



## SMALL GROUP DISCUSSION GUIDE

Part 5: *Gluttony (Feast or Famine)*

Pastor Tom Kang



**Icebreaker:** *Ok let's hear it! What are some of your favorite dishes from your favorite places? And do you agree with the Forbes ranking of America's Best Food Cities? (#3 Miami; #2 Orlando; #1 Portland) If not, what are your Top 3?*

1) Gluttony is often associated with food. However, we learned that gluttony is any strong and warped desire which manifests itself "excessively, sumptuously, daintily (perfectly) and impulsively." Share an example from your life (other than, perhaps, food) for which you are guilty of gluttony.

2) The sin of Achan was literally a deadly one. Read and discuss Joshua 7. What are some of the elements that stood out to you and why? Where do you see yourself in this passage?

3) David said of God, "You have put more joy in my heart than they have when their grain and wine abound." (Psalm 4:7) He is also the one who said, "Taste and see that the Lord is good." (Psalm 34:8) What is it about these two passages that helps combat the vice-like grip of gluttony?

4) Numbers 11 is another incredible (and graphic) account of God's interaction with his people and their wayward ways. The scene of gorging on meat is particularly disturbing (Numbers 11:18-20). How does a chapter like this speak to you today?

5) What was the poet, John Donne getting at here:  
*Batter my heart, three-person'd God, for you ...  
 Take me to you, imprison me, for I,  
 Except you enthrall me, never shall be free,  
 Nor ever chaste, except you ravish me. (Holy Sonnet 14)*

6) One of the last points from this week was how we fall into gluttony not because we are HUNGRY but because we are EMPTY. How do passages like Ecclesiastes 6:7; John 6:35; Matthew 4:4 and John 6:11 speak into this notion? What are your own thoughts on this point?

### Check out our **Celebrate Recovery** ministry:

*Celebrate Recovery* is a Christ-centered approach to overcoming all types of hurts, habits, and hang-ups (especially those covered throughout this *Vices & Virtues* preaching series). Join us Mondays at 7pm (in-person or online) as we journey through the principles found in Jesus' Beatitudes. Together, we will find peace, serenity, and joy as we develop a stronger personal relationship with God and one another.

