

SEVEN DEADLY SINS: GLUTTONY

August 31st, 2025

MESSAGE RECAP

Gluttony isn't just about overeating—it's about looking to food, drink, or other consumption to satisfy what only God can. The early church saw it as an obsession, whether too much, too little, or too picky. Scripture warns that when our stomachs become our god, destruction follows (Philippians 3:19). Gluttony whispers lies: that food, drink, or other substances will give lasting pleasure, that we can't control ourselves, or that we can't live without them. Yet Jesus reminds us that life is found not in bread alone but in every word from God's mouth. The cure isn't shame but redirecting our hunger toward God through prayer, gratitude, and even fasting, remembering that only He can truly satisfy.

GROUP DISCUSSION

1. How are you...really?
2. What's your go-to "comfort food" when you've had a rough day? How do you think that connects to the way we seek comfort in general?
3. A Spiritual Battle, Not Just a Physical One
 - a. 1 Peter 2:11 - How do sinful desires "wage war against the soul"?
 - b. What's an example of when something physical (food, drink, entertainment, substances) became a spiritual struggle for you or someone you know?
4. Lies of Gluttony
 - a. "This will give you lasting pleasure." How have you seen diminishing returns at work with food, drink, or other habits? (Ephesians 5:18)
 - b. "You'll never have control." How does Romans 8:5-6 remind us that believers are not powerless in the fight against sin?
 - c. "You can't make it without this." How does Jesus' response in Matthew 4:4 show us a different way to deal with hunger and temptation?
5. Application Challenge:
 - a. Do a "gut check" this week: Identify one area of consumption (food, drink, media, substances, etc.) where you tend to rely on it for comfort or control. Practice replacing that with a spiritual habit—prayer, worship, fasting, or Scripture—at least once this week.