



Pride:

Excessive belief in one's own abilities.

Virtue: **Humility**

Envy:

The desire for others' traits, status, abilities or situation.

Virtue: **Kindness**

Gluttony:

An inordinate desire to consume more than that which one requires.

Virtue: **Self-Control**

Anger:

A strong feeling of grievance and displeasure.

Virtue: **Patience**

Greed:

An overwhelming desire to have more of something than is actually needed.

Virtue: **Generosity**

Sloth:

The avoidance of physical or spiritual work.

Virtue: **Diligence**

Lust:

An inordinate craving for the pleasures of the body.

Virtue: **Purity**



But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Galatians 5:22-23a (NLT)

Overcoming the Sin of Gluttony

1. Find and admit my areas of gluttony

Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD"-- and you forgave the guilt of my sin. Psalm 32:5 (NIV)

- | | |
|-------------------------|-----------------|
| Food | Drinking |
| Shopping | Smoking |
| Pornography | Entertainment |
| Environmental Resources | Idle Activities |
| Other: | _____ |

2. Ask for God's wisdom before I consume

Then he took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me."

Luke 22:19 (NRSV)

He who keeps the law is a discerning son, but a companion of gluttons disgraces his father.

Proverbs 28:7 (NIV)

3. Set the boundaries of my "Enough Zone"

23:20 Do not carouse with drunkards or feast with gluttons, for they are on their way to poverty, and too much sleep clothes them in rags.

Proverbs 23:20-21 (NLT)

My "Enough Zone" _____

4. Take the fasting challenge

"And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.

Matthew 6:16-18 (NLT)

So whether you eat or drink, or whatever you do, do it all for the glory of God.

1 Corinthians 10:31 (NLT)

My Next Step Today Is To . . .

- Memorize Galatians 5:22
- Admit my area of gluttony: _____.
- Commit to pray and go to God when facing an area where I'm tempted with gluttony.
- Set my "Enough Zone" for _____.
- Accept the fasting challenge. I plan to fast between _____ and _____.