

Taking it Home

- Gluttony is usually perceived as eating too much. Actually, gluttony is the sin of the over indulgence of anything, i.e. power, food, drugs, sex, position, television, internet usage, anything that attempts to satisfy the voracious appetite of the flesh. Can you identify any over indulgent appetites of the flesh in your own life? In the lives of your spouse, family, friends, etc?

- Of the 7 deadly sins, it can be stated that **gluttony** is the “supersizing” of all the other 6 deadly sins. A person can personally fail with the sins of pride, envy, greed, lust, sloth & wrath, but gluttony takes any of these sins to the ultimate extreme. A stronghold of gluttony in your life can overwhelm and destroy you and others who are close too you. If you struggle with things, other than God, controlling you, leave them at the cross of Christ today! **(1)** Confess to the Lord your struggle with Gluttony (1 John 1:9); **(2)** seek the protection of your mind & heart (Phil. 4:7-8); **(3)** Seek accountability partners (Prov. 27:17; Ecc. 4:12); **(4)** Saturate your mind & heart in God’s Word & Prayer for victory (Ps. 119:11; James 5:16).

Related Resources

- *“The Bondage Breaker,”* Neil Anderson
- *“Freedom from addictions,”* Neil Anderson

7 Deadly Sins
Gluttony
1 Kings 11

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Bethel Church
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GLUTTONY

Notes:

For a restatement of Pastor Matthew’s sermon points, visit pastormatthew.net and click on the “Write This Down” tab.

For more information about Growth Groups, Growth Group homework, and a podcast of sermons with homework, visit www.bethelc.com

Growth Group Homework

For the week of October 31, 2010

1 Kings 11

Quick Review: King Solomon, the wealthiest man in the world during his time, and certainly the wealthiest king in every other way, was not content and satisfied with the things God allowed him to have. Solomon turned to an insatiable and over indulgent gluttony for lust, women and sexual desires that consumed him and eventually led to his destruction and the division of the kingdom of Israel.

My Story

- Without using names, can you identify any perpetual, insatiable acts of gluttony (over indulgence in anything) in individuals during your childhood development that caused emotional scars, or dysfunction in your home or your friend's home? How has/did those acts of gluttony affect you or your friends?
- Throughout the experiences of your life you probably have/had known someone who could be considered a "glutton," meaning they are/were addicted to something that they were/are enslaved too. Why do you think some people are more easily controlled/addicted by "things," while others do not seem to struggle with gluttony issues? Is there a link between parents or ancestor's addictions and proceeding generations? Discuss.

Growing Deeper

- King Solomon, just like his father, King David, were womanizers; they were gluttons for lust and sex. Solomon had everything in the world at his disposal, yet he was dissatisfied, he constantly overreached desiring more & more; it was never enough! What possessed Solomon and David (cf. 2 Sam. 5:13) to be gluttons of lust and women? What is the heart condition of someone like Solomon? (Cf. 1 Kings 11:4; 9).
- The acquisition of material things is not sinful, but material things can control a person's heart and life which leads to divided loyalty and a "diseased condition of the heart" called gluttony. (Cf. Matt. 6:21; 6:24). What are some steps Pastor Matthew stated that protects a Christian's heart from being hardened like King Solomon's?
- Gluttony is an inordinate desire to consume more than that which one requires. This sin is manifested in someone who indulges himself excessively. The worst case scenario of a Christian's life is NOT being led or controlled by the Holy Spirit. READ Ephesians 5:17-18. According to Paul, what should control (**fill**: Greek – pleroo: "control") followers of Jesus Christ? Describe the condition of a person who allows worldly desires to control them other than God (Eph. 4:17-20).
- Pastor Matthew defined Gluttony as, "*me, always **overreaching**, never satisfied with what should be sufficient, often leaving others in want.*" What did Pastor Matthew mean by this definition?
- Are you content in Christ's sufficiency for you, or are you constantly attempting to fill your heart with "other stuff" until you're in bondage to the other "stuff?" Are you "**overreaching**" in sins that control you? According to Eph. 5:18 & 1 Timothy 6:6-8, what should fill (control) your heart/life? (Cf. Psalm 37:4).
- Gluttony can be described as a continuous lack of contentment and satisfaction. READ 2 Corinthians 12:9-10 & 1 Timothy 6:6-8 and interpret. Can a follower of Christ have their sufficiency in Jesus Christ or must there be other things of this world that make followers of Christ content?