

Ice Breaker

What is your perfect meal?

Getting Started

What stood out to you from this Sunday's message?

Making it personal

Why do you think gluttony is not often thought of as dangerous as the other seven deadly sins?

What stereotypes come to mind when you think of gluttony?

Do you struggle with excessive consumption of anything? (Food, social media, shopping, etc...)

What's the difference between fasting and dieting?

Have you ever fasted? What did you learn?

What do you think Paul means when he says "everything is permissible, but not everything is beneficial?"

Digging in

Make a plan for fasting in your life. What will you fast, when, for how long? How will you connect with God during that time? (Stick with it. It will not be easy. The enemy doesn't want you to hear from God with clarity.)

Practice

Check out our daily devotionals, 10 Minutes With God at rockhills.com or join us at our Digging Deeper group on Wednesday nights 7pm via Zoom (link at rockhills.com)