women are sitting with their Café Groups. Give an enthusiastic greeting!

Say: **I'd like you to share in your groups about a time you felt hungry. For me...**

Share an example from your own life of a time you were hungry. Model the type of sharing you'd like women to do in their groups, and also model the amount of time it should take by keeping your example to about 1 minute. **Now it's your turn! Share about a time you felt hungry. Talk about the circumstances and how you felt. You have about 5 minutes, so be sure each person gets a chance to talk.**



Play music softly in the background while women talk. After 5 minutes indicate that women should turn their attention back to you.

Are You Hungry?

Invite a few women from various groups to call out words that described their feelings during a time of hunger. These might include starving, cranky, desperate, and so on. It is also possible that some women will share that they have never experienced hunger.

Let's focus on the feelings associated with hunger. Close your eyes and imagine that time of hunger again. Your stomach is growling, and your mouth is watering. You feel a little lightheaded from lack of nourishment. You may even be a bit irritable to those around you. After all, you're hungry!


Okay. You can open your eyes. I'm going to give you something that will fulfill that hunger! Ready? Here we go!

Begin reading the ingredients list from the bread wrapper. After a minute of reading (you may not be done yet!), pause and ask: **Have I helped you feel less hungry? Are your stomachs full now?**

Clearly the women will not have had any food yet, so say: **No? Well, let me try something different.**


Read this list of facts about bread.

- **Bread is one of the oldest known foods, and most cultures have a form of bread as a basic food staple.**

- 
- Some breads are made flat, such as tortillas or crackers. Other breads use leavening such as yeast, buttermilk, baking soda, or a bit of soured dough.
 - You can keep bread fresh by wrapping it in paper or plastic.
 - Bread is often a metaphor for daily sustenance.
 - “Bread” and “dough” are slang for money, and the person in a household who earns money is called a “breadwinner.”
 - The people of Germany eat more bread than people in any other country. They also create the most variety of breads.

Look up from your list. **Wow! These sure are interesting facts about bread! Are you feeling more full now?**

No? Okay, it's clear that knowing the ingredients that are in bread or facts about bread—as interesting as they might be—clearly do not give us nourishment or get rid of our hunger. Only one thing will nourish us and get rid of our hunger. Eating!



Take a Taste

Let's enjoy eating bread while we discuss the difference between learning about something and experiencing it. Turn to the Session 3 section of your participant guides. Focus on the two questions under the heading “Food for the Heart.” You'll have about 5 minutes for your discussion.

Pass the plates or baskets of bread around, and encourage women to take chunks or slices of those they want to try. Let women taste and enjoy the breads during this discussion time and for the rest of this session.



Sweet Tip

We had a bread machine baking a fresh loaf of bread in the room during this session, just to have that delicious aroma wafting through the room while women were considering the true Bread of Life. Smelled great! You might want to try this to enhance your experience.



Continued →



Play music softly in the background as they discuss the questions. After 5 minutes, have them turn their attention back to you.

When we're hungry, we don't want to *hear* about food; we want to *taste* it. We want to feast on it and be nourished by it, gaining strength and fullness from it.

It's the same with Jesus. We can know all kinds of facts about Jesus, have memorized lists of verses about him, and yet never be nourished by a *relationship* with him. This is something that even his closest friends were mixed up about. Let's read some of John 6 to get a glimpse of this. But before we read, let me set the scene.

Jesus had just performed a miracle, taking five small barley loaves and two fish, praying over them, and then breaking them into enough pieces that 5,000 men (and who knows how many women and children, since they were not included in the count) were fed to satisfaction. In fact, there were 12 baskets of leftovers! The very next day, Jesus was talking to his followers—his closest friends who had been with him constantly. Let's read their conversation.



Explore God's Word

Read John 6:26-36. Women can follow along in their own Bibles or in their participant guides if they like.

There's a lot here for us to digest. Use the questions under the heading "Nourished by Jesus," and discuss them with your Café Group. You'll have about 15 minutes to share, so keep the conversation moving so you get through all the questions.



Play music softly in the background while women talk. After 15 minutes indicate that women should turn their attention back to you.

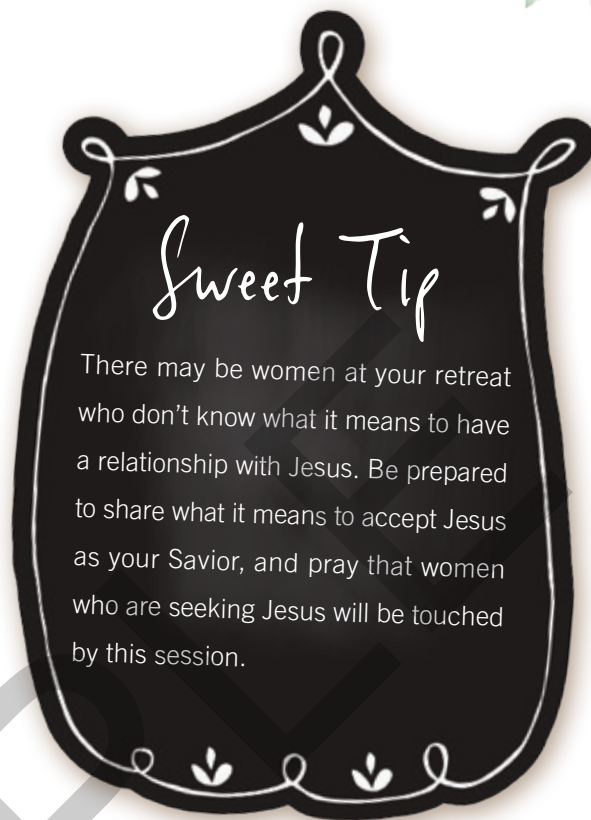


The Bible has so many references to bread, sometimes as food, sometimes as an offering, and sometimes as a symbol. Jesus calls himself the bread of life here in John 6, and then a year after this happened, he compared his own body to broken bread as he prepared to be taken away by his enemies and hung on a cross to die.

Luke 22:19 says: "He took some bread and gave thanks to God for it. Then he broke it in pieces and gave it to the disciples, saying, 'This is my body, which is given for you. Do this to remember me.' " Many Christians remember the sacrifice Jesus made for us when they celebrate communion.

Because Jesus' body was, like that bread, broken and given for us, we can have our hungers met forever. Let's take time to thank God for feeding us not just today but for eternity.

Let women know when the next session will begin, and then dismiss this session.



Sweet Life Café

SESSION 3 LEADER GUIDE

Copyright © 2016 Group Publishing, Inc.

All rights reserved. No part of this resource may be reproduced in any manner whatsoever without prior written permission from the publisher, except where noted in the text and in the case of brief quotations embodied in critical articles and reviews. For a permission request form, go to group.com/permissions.

Visit our website: group.com/women

Unless otherwise indicated, all Scripture quotations are taken from the Holy Bible, New Living Translation, copyright© 1996, 2004, 2007, 2013 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

Printed in the United States of America.

10 9 8 7 6 5 4 3 2 1

18 17 16

978-1-4707-3289-9

USD \$7.99

50799



9 781470 732899