

Talking through the message during the week helps you turn what God is saying to you into action steps. These talking points, questions and scriptures are designed to help you take the next step

The message identified four steps to overcome gluttony.

**Read Psalm 32:5**

Step 1 is to admit that we have a problem. A crucial step to any change that you wish to make in life is you have to admit that you have a problem.

- How would you define gluttony? Is gluttony only about food? The message identified 8 potential areas where one might be gluttonous what others can you identify?
- No matter what area of life you have struggled with when it comes to gluttony we all have to do the same thing. What two things does the psalmist tell us he did that we too must do according to verse 5?
- How did God respond to the psalmist? Do you believe that God respond in the same way to you?

**Read Proverbs 28:7 Luke 22:19 and 1 Corinthians 11:20-22**

Step 2 is to ask God to give you wisdom before you consume.

- When do you usually decide that what too much is, before or after you consume?
- The writer of proverbs talks about the shame to a father who son is a companion of gluttons. Why do you think that would be an issue?
- In the church at Corinth there was a problem when it came to the Lord's supper. What was the problem? Does Jesus' words, "Do this in remembrance of me" have any impact on how much we consume? Explain.

**Read Proverbs 23:19-21**

Step 3 is to set the boundaries of your "Enough Zone."

- What is the "Enough Zone?" Identify your "Enough Zone" in one area of your life where you are prone to over

consume?

- What is the warning that the writer of proverbs give concerning over consumption? What are some examples of the consequences of over consumption in our culture today?

**Read Matthew 6:16-18 and 1 Corinthians 10:31**

The fourth step was to accept a challenge to fast.

- Have you every willingly fasted (a fast for a medical test doesn't count)?
  - If so, why were you fasting and how did you fast? Did you learn anything during the fast?
  - If not, why haven't you ever fasted? Can you identify some reason that has kept you from practicing the spiritual discipline of fasting?
- Did you accept the fasting challenge?

**Read Galatians 5:22-23, 1 Corinthians 9:25 and 1 Thesalonians 5:5-8**

The virtue that replaced gluttony is self-control.

- What do these passages tell you about self-control?
- Identify one way that you can increase in self-control during this series?

**My Next Step Today Is To . . .**

- Realize my life is out of control and give Jesus control of my life.
- Admit I have an area of gluttony in \_\_\_\_\_ and confess it to Jesus.
- Take the fasting challenge.
- Meditate on and/or memorize Galatians 5:22-23a

**Talk It Over with God:**

These prayer tips can guide your time alone with God each day. Praying with a friend or a small group might help you stick to it.

- Ask God to reveal to you any area of over consumption in your life.
- Pray for wisdom when it comes to living a life of self-control.
- Take the fasting challenge and use this time to spend with God.