



CORNERSTONE REFLECTION GUIDE

JUNE 1, 2025

Title: Word to the Wise: When Is “Enough” Enough?

Preacher: Hannah Buchanan

Scripture: Proverbs 30:15-16, John 6

What is something you can never get enough of? We all have insatiable desires, and no matter how much we have or accumulate, we still want a little more. Not just more material things like money, more shoes, more trips—it’s the deeper longings for things like affirmation, security, and love.

What do we do with our deep desires? Is satisfaction even possible? In this week’s sermon, we learn that only Jesus, the bread of life, can satisfy our hunger and thirst (John 6:35).

DISCUSSION QUESTIONS

1. What stuck out to you about this sermon? Was there an idea that was particularly meaningful or challenging for you?
2. Read Proverbs 30:15-16. Why do you think the writer chose the grave, barren womb, land, and fire to represent things that are never satisfied? What do these four have in common?
3. How does this passage challenge our society’s values around success, consumption, and fulfillment?
4. What’s the difference between healthy ambition and destructive desire? How can we tell when a desire becomes unhealthy or consuming?
5. Read John 6:35. What does it practically look like for Jesus to satisfy our deepest desires?

WEEKLY PRACTICE

This week, set aside time to reflect on Proverbs 30:15-16 and answer the following questions:

- Which of the four images (grave, barren womb, dry land, fire) resonates most with your current season of life? Why?
- What is one desire you feel God is asking you to surrender or reframe in light of this passage?

In prayer, take this desire to God. You can use the prompt below to help you get started. Experience what it feels like to say “Enough” and invite God into that space.

“Lord, help me to recognize the places where my soul cries ‘Give! Give!’ without end. Teach me to rest in who You are and what You have provided. Fill the space of my cravings with Your presence and peace. Let me find satisfaction in ‘enough.’ Amen.”