

Week 8
Gluttony

1. Before you heard the message, how concerned were you about the causes and consequences of gluttony?
2. Read Genesis 3, Romans 1: 28-32, Romans 5: 12, I Corinthians 21-22, Ephesians 4: 18. It has been said that the doctrine of fallen humanity is a Christian belief for which there is overwhelming empirical evidence. What do you think?
3. What is the connection between the pain of estrangement from God (and others) and guilt, loss of meaning, shame?
4. Where in your own life do you see a pattern or habit of overindulgence? Explain how this is or isn't an example of trying to "gain a sense of balance."
5. Read these verses. Romans 7: 14-25, Romans 8:13-39, Romans 10: 8-11, Galatians 5: 16-26, Philippians 3: 12-21, I John 5: 1-5. From the message and these verses we learn that a relationship with Jesus has the power to transform us. How would explain the power of the gospel to someone?
6. In the New Testament there are many examples of people set free from excess, or lack of balance, or the power of sin. Examples include Nicodemus (John 3: 1-21, 7: 45-52, 19: 38-42), the woman at the well (John 4: 1-30), Levi [Matthew] (Luke 5: 27-32, 6: 12-15), Zacchaeus (Luke 19: 1-10), and Saul [Paul] (Acts 7: 54-Acts 8: 1, Acts 26: 1-32). Read about one or more of these people and describe the change they underwent because of Jesus.
7. The message clearly stated that a relationship with Jesus is the only real answer for our lives now and through eternity. If our actions and behavior demonstrate what we truly believe, if our actions and behavior show where our faith is actually placed, then what does your life say about you?