



AMY SEIFFERT

STARVED

BIBLE STUDY

A
SIX-WEEK
GUIDED
JOURNEY

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Starved Bible Study: A Six-Week Guided Journey

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A NOTE TO THE LEADER



LISTEN UP, MY DEAR FRIEND.

You can do this.

You don't have to have a theology degree, or the perfect marriage, or children who behave like cherubs, or any part of your life totally figured out to do this. Trust me when I tell you that I have none of those things.

You don't have to be old and wise.

You don't have to be hip and swag.

You can be you, and you can lead this thing.

Why?

Because the Holy Spirit lives in you.

And because the disciples were uneducated fishermen.

Those two reasons alone should breathe life into any insecurities about leading this Bible study. You've been called by God and equipped with His Spirit. That, my friend, is all you need.

This group of fellow travelers is starved to see other humans trusting God and taking steps of faith. And I promise, you will be nourished by leading. Stay humble, trust Jesus, and watch as He uses your leading to nourish others, just as He will nourish you.

Over the years, I have mentored dozens of women in college (and older) on how to lead a Bible study or a spiritual group discussion. I'd love to share a few of my best tips with you as you begin.

SNACKS

Ask someone each week to bring some kind of snack. Store bought or home-made, sweet or salty, it doesn't matter. Something happens when food is

involved—something good. It becomes a fellowship and a way to break the ice of coming together. Yes, the snacks are essential.

PRAYER

After about fifteen minutes of informal hang-out with your chips and guacamole, gather everyone up and start by praying for your time. Besides being a great cue to let everyone know you're about to begin, it's also a chance to invite the Lord to work in and through your time together.

THE "THREE THEN ME" RULE

Let the group know you are going to follow the "Three Then Me" rule for discussion. This is where group members let three other people share before they share again. It helps us make space for all kinds of people in the group. This way, no one dominates. Feel free to state this each week to remind the talkers in the group of the format you want to follow.

QUESTIONS

This is a six-week study. Each week you meet, you'll cover one topic. You could walk through each day and ask a variety of questions to get the group talking. All you really have to do is ask good questions here. You can pull some from the study or ask the Lord to lead you in coming up with some of your own. As you personally answer, lead with humility and vulnerability. You don't need to fix or solve anyone. Listening and empathy are two of the biggest parts of leadership.

A few questions to get you started:

- What spoke to you or what did you underline on this day?
- What did you discover about God's character on this day?
- What did you discover about yourself on this day?
- Did you do the spiritual practices at the end? How were those for your relationship with God?

DON'T BE AFRAID OF SILENCE

Don't feel the need to fill the space. Silence is often a space to let the internal processors find their words. While you don't want to linger so long that it becomes distracting, don't be afraid to sit in the silence for a while to let those have it who need it.

PRAYER . . . AGAIN

Close your group in prayer. Here are a few prayer tips to consider for this:

- Pray to God. Don't pray with mini-sermons for someone else. (For example, don't pray, "Dear God, please help Amy to see how wrong she is, and that she needs to call her sister right away, and she needs to repent, and she needs to. . . .")
- Pray about real heart change for yourself and your group. Try to stick to praying about the content of the week. That will keep the focus of your prayers on the material you discussed.
- Let people know they don't have to pray at all. This isn't a requirement; it's an invitation. So, if someone doesn't feel comfortable, they can pray quietly or listen as someone else prays.

Underlined heavily in my Bible is this verse from a beloved psalm: "The LORD will accomplish what concerns me; your faithfulness, LORD, is everlasting; do not abandon the works of Your hands" (Psalm 138:8, NASB).

You are the work of His hands, and He will not abandon you. He will accomplish what concerns you! And this is what is in front of you.

I am cheering you on, and I believe that God will equip you to do this good work.

Have fun, and be blessed!

Amy



INTRODUCTION

Listen to me, listen well: Eat only the best, fill yourself with only the finest.

ISAIAH 55:2, MSG

DEAR FRIEND,

I'm willing to bet the farm you feel it.

Because if you're anything like me—*human*—then you know what I'm talking about.

The nagging spiritual hunger pangs in your heart.

The exhaustion, anxiety, and dissatisfaction that fill your plate without filling your stomach.

The attempt to nourish yourself with anything that you think will satiate.

The starvation deep in your soul.

