

# SEVEN DEADLY SINS

# DISCUSSION GUIDE

## WEEK 6: GLUTTONY

### Read the Text

#### Philippians 4:10-13

10 I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity. 11 Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. 12 I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. 13 I can do all things through him who strengthens me.

### Main Point

Gluttony is a sin that often gets overlooked, and yet fewer sins have a greater impact on a person's quality of life. But the Bible talks about gluttony, so we should care about it. ***Gluttony is the enjoyment of excessive eating and drinking that has been disconnected from contentment in God.*** It's when we take the good gift of food and make it into an idol. So how do we know if we're falling into this sin? ***Gluttony can show up as a care-free attitude about eating and drinking where we justify our over-indulgence and ignore its consequences.*** This is where we minimize the gift of food and disconnect ourselves from good stewardship of our bodies. We may over-indulge in alcohol and justify it, saying that we're celebrating or mourning. All the while, our bodies may be begging us to stop, but we ignore it, because we have chosen to go to food and drink for comfort instead of going to God. There is hope though. ***The antidote to gluttony is***

***self-control through contentment.*** We can't white knuckle it and get through it on our own strength though. We need Jesus. We will only ever find true satisfaction, true contentment, and true comfort in Him. And that means going to Him with our needs, temptations, desires, and asking Him to be enough for us. It is only through Him that we have hope to be free from our sin.

### **Reflect Together**

- 1. *Who is God?*** God designed us to enjoy good food and drink. The Bible talks about grand meals that we get to enjoy together. Why do you think food matters to God, and why do you think He gave us this infinitely creative gift to enjoy?
- 2. *What has He done?*** Where have you experienced the joy of God's gift of food and drink? Was there a special meal, celebration, or something else where you got a glimpse into the wonderful and generous gift that food is?
- 3. *Who are you?*** Where do you find yourself seeking comfort from food or drink instead of the Lord? What does this struggle look like for you?
- 4. *What are you to do?*** What is a next step you could take to explore your relationship with gluttony? How do you think God is inviting you to draw closer to Him in this?

### **Abide Together**

As an MC, pray together about what was revealed during this discussion. Pray that the Spirit would draw you closer to Him so that you can experience true comfort and contentment.