

## Overcoming the Seven Deadly Sins

### Overcoming Gluttony

[Php 3:18-19; 1 Co 10:31; 1 Co 6:19-20; Ma 22:36-40]

Text: Ephesians 3:19 (NIV)

How do we live in the fullness of Christ?

1. Recognize that Christ is our portion. [Ps 73:26]
2. Be mindful of what we are 'filling up' on. [Eph 5:18, Ps 107:9]
3. Avoid distractions, stay focused! [Ma 6:33, Php 4:8, Co 3:2, Php 3:14]
4. Be aware of how you are 'feasting' on the Word and make sure to 'drink' from the living water. [Jo 1:8, Ps 1:2-3, Re 21:6; Jo 4:14]
5. Plan your 'meals' ahead of time. [Ro 10:17, Ps 119:11]

How we love each other shows the true condition of our hearts. [Ps 44:21; Ps 139:23-24]

6. An ongoing Heart check is needed to remain healthy. [Ro 15:13]

Nowhere else but in Christ can we thirst and be hungry yet at the same time be full and overflowing! That is our God!!

Questions for discussion:

1. What are some areas of everyday life that someone could be practicing 'gluttony' (wasting)?
2. What are some distractions the enemy uses to try and keep us from living a Christ filled life?
3. What can we do to avoid or limit these distractions?
4. Why is it vital for us to remain authentic and open with one another? [2 Pe 3:9]

Action Point: Get alone with God, your Daddy, and be real with Him. Allow Him to search your heart and when He exposes shallow as well as deep 'uglies', don't run and hide or let shame swallow you up. Be vulnerable with Him and while He is holding you in His arms, exchange those 'uglies' for the good and perfect gifts that only He can give.