



“As I finish lunch / I am thinking about / what I will eat / for dinner ...” (*from a poem by Linda Pastan)

Gluttony: “excessive eating and drinking” ... Food fuels our physical bodies, but it’s often about so much more. Social connection ... Sensory experience ... Reward ... Comfort. When does indulging become over-indulging?

- Open with prayer.
- If your groups is new, give everyone time to introduce themselves.

CONVERSATION STARTERS

- What’s one thing you’re looking forward to in the future?
- Share something new or a highlight from this past week.

REVIEW

Together, open your Bibles and read from **Philippians 4:10-20**.

- Share your favourite points from the weekend sermon. What spoke to you?
- Share a phrase or moment that you related to the most, or a question you may have from the weekend.

DISCUSSION QUESTIONS

- What comes to mind when you hear the word 'gluttony'?
- What are the effects that gluttony has on a person? How does it affect those around them?
- What are some of the ways gluttony can impact your relationships with God?
- Would you say that you are aware of gluttony in your life and how it shows up? What does it look like when gluttony shows up?
- What comes to mind when you hear the word 'temperance' or 'self-restraint'?
- What does it look like to have self-restraint in your life? How does this impact others and your relationship with God?
- How can you nurture self-restraint in your life?
- How do these verses apply to your life? What will you do about it?

PRAISE & PRAYER POINTS

Share what God is doing in your life and spend some time praying for each other's prayer requests.