



## SESSION 5 ANOREXIC MEN



### DISCUSSION QUESTIONS:

1. What struck you as most meaningful in this video?
2. What voices/activities tend to consume your “free” time and keep you from spending time alone with the Lord?
3. What is spiritual anorexia and why do you think so many Christian men struggle with this disease?
4. Jesus said, “It is written, ‘Man shall not live by bread alone, but by every word that comes from the mouth of God.’” (Matthew 4:4) Why is engaging with Scripture so necessary for a healthy spiritual life?
5. Satan’s strategy is to keep us away from God’s Word; every man will experience resistance when he attempts to feed on Scripture—What are some strategies you can use to overcome this “resistance”?

6. In the video Steve says a man needs "a place and time where you can get alone to hear the voice of God." What works for you in finding such a place and time?

### TAKE IT HOME:

- I will commit to spend time in God's Word every day this week. Jesus spent time with His father while on earth—how much more do we need to!
  - Suggestions:
    - Early am prayer and reading, before the busyness of the day.
    - Listening to God's Word via audio on commute.
    - Time in the Word during lunch break.
    - After work decompress time in the Word.
    - Reading before dinner (with family is great!)
    - Reading/listening before bed to wind down.
    - Falling asleep to God's Word audio.
  - Note: start with small chunks of time. SOME time is better than NO time.