



# PART 7: GLUTTONY

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PHILIPPIANS 3:17-21

We conclude our series on the Seven Deadly Sins by talking about gluttony. On the surface, gluttony may not seem like a big deal. “What’s the big deal about overeating every now and then?” But, gluttony can involve so many more things than just food. And at its root, gluttony is idolatry. So we must realize that we must be as serious about ridding ourselves of gluttony as we are about the others.

1. Adam gave some possible reasons why we don’t talk about gluttony. Why do you think this is a sin we don’t talk about much?
2. Adam defined gluttony as “being controlled by our desires.” Or another way of thinking about it could be “searching for God’s gifts more than searching for God Himself.” How do you know when you are approaching the line between enjoying God’s gifts and committing the sin of gluttony? (See Study Deeper)
3. Read **Philippians 3:17-21**.
  - a. According to this passage, why is gluttony a big deal?
  - b. How can you apply the truths of this passage to help you break free from gluttony?
4. Read **Psalms 34:8**. One practice that can help us work on finding our joy in God and not gifts is fasting. As you consider fasting (see Challenge), what questions or hesitations do you have?

**Challenge:** Adam challenged us to participate in the practice of fasting. How will you personally take part in this challenge? What will you fast from? When will you fast? Why will you fast?

**Prayer:** Partner up with someone in your group. Share how you will participate in the fasting challenge. Pray for each other, that God would move powerfully in each others’ lives through the practice of fasting. And commit to adding praying for your partner when you are personally participating in your fast.

## STUDY DEEPER

Read or listen to “How Do I Know If I Love the Gifts More Than the Giver?”

<https://www.desiringgod.org/interviews/how-do-i-know-if-i-love-the-gifts-more-than-the-giver>