

# Gluttony

**AWARENESS** Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- How much thought do you give to what and how much you eat? Do you have any routines or habits associated with your mealtimes or snack times?
- How does our culture contribute to an attitude of gluttony?



**LISTEN TO THE EPISODE:** [Gluttony](#)

**READ** [Philippians 3:19](#), [1 Corinthians 9:24-27](#), & more

**REFLECTION** After listening, consider the following questions:

- What do you think about the concept that gluttony is more than just eating excessively? Did the idea that gluttony could include being too fussy, or thinking too little or too much about food surprise or challenge you?
- What attitude or mindset is at the root of gluttony? How does your attitude toward food and eating affect your spiritual life? How are they related?
- How do biblical examples of feasts, and the sacrament of communion, help us understand and appreciate God's gift of food and to see His perspective on eating? Can these biblical examples help us counteract negative perspectives on food that dieting culture imparts to us?
- Beyond what you eat or drink, are there other areas of your life in which you overindulge? How does this affect you spiritually? What biblical passages do you find most useful in combating the self-indulgent messages we constantly encounter in our consumer culture?

**RELATED PASSAGES** for further study

[Titus 2:11-14](#), [1 Corinthians 9:24-25](#), [Matthew 6:25-34](#), [Exodus 16](#), [1 Timothy 4:1-5](#), [Proverbs 23:19-21](#), [Ecclesiastes 10:17](#), [Ecclesiastes 2:24-25](#), [1 Corinthians 8](#)

## CONCLUSION

Read [Galatians 5:22-25](#). Be encouraged by verse 24 which says that in Christ Jesus we have crucified the passions of our sinful nature. This does not mean we won't encounter temptation, but it does mean that through Him, and by the power of the Holy Spirit, we can bear spiritual fruits, like self-control, that will free us from our compulsions to give into gluttonous desires and struggles.

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<https://groundworkonline.com/episodes/gluttony>

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