

Week 6: Gluttony

Serving the God of Our Stomach

Definition – Gluttony is the vice where we pursue pleasure over purpose.

Is it about the Quantity or the Quality? No...Pleasure

Gluttony is either by eating too much food or only being able to eat certain foods. Both are about our own pleasure instead of praising God. God made us needing food, needing to eat. But God also blesses us with good tasting food to meet that need. Eating is meant to be done with thankfulness to God for what He provides.

Challenges

Try something new – Try something new that you haven't tried before. Gluttony is often seen in how we only eat what we know we like. By trying something new we realize that God is a God of creativity and blessing.

Fasting – Fasting can be done in two ways. We can give up all food for a certain period of time or we can give up certain food for a period of time. The point of fasting is to take a break from your own pleasure to pay attention to God. In giving up food, we remember vividly God who gives, and increase our own spiritual appetite for Him.

Prayers

Monday – Thank God for each thing that you ate today. Name each food separately.

Tuesday – Remember a specific meal that was very pleasurable. Thank God for that meal and for the way it made you feel.

Wednesday – Remember those who do not have enough to eat. Thank God for each meal you had that day.

Thursday – Admit to God all the ways you take eating for granted. Thank God for each person who raised, picked, transported, and did something to help get that food on your plate.

Friday – Thank God for your meal. (Was your thankfulness more authentic than earlier this week?)