

SUMMIT COMMUNITY GR:UPS

DATE: FEBRUARY 11TH, 2024

SPEAKER: GRANT BRUSCOE

SERIES: GLITTERING VICES

SCRIPTURE REFERENCE:

- Proverbs 23v19-21
- John 4
- John 6
- Genesis 1

ICE BREAKER:

1. If you could choose your last meal, what would it be?

DISCUSSION QUESTIONS:

2. What comes to your mind when you think of gluttony?
3. Pastor Grant said, "Gluttony lulls us into the never-ending pursuit of pleasure primarily through consuming food and drink." Based on this understanding of the impacts of gluttony, do you think you have any kind of wrestling with gluttony?
4. Do you think health-food eaters and the skim-milk latte crowd can be just as gluttonous as the junk-food crowd? Why or why not?
5. How do you feel when you think and talk about gluttony?
6. What relationship do you think gluttony and our bodies have?
7. How do you think shifting from the question, "How much is too much" to the question, "How dominated by this desire am I" would change the way you think about something like food?
8. What do you think we can learn from the reality that something that is a good thing (food) can be twisted into a vice?

CHALLENGE QUESTIONS:

9. Do you think fasting could help you grow in self-control? Why or why not? Would you consider fasting for one day this week (If you are physically able to)?