

## LIFE GROUP QUESTIONS

### GLUTTONY

November 17, 2019

Remember: These studies and questions are designed to help you connect with God and others and be transformed. It's OK if you don't read every single scripture or answer every single question—but dig deep and take action.

#### **Gluttony is seeking pleasure at all costs**

Share a way feasting has brought you and others together.

Share a way “pleasure at all costs” has hurt you and those you love.

**Romans 3:23-24, Matthew 23:24, Luke 7:34-50**

**Genesis 19, Ezekiel 16:48-49**

#### **Break free from Gluttony**

Share a way you've seen American culture embrace Gluttony.

Share a way you have judged—or been tempted to judge—others' excess.

Share a way you have justified your own selfish excess.

Share a way you have judged and punished yourself for selfish excess.

Share a way God has helped you break free from a gluttonous habit.

**2 Timothy 3:1-5, Romans 14:12-13**

#### **Focus on Abstinence**

Share a way you have used your natural (God-given) self-control.

Share a way you have used the Holy Spirit's supernatural self-control.

Share one thing you need to conquer with the Holy Spirit's help.

Share one spiritual discipline that really helps you find victory in this.

**Romans 6:16, 1 Corinthians 6:12, 19-20; Philippians 3:18-21**

#### **Focus on Charity**

Share a way that lavish generosity has blessed you.

Share a way that lavish worship has blessed you.

Share how you plan to be generous, lavish and indulgent in ways that honor God, this holiday season.

**Romans 13:9-14, Matthew 25, John 10:10, Romans 8:1-6 & 12:1-2**

**Lord, I will...**