



DISCERNMENT

CONVERSATION #3: REMOVING SPIRITUAL JUNK

ICEBREAKER: MEAL PREP

Imagine you’re preparing your lunches for the entire week. Nothing is off the table. No rules, no “shoulds.” What meals would you choose? Think about your favorite foods and what you’d actually want to eat. Use the planner below and discuss what you would prep with your discipleship partner(s).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

- What usually determines your meal choices - what you enjoy most, what’s easiest, or what you know will actually carry you through the day?
- If you didn’t prep ahead of time, how different do you think your choices would look by mid-week?
- What’s the difference between what you *want* in the moment and what you’re *glad you chose* later in the day?

STUDY: SOLID FOOD

As we continue to learn more about spiritual discernment and maturity, one thing we must recognize is that what we *want* in a moment isn’t always what we *need* to grow. Just like with food, our cravings often point us toward what’s easy or comforting, while real nourishment requires intention and sometimes discomfort.

“Spiritual junk food” is anything that feels good, sounds spiritual, or relieves discomfort without actually helping us grow. It’s easy to consume, requires little effort, and often focuses on *me* first - how I feel, what I want, or what’s comfortable. As we mature, we must learn to limit and remove the “spiritual junk food” from our lives because it tends to avoid tension, conviction, or discipline, and it usually depends on someone else to prepare it for us rather than asking us to engage personally.

READ HEBREWS 5:12-14

- What do you think the author means by “milk” and “solid food,” and how do those show up in real life?
- Why do you think what’s easy or familiar can feel more appealing than what actually helps us grow?
- The passage says maturity comes through “constant use.” What does that suggest about how discernment develops?

READ 1 CORINTHIANS 3:1-3

STUDY: “I’M JUST NOT GETTING FED”

In **1 Corinthians 3:1–3**, Paul isn’t questioning their faith - he’s naming their immaturity. They belong to Christ, but their expectations and reactions still center on what feels comfortable. Before we talk about being “fed”, let’s look honestly at the kinds of things we ask for spiritually - and what those requests might reveal about our hunger. We are going to read the statements below and determine if they fall under one of three categories:

A. Genuine Hunger for Growth	B. Preference for Comfort	C. Avoidance or Dependence
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- “I just want something that makes me feel encouraged.”
- “This doesn’t really apply to my life right now.”
- “I wish someone would explain this more simply.”
- “This feels uncomfortable or challenging.”
- “I don’t like how this is pushing me.”
- “I want something practical and easy to apply.”
- “I feel bored when things get repetitive.”
- “I’m not sure what I’m supposed to do with this.”

Spiritual maturity doesn’t ignore hunger - it just learns how to respond to it wisely. Feeling hungry doesn’t mean something is wrong; it means something needs attention. But maturity asks a better question than “*Why am I not being fed?*” It asks, “*What kind of nourishment do I actually need right now?*” Growth begins when we stop asking others to cook exactly what we want and start learning how to feed ourselves - choosing what forms us, not just what satisfies us in the moment.

CHALLENGE: FUEL FOR THE JOURNEY

This week, be intentional about fueling your spiritual journey rather than just satisfying cravings. Choose one nourishing practice - like reading Scripture, sitting in silence with God, journaling a prayer, or memorizing a verse - and do it to start your day. Then each evening, take a moment to reflect: did the spiritual practice you chose fuel you and help you move forward, or just help you cope? Good fuel isn’t about comfort in the moment; it’s what gives you endurance for the journey ahead.