**How to Eat a Sermon**

**Week 5: Foodies**

**A consideration of Jesus’ warning to “consider carefully how you listen”**

**Appetizer:**

Scientists say that we taste with not just our mouths, but with our eyes, ears, and noses. What types of noises do you enjoy with food: the sizzling of bacon or steak, the popping of popcorn, the crunch of a salad…?

**Main Course:**

1. Read Luke 8:16-18. If Jesus and His message are the lamp of truth, what is this parable saying about the Kingdom of God?
2. What is the promise for those who do listen? What is the promise for those who don’t listen?
3. How does Jesus expand on this in verses 19-21?
4. Read the Parable of the Sower in Luke 8:1-15. After many parables, Jesus says, “He who has ears to hear, let him hear.” Is there a difference between hearing and listening?
5. Why does Jesus explain the parable to His disciples, but not everyone? Does this seem counter-intuitive?
6. What soil/listener were you five years ago? What soil/listener are you now?

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

Play – Sit back to back with a friend. Player 1 will look at a picture and say out loud what it looks like. Player 2 will draw what they hear. When done, compare the drawing to the original. Then, switch roles with a new picture. What do we learn about listening to details. How can we better listen for details in God’s Word?

Create – Create a time of quiet (5 minutes, 30 minutes, 1 hour, …) where you are in total silence. Avoid noise and distractions. Our world is filled with noise. What would it be like to sit with God in silence? Pray during this time, asking God to speak to you. Then, listen.

Reflect -- Scientists have determined that the average person is able to speak about 150 words per minute, but we are able to hear about 1,000 words per minute. What do you do with this extra time? What can you do to focus and listen carefully during a sermon?

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