The menu we keep choosing from to satisfy our hunger promises substance, but in reality, it eventually falls flat. Much like the way a soufflé behaves—coming out hot, pretty, and puffed up before quickly lying back down in the pan as if it's nap time—what we're consuming appears delightful on the outside but is nothing more than fluff once we get down to it. So, we keep trying new recipes, keep changing ingredients, keep attempting new meals that we think will finally cure our hunger. Podcasts, social media, perfectionism, the opinions of others, cute shoes, overworking—these all hold some morsel of nutrition, sure, but none that will last.

Friend, we may be eating, but still, we are starving.

I know this feeling deep in my bones.

I know it after a few minutes turns into hours on my phone, and I feel worse, not better.

I know it after I work harder than I ever have to achieve, only to be left wondering what's next at the end of the day.



I know it when I believe there is joy to be found in consumerism, but it ultimately consumes me instead.

I know it when anxiety rises as I try to shoulder the weight of the world, only to realize my human shoulders can't take it.

I know what starvation is because I've felt it too.

And I wrote the book *Starved* because I was tired of feeling it. I kept running to the same things for satisfaction, but they only got me halfway there. And some of them? They actually plucked me up and placed me farther away from nourishment than where I began. They sold me the lie that they would bring me to a banquet table, but they left me outside looking for scraps. So, I simply decided: No more!

No more hunger.

No more searching.

No more trying to feed myself with the things that won't satisfy.

No more starvation.

It's time to feast on the things that will nourish. It's time to feast on the things of God.

I wrote this study as a companion to *Starved*. It's designed to help you go deeper in your study of Scripture. It's here to help you sweep out your spiritual pantry and replace those old ingredients with new spiritual practices and principles that will nourish you in real, lasting ways. Because we're only diving in for six weeks together here, this study will cover six of the topics touched on in *Starved*. I wish we had more time to go over each and every single one in detail together, but for now, we'll just agree to start here.

Six topics, six truths, six practices, six principles, six weeks of walking out of starvation and into satisfaction.

I do hope you'll read *Starved* as a companion to this study, either with a small group or on your own. Because in doing so, I believe you will find yourself eating good food and living abundantly. I believe you'll begin to truly live because your food is truly sustaining.

I believe it will help you finally begin to feast.

STARVED BIBLE STUDY

This study you're holding was created with you in mind. You want God. You want to feel whole. You want to engage in practices that bring satisfaction, nourishment, and peace. You want to leave behind sluggish spirituality, and you want to "fill yourself with only the finest," according to what is good to God. You want someone to tell you that God is good and can truly, deeply satisfy you.

But fair warning, friend. The thing about enjoying nourishment in Christ is that a few changes have to be made to get there. We need to examine what we believe. We need to exchange the lies for the truth. We need to gently engage in practices that spur our body, soul, and mind to actually change.

This study invites you to join me in practicing, not perfecting. I want to welcome you to the table, invite you to sit down with me and give thanks, and begin the good and holy work of seeking spiritual nourishment from Jesus.

Jesus said that if anyone was thirsty or hungry, they could come to Him. That invitation is for us. We can come together; we don't have to go alone. He loves when we grab one another and run together to His beautiful banquet table. So friend, let's agree to walk forward to take our seat at His table—the one paid for with His love. Let's agree to leave behind what's starving us in order to fill our hearts with what will satisfy: Jesus.

Come, buy your drinks, buy wine and milk.

Buy without money—everything's free!

Why do you spend your money on junk food,
your hard-earned cash on cotton candy?

Listen to me, listen well: Eat only the best,
fill yourself with only the finest.

Pay attention, come close now,
listen carefully to my life-giving, life-nourishing words.

I'm making a lasting covenant commitment with you,
the same that I made with David: sure, solid, enduring love.

ISAIAH 55:1-4, MSG

Coming, listening, and eating what is good with you, *Amy*



STARVED FOR CONNECTION

Questions for Discussion

THE PROBLEM

What is starving us in our quest for connection?

THE PROMISE

What Scriptures have been feeding your soul lately?

THE PRACTICE

What spiritual practices can satiate you when your soul is feeling starved for connection?

PERSONAL REFLECTION

Choose a question and take a moment to journal your response.

- Have you ever paid attention to how much time you spend on your phone? If so, what did you discover?
- What do you believe about your phone? Write as many positive and negative statements as you can.
- What is true about God's character? How does this help you when it comes to true connection?