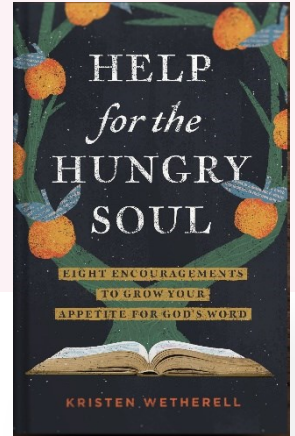




PARTICIPANT GUIDE

HELP FOR THE HUNGRY SOUL BY KRISTEN WETHERELL



“From the garden throughout the generations, God’s word has told us the tale of the human soul: our wholehearted hunger for the creator, our terrible plunge into starvation, and our countless attempts to fix and fill ourselves with anything but true bread.”

KRISTEN WETHERELL



DISCUSSION QUESTIONS

1

Q. "How would you describe your current appetite for God's Word?" (p11).

2

Q. In Chapter One, Kristen lists *Five Common Hindrances of Bible Reading*. Which one did you most relate to? Why?

3

Q. In Chapter Two, Kristen reminds us that we must plead for a *Holy Hunger* and says, "We need to be needy" (p27). Do you struggle to admit your soul's hunger and deep need for God?

4

Q. In Chapter Three, *Don't Miss Jesus*, Kristen asks us, "What is the whole point of reading the Bible?" (p41). What answer would you have given before reading this book? Has it changed now? Do you sometimes struggle with the temptations of *Foolishness* or *Slowness of Heart*?

5

Q. Have you at times, forgotten how precious the Word of God is? How did Chapter Four help you to remember the privilege we have today?

6

Q. In Chapter Five, *Feast with Your Church*, Kristen asks us, "Have you considered that your main spiritual meal is to be enjoyed *at church*?" (p72). Did this chapter change your perspective on how the Bible nourishes your soul?



7

Q. Did you find Kristen's ideas about "Quiet Time" freeing? How might you have been limiting yourself or your time with God? What new and creative ways have you been using to engage with God's Word?

8

Q. "When we engage with God's word, more is happening than what you can see" (p102). How can we trust God's nourishing work?

9

Q. Did any of the stories at the end of the chapters resonate with you? If so, why?

10

Q. Have the eight encouragements in this book enticed you to feast on true food? How are you going to continue to pursue a Bible-nourished soul?



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