

Giving Up Restless Consumption (Gluttony) • Week #6*Luke 15:11-32***Open:**

- Gluttony is a word we don't hear too much in contemporary life. How would you describe someone who is a glutton?

Discuss:

Read together Luke 15:11-32 ...

- Describe the scene in your own words. What stands out to you? Surprises you? Challenges you?
- How can this story be an illustration of gluttony and its cure?

Lust is the heart disfigured by objectifying others.

Wrath is the heart enflamed or frozen by unprocessed anger toward others.

Envy is the heart poisoned by resentful comparison with others.

Greed is the heart clogged by covetous discontent.

Gluttony is the heart ruined by restless consumption - by the demand for more or other than we truly need for life.

This past weekend gluttony was defined as, "the heart ruined by restless consumption -- by the demand for more or other than we truly need for life."

- Restate this in your own words. What does that mean? Look like lived out?
- How does the culture around us encourage gluttony? Or does it?
- How does gluttony/restless consumption effect your relationship with God, others, and yourself?
- Since gluttony is a heart issue, how does this lead us to rely upon Christ to help resolve it? (1 Samuel 16:7; Psalm 51:10; Ephesians 3:14-19)

- How can each of the practical steps from the “recipe” below help you give up gluttony - “restless consumption - the demand for more or other than we truly need for life.”

RECIPE TO GIVE UP GLUTTONY	HOW IT HELPS ME/US
Coming home to the Father	
Receiving the Lamb sacrificed for you	
Daily feeding on the Manna of God	
Coming weekly to the banquet table of the King	
Taking communion regularly	

- How does holding onto restless consumption hinder your life with Christ and others?
- How does giving up restless consumption grow your life with Christ and others?
- Based on what you were challenged with from this week, are there any places or aspects of your life where you live like a glutton? Explain.

Practices for the Week to Help You Give Up Gluttony:

Practice giving up gluttony through fasting.

Fasting is a great opportunity to create space for God to fight restless consumption. Over the next several weeks, choose one meal a week to fast. Spend that extra time “feasting with God” through prayer or reading the scriptures. As you fast, be aware of how The Bread of Life is satisfying you to fully rest in Him.

Meditate on giving up gluttony by memorizing I Corinthians 6:19-20.

Readings that will help you give up gluttony . . .

- *Spiritual Disciplines Handbook*, by Adelle Ahlberg Calhoun • Chapters entitled *Simplicity and Fasting*.