



WEEK 5: GLUTTONY & GREED

Growth Group Opener:

In an average week, what occupies the bulk of your time outside of a job?

Read Proverbs 11:24; Proverbs 23:19-23; Ecclesiastes 5:10-13; Philippians. 3:18-19

List the dictionary definitions for the words gluttony and greed.

What negative consequences come from these 2 deadly sins?

Is it wrong to find pleasure and enjoyment in food or other good things in life?

What heart conditions are fueling both greed and gluttony?

Read: Romans 14:17-18; 1 Corinthians 10:31; Galatians 5:13; 1 Timothy 6:17-19

What 'appetites' have a hold on your heart?

What is the remedy for greed and gluttony?

What can we learn about God from these passages?

What can you put into practice from what you learned this week?



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Optional challenge(s):

- **Commit to a 24-hour fast.** The easiest way to start is to fast from lunch to lunch, skipping dinner and breakfast in between. After lunch the first day, do not eat a full meal again until lunch the second day, but drink plenty of water. Drink bone broth or fruit juice at mealtimes, if you like. The practice of fasting reveals things in us we may be unaware of: anger, selfishness, need for instant gratification, etc. Focus on a scripture to remind yourself that in fasting, you are relying on Christ, the bread of life and the living water, to sustain you. (Note: if you struggle with an eating disorder, please choose a different option.)
- **Commit to making healthier choices for your body this week.** Resist your most tempting junk food, instead choosing more salads, fruits, vegetables, and unprocessed foods that God created to nourish us.
- **Commit to making healthier choices for your mind this week.** Resist scrolling mindlessly on your phone, overindulging in your favorite news channel, or watching hours of tv/movies/video games. Instead, use that time to connect with God, study your Bible, or take a walk outside, perhaps with a friend or family member.
- **Brainstorm ways you can be more generous this week:** with your time, your energy, your finances. Be mindful of the Holy Spirit's promptings as you move through the world this week, and act if He prompts you to give in some way.

Prayer:

Father, thank you for giving us good gifts. Help us to focus on you as the giver, instead of overfilling ourselves on the things we enjoy. Teach us to be generous with what we have, because we know that your generosity knows no bounds. Thank you for your generosity in sending Jesus to give us life abundantly. In the name of Jesus, amen.

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