

Deadly Sins

AN ALL TO HIM SERMON SERIES

GROUP DISCUSSION GUIDE WEEK 6: GLUTTONY

SERIES OVERVIEW

Sin doesn't just make you bad- it leaves you dead. These seven sins are subtle, seductive, and deadly, and the enemy uses them to rob you of the life God intends. In this series, we're going to call these sins what they are, drag them into the light and learn how to kill them by the power of the Holy Spirit.

CONTEXT

In Philippians 3:17-21, Paul encourages believers to follow his example and warns against those who live for earthly pleasures, stating that their god is their stomach. He reminds us that our true citizenship is in heaven, and we should await transformation through Jesus Christ, rather than indulging in gluttony and setting our minds on earthly things.

THE BIG IDEA

What you run to for comfort reveals what your god is. Stop stuffing yourself with things that can't satisfy.

ICE BREAKER

Share a favorite Thanksgiving tradition of your family when you were growing up and what food do you most look forward to for Thanksgiving.

SCRIPTURE: Philippians 3:17-21,

17 Brothers, join in imitating me, and keep your eyes on those who walk according to the example you have in us. 18 For many, of whom I have often told you and now tell you even with tears, walk as enemies of the cross of Christ. 19 Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things. 20 But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, 21 who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself.

Quote #1: "Gluttony presents the chief end of man as a table well-stocked and a stomach well-filled. Hunger becomes the greatest enemy; the refrigerator then stands as the temple where we find our deliverance." - Johnathon Bowers

Quote #2: If you don't feel strong desires for the manifestation of the glory of God, it is not because you have drunk deeply and are satisfied. It is because you have nibbled so long at the table of the world. Your soul is stuffed with small things, and there is no room for the great. God did not create you for this. There is an appetite for God. And it can be awakened. I invite you to turn from the dulling effects of food and the dangers of idolatry, and to say with some simple fast: "This much, O God, I want you."

- John Piper

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GROUP DISCUSSION

What is one thing that stood out to you from the sermon and why do you think God wants you to remember this truth?

Read Philippians 3:17-21 as a group. This passage highlights 2 ways to live; The way of Self-denial or Self-indulgence. What verses speak to self-denial and which ones to self-indulgence? Using examples in your own life, how would you explain each?

All To Him: Relate Self-denial to Luke 9:23 and our ATH journey? How does self-denial play a role in your ATH journey?

Have you ever thought of gluttony as “ Food Worship”? It is when we desire food more than God and put food in place of God. What are some of the expectations of food that we have that only God can fulfill? (ex. comfort)

Gluttony plays out in 2 ways; indulgence or avoidance. Which one do you struggle with the most and what role does pride play in your sin?

Read Quote #1 on page 1: Discuss the quote and how it relates to one of the deadly effects of gluttony, “Gluttony Dishonors God”. What does this look like in real life?

We learn that gluttony has 2 other deadly effects on us; Destroys People and Damages You. How does it damage you physically and emotionally?

Read 1 Corinthians 6:19-20 and discuss how believing these verses can help us defeat gluttony.

Discussion continued: Read and discuss Quote #2 on page 1. What is it saying about the importance of fasting?

Surprise!!! The solution to gluttony is both FASTING and FEASTING. In order to be a solution for gluttony, who or what must fasting and feasting point us to? What must we do to make feasting an actual solution?

How did your definition and view of gluttony change after hearing the sermon?

PRAYER (In gender based groups)

*Share praises, answered prayers, and prayer requests. Confess area(s) in your life where you need God to help you in your gluttony, either indulgence or avoidance. Pray for each other.

Closing Prayer (come back together as a group)

God, show us our sin and help us daily to rebuke the sin of gluttony in the name of Jesus. When it comes to food and life help us to choose the way of self-denial. God may our lives be to your glory only. Amen