

Outline

7 Deadly Sins: Gluttony

What do you think of when you think of Gluttony? Overeating is the most common image that comes to mind; however, gluttony is not always about food. It is the inability to say No to gratification – and food is just one area in which this inability manifests. Whatever your weakness - food, alcohol, drugs, overspending, sex or something else - left unchecked, it can be destructive. Proverbs 23:20 gives us an important message about the seriousness of gluttony. Join Dr. Townsend as he shares simple and practical ways to say No in those areas of life where we tend to overindulge. Don't let gluttony ruin your life!

Small group discussion questions:

1) In what areas of my life do I lose self-control?

2) Why am I more vulnerable to one or two particular areas than to others? What does my past tell me? (It is important to understand this.)

3) What drives this need to indulge? How can I meet the underlying need?