



OVERCOMING GLUTTONY

Mark Cornelison

April 23, 2017

Life Group Discussion Questions:

1. Thinking back on this week's sermon, is there a particular point you recall that caught your attention or you found challenging or confusing?
2. Read **Exodus 14:14; Romans 8:1-17**. The big idea is: The battle is not your own. It's not our will power but His power. How do these verses in Romans 8 apply to the battle against our desires?
3. Dr. Larry Crabb says, "Sin is trying to meet legitimate needs in an illegitimate way." What needs do we sometimes try to meet through eating? What are other issues besides food that can be a type of gluttony? Can you identify things you are using to fill a place in your life that should only be filled by God?
4. **Read Matthew 6:25-34**. What did Jesus say the focus of our life should be? How does focusing on "His righteousness" affect us physically?
5. Mark identified five steps to overcoming gluttony. 1) Acknowledge it (**Read 1 John 1:9; James 4:15,16**); 2) Identify unhealthy thoughts that trigger gluttony (**Read Philippians 4:8**); 3) Own what God says about you (**Read Psalm 139:13-18 and 23,24**); 4) Act on it (**Read James 4:17**); 5) Give yourself grace (**Read Psalm 145:8,9**) These steps apply to overcoming any type of sin. If gluttony is not an issue for you, think of how you can apply these steps to your struggle with other sin.
6. **Read 1 Corinthians 6:19,20** – In context these verses are about keeping our bodies pure from sexual sin. How could they apply to the issue of gluttony?

Next Steps: a) Discuss as a group the resources you can recommend for those who struggle with gluttony (Celebrate Recovery, Grace Fit (starting new class on the Daniel Plan on May 1st); b) Prayerfully ask God what step He wants you to take in response to this message and share it with your group if you are willing so they can pray.

Prayer Time: Following the ACTS method, Ask the group to : A – ADORE or praise Jesus for creating our bodies and blessing us with food. Next : C—CONFESS ways you have substituted food or other things for Him : T—THANK Jesus for giving you victory over sin and, finally S—SAY WHAT YOU NEED and ask Jesus to help you live out that victory.