



## “Made to Crave: Satisfying Your Deepest Desire With God, Not Food”

### **Book Study Guide**

**Sign-up:** If you have not already signed up to have the free *Made to Crave* book study blog posts delivered to your Inbox over the next 10 weeks, beginning with Chapter 1, please do so now by clicking [here](#) and filling in your email.

**Materials Needed:** *Made to Crave* by Lysa TerKeurst, available at most bookstores and at Amazon.com. (We won't be using the participant's guide for this study.) You will also need your Bible, journal or notebook, and a stack of blank 3x5 cards.

**Dates: You can start at anytime.** All you have to do is sign up to receive the posts in sequence. You can sign up by clicking [here](#).

#### **Reading and Homework Schedule:**

**You will be receiving two Chapters each week, and the seven days of the first week will look like this...**

**Day 1:** Begin with the Introduction and Chapter 1. Highlight important points as you read. Look up the Bible verses. Write out any encouraging thoughts or Scriptures on a 3x5 card. Share in the comment section of the [Living in Love with Jesus blog](#) or [Facebook Page](#).

**Days 2 and 3:** Read the Reflection Questions. Record your answers in your journal or notebook. Be honest. No one will ever read your entries. This is between you and God. Share as few or as many thoughts as you feel comfortable sharing in the comments section of the [blog](#) or [Facebook Page](#).

**Day 4:** Read the next Chapter. Highlight important points as you read. Look up the Bible verses. Write out any encouraging thoughts or Scriptures on a 3x5 card. Share in the comment section of the [Living in Love with Jesus blog](#) or [Facebook Page](#).

**Days 5, 6, and 7:** Read the Reflection Questions. Record your answers in your journal or notebook. Be honest. No one will ever read your entries. This is between you and God. Share as few or as many thoughts as your feel comfortable sharing in the comments section of the [blog](#) or [Facebook Page](#).

**The next weeks:** Follow the same pattern with each Chapter and Reflection as it slips into your Inbox. Enjoy feasting on your God.

**What To Write on the Blog:** The Christian life was meant to be lived in community. Incredible encouragement comes just from knowing that we are not alone. Please take just a minute each day to check in. Let us know who you are, how you are doing, and/or the victories and struggles you are having. Be honest. This study is NOT for perfect people. They don't need this book anyway and so they aren't here reading this blog. This study is for women like you and me. Real women - who have good days and bad days and sometimes more bad than good. You are welcome here!

**What if you fall behind?** Real life often interrupts the best of intentions. I know. I understand. This book study is grace-infused. Begin when you can. Take breaks as needed. When you return simply pick up where you left off. You won't be the only one.

Remember, the important thing is not that we master this book but that we let God master our hearts. Life will always be a series of submitting and then re-submitting to Him. Hang in there. He is worth it!