

# DEADLY SE7EN

## Week 5: Gluttony

### Focus Scripture

Philippians 3:18-21

### Main Point

Gluttony is a result of dissatisfaction and idolatry.

### Introduction

*As your group time begins, use this section to introduce the topic of discussion.*

What recent commercials clue you in to the issue of gluttony in our culture?

What are the primary messages you hear from our culture when it comes to eating and food? What do you hear the churches in our country saying about eating and food?

In your experience, what are the primary messages contained in the Bible about eating and food?

The Bible primarily connects the sin of gluttony with food. It is often paired with drunkenness, as well, since eating and drinking go hand in hand. Gluttony is idolatry, because by orienting our behavior, thinking, and affections around food, we seek to find in food what can only be found in God. As we will see, the biblical solution for gluttony is not simply to eat less, but to eat “for God’s glory” (1 Cor. 10:31). This means making sure we’ve put food in its right place so we find our satisfaction in Christ alone.

### Understanding

*Unpack the biblical text to discover what the Scripture says or means about a particular topic.*

#### **Have a volunteer read Philippians 3:18-21.**

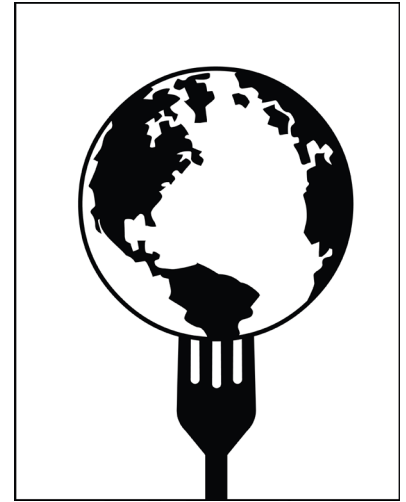
**It’s been said that food can “strip tease.” Name some places where this is the case. Where do you see gluttony a problem in our culture today?**

**Consider the following statement: “At its core, gluttony is about dissatisfaction.” Where has this statement been true in your own life?**

**Is the biblical solution for gluttony simply to eat less? Why or why not?**

**The Apostle Paul states that some worship their stomach as god (v. 19). How is gluttony a form of idolatry?**

**Essentially, gluttony is making food a drug. On what days are you most tempted to make food your drug? Do you eat when you’re sad, happy, or stressed?**



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### **Have a volunteer read Nehemiah 8:1-12.**

What are the people commanded to do in verses 9-10? Why are they told to do this?

According to this passage, what things must take place before we're able to "have a great celebration" with "rich food" and "sweet drink"?

### **Have a volunteer read Proverbs 23:20-21.**

How do drunkards and gluttons become poor?

Think back to the last time you "ate your feelings." How did that make you feel afterwards? Did it emotionally, physically, and spiritually enliven you? If so, for how long did those good feelings last until the next craving?

### **Have a volunteer read 1 Corinthians 6:12-14.**

Is it gluttonous to expect more from food than it is designed to give? Explain your answer.

How can we celebrate with food, as done throughout the Bible, without making it an idol?

## **Application**

*Help your group identify how the truths from the Scripture passage apply directly to their lives.*

**A broad definition of gluttony would be "consuming more than you should of anything." Nearly everyone struggles with saying "enough" to something in their lives. What is your struggle with?**

**What can you change in your weekly routine in order to live more as a citizen of heaven when it comes to eating and food?**

**Do you feel a need for Jesus in your life? Do you have a "hunger" for Him when you are outside of His presence? What can you do to increase your appetite for Him?**

## **Pray**

Thank God that He satisfies. Repent from the times when you did not find your satisfaction in Him, for when you turned to other sources for fulfillment, such as food. Repent from idolizing the things that satisfy your immediate desires. Repent from making your stomach your god. Ask Him to create a deeper hunger for Him. Thank Him that His Word is true, and that when we seek Him, we will find Him if we seek for Him with all of our hearts (Jeremiah 29:13).