**How to Eat a Sermon**

**Week 3: The Menu**

**Some examples of what preaching is NOT**

**Appetizer:**

What do you find yourself more attracted to: junk food or healthy food?

**Main Course:**

1. How have you seen preaching for the sake of entertainment?
2. Why does preaching need to be more than a moral lesson or a pep talk?
3. Why is a lecture-format not a helpful way to think about sermons?
4. Read 1 Corinthians 8:1. Why is this important for pastors to remember? How does this apply to people in the congregation?
5. Russell said, “Preaching is making clear God’s message on God’s behalf.” What do you do when God’s message is clear, but you don’t want to hear it?
6. Without naming names or throwing someone under the bus, what was the worst preaching you have heard? Why? What was missing?
7. What is the best preaching you have heard? What did it do to or for you?

**To-Go Bag: Do one of these application activities if you are able.**

Create --Create a healthy, delicious meal. Enjoy it. Reflect on how your body feels energized versus times you have eaten junk food. Then, ask Jesus to fill you with a desire to hear His word so that you can be fed spiritually.

Reflect – When you take out the trash or recycling this week, ask God to give you a heart that seeks after what truly matters. Ask Him to give you a heart that wants to know Him better.

Pray – Ask God to help you focus on things that ultimately matter and not on worthless things. Praise Him for being a God who is full of all glory and honor.