



Discussion Guide for “Food & Fun”

Bad Deal Week 1

Some of our strongest temptations involve our cravings - food, sex, attention, connection. Why is desire so powerful? And how do we live with our desires, so they connect us to God rather than poison our lives, relationships and faith?

Scriptures for Further Reading

Genesis 3:1-7; Exodus 16:1-7; 1 Corinthians 9:19-27

click here to [read all scriptures](#)

Read Dostoevsky’s [“The Grand Inquisitor”](#)

Passage for Sacred Reading:

Sacred Reading is a way of reading Scripture with an eye toward transformation, not just information. You can find a [step-by-step guide here](#). The passage for this week’s sacred reading is [1 Corinthians 8-10](#).

Questions for Discussion

1. Take a couple of minutes to listen to “Jessie’s Girl 2”. ([Watch it here](#)) What do you make of the song’s message?
2. Have you ever satisfied a desire in the moment only to regret it later? Why are our immediate desires so hard to resist?
3. Review the stories in Genesis 3 and Exodus 16. How do these stories illustrate that our desires point us to an opportunity for faith?
4. Paul’s words in 1 Corinthians 9 are set in the context of a debate about food. What is his guidance here? How does it connect to our desires?
5. How can our cravings orient us toward love of God and neighbor?
6. Are you doing a Lenten fast?