



DATE October 8, 2017

SPEAKER David Smith

TITLE Battling Gluttony

SERIES We've all heard of the seven deadly sins, but they don't have anything to do with us. Or, do they? We often don't realize the subtle impact sin has on our daily lives. We need to learn how to recognize it and know how to fight back.

Sinister

This is a sensitive topic. There are many who struggle with their weight and for many reasons (some medical). Gluttony is not necessarily synonymous with obesity. "Gluttony" is the concern in this context rather than "obesity," because it is self-reliance, seen through excess.

The cycle of hunger and satisfaction is a metaphor for our relationship with God. In addition to the verses Pastor Smith discussed, read: *Psalm 34:8, 1 Peter 2:2, John 6:35, Isaiah 55:1-2*. How do they fit into the hunger/salvation metaphor? Are there other references that contribute to this metaphor?

There are many Biblical references to feasts. Is this in conflict to what we have learned about gluttony?

How do we battle gluttony in our lives?

Food was meant to be a _____ pointing us to _____.
Desires that go _____ cause _____.
It is easy to make our _____ more important than _____. This is _____.
A lack of _____ in one area can impact _____.
Allowing Jesus to be our greatest _____.

What does I Peter 5:7 tell us about comfort seeking in food?

Read 1 Corinthians 6:12-14. How does this relate?

How is gluttony related to lust and the other deadly sins?

Pastor David says winning the battle of gluttony can deter the other deadly sins. What steps can you take in your life to repel gluttony in areas of your life? Read Gal. 5:22-23. What does this tell us?

Read 1 Corinthians 3:19-20. Are you treating your temple as God desires?

Gluttony, or **excess**, may be most accepted sin in the Christian community. However, in Ephesians Chapter 4, Paul mentions that it's possible for us to commit a sin so often that we open the door for

Satan to have a demonic “foothold” in our lives. Are you allowing Satan to have a foothold in your life?