



1. What do you *really* want?

📖 Turning around, Jesus saw them following and asked, “What do you want?” (John 1:38)

- Jesus asks this simple but profound question to his first disciples. He already knows their deepest desires, but he invites honest reflection. This question cuts out past habits, obligations, and appearances to challenge all of us to consider what our hearts truly long for.
- **Follow-up:** When you slow down and reflect, what do you realize you are truly seeking in life? How does naming your deepest desires help you align them with God’s purpose?

2. Where have you been looking for fulfillment?

📖 “You have made us for Yourself, O Lord, and our hearts are restless until they rest in you.” —Saint Augustine

- Many of us seek satisfaction in achievements, possessions, or relationships. Jesus’s invitation in John 1:39 shows that our restlessness is a clue pointing us to him, the only one who satisfies our deepest longings.
- **Follow-up:** What have been some ways you’ve tried to satisfy your heart outside of God? How might seeking God first change the way you pursue your desires this week?

3. How do we respond to Jesus’s invitation?

📖 “Come” he replied, “and you will see.” (John 1:39)

- Jesus doesn’t give us a step-by-step plan to achieve our desires. Instead, he invites us into a relationship where we discover what truly matters. Our response is less about having all the answers and more about following him with honesty and curiosity.
- **Follow-up:** What might it look like for you to “come and see” in your own life this week? What fears or doubts might be holding you back from fully embracing Jesus’s invitation?