



MISSION CREEK

Alliance Church

Gluttony- Seven Deadly Sins: Villains and Victor

1. Opening Reflection:

The sermon began by saying that *feasting is at the heart of God*—that celebrating with good food and drink is a way to give thanks. How does this view of feasting shape the way you think about Thanksgiving or other celebrations?

2. Understanding Gluttony:

Gluttony was defined as “excessive consumption” and “trying to feed spiritual things with temporal things.” In what ways can even good things—like food, comfort, or entertainment—become disordered in your life?

3. Disordered Hunger:

The sermon described how we sometimes turn to food or drink for comfort instead of turning to Jesus. What are some ways you notice yourself trying to “fill” emotional or spiritual emptiness with physical or temporary things?

4. Lessons from Hunger:

God used manna in the wilderness to teach His people dependence and gratitude. What might God be trying to teach you through your physical or emotional hungers right now?

5. Practicing Fasting:

Fasting was presented as a way to uncover “disordered hungers.” Have you ever practiced fasting from food, drink, or something else (like media)? What did it reveal about your heart or habits?

6. True Satisfaction:

Romans 14:17 says, “*The kingdom of God is not a matter of eating and drinking, but of righteousness, peace, and joy in the Holy Spirit.*” How do righteousness, peace, and joy speak to your deepest longings? Which of these do you feel most hungry for today?

7. Communion and Gratitude:

The sermon ended with Jesus’ invitation to the table: “*I am the bread of life.*” How does

communion remind you that only Christ can satisfy the soul's deepest hunger? What might it look like this week to live with deeper gratitude and dependence on Him?