



# UCJC REFLECTION QUESTIONS

SUNDAY, June 5, 2022 | SERIES: THE WORD OUR FOUNDATION

Title: What Does Your Spiritual Diet Consist Of? - Minister Stephen Mariner

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**Key Scriptures:** Hebrews 5:12-14 (NKJV), Hebrews 6:1-3 (NKJV), 1 Peter 2:2 (NLT), Ephesians 4:14-15 (AMP), 1 Corinthians 3:1-3 (NLT), Hebrews 9:14 (NKJV), Acts 19:1-5 (NKJV), Acts 8:17 (NKJV), Mark 16:18 (NKJV), 1 Tim 4:14 (NKJV), Hebrews 11:6 (NKJV), Proverbs 18:21 (AMP)

## Reflection Questions:

1. Are there things in your life that are requiring more spiritual strength and maturity than they used to? How can you dig deeper and get to the meat you need to give you the strength you need in those areas?
2. How does partaking of the meat of the Word help you be who you are really supposed to be?
3. What does your spiritual diet consist of, and is it sufficient enough to be a stronger influence than all of the other things you consume or are exposed to?
4. As you take inventory of your foundation. According to Hebrews 6:1-3, what are some areas or view points you need to re-evaluate and rebuild based on the truth of God's Word?
5. Minister Mariner stated that there are cycles of growth. Can you identify growth cycles in your life? What can you do to maintain the growth you've experienced?
6. As we look at Proverbs 18:21 and reference the parable in Matthew 13, what is the significance of choosing our words wisely and how do we look at the world that is framed around us by the words we speak?

**Answers & Notes:** You can use the space below to write in, or type in on the pdf electronically: