

STARVE THE MONSTER

PART ONE: FRIENDS WITH THE MONSTER

When is enough...enough? You take a little more each time, but you still don't feel satisfied. Enough always seems to be changing, doesn't it? Why is that? Maybe it's because you're friends with the monster. Understanding how the monster works is the first step toward containing it.

BIG IDEA: Feeding an appetite fuels it. Denying an appetite curbs it.

DISCUSSION QUESTIONS

1. Name one of your favorite things (or things to do) in life. Do you ever feel like you get 'enough' of it?
2. Of the five signs that you struggle with entitlement that Chris outlines in the message, which of the five (if any) hit close to home for you personally?
3. Read *Ecclesiastes 5:10-11*.

Those who love money will never have enough. How meaningless to think that wealth brings true happiness! The more you have, the more people come to help you spend it. So what good is wealth—except perhaps to watch it slip through your fingers! Ecclesiastes 5:10-11 (NLT)

4. Have you ever seen the principle that 'those who love money will never have enough of it' at work in your life or the lives of other people? How does always wanting more affect a person's life?
5. Have you ever tried to satisfy an appetite by feeding it? How did that go for you?
6. Do you think a personal spending fast could help you curb your appetite?

MOVING FORWARD

Consider undergoing a one week, one month (or for the really brave, one year) spending fast yourself. You can make up your own rules, but Chris' rules for his spending fast were:

1. Buy only second hand clothes, and then only if really needed.
2. Buy zero technology, new or used, unless something breaks and it's necessary for work.
3. No new personal items at all (things you'd like to have but don't need), including new music and new apps.
4. Purchases for the family are allowed—whether that's a vacation or dinner out or for home or car repair etc.
5. Gift cards can be used for personal shopping, but any cash gifts (Christmas etc.) can't be. They will be used for experiences shared with others.

CHANGING YOUR MIND

"Those who love money will never have enough." Ecclesiastes 5:10 NLT