

Sermon series: Fight for Joy!  
Text: John 6:1-15; 25-35  
Delivered: February 7<sup>th</sup>, 2021

## Joy vs Gluttony

### Misconceptions:

- Gluttony is NOT just \_\_\_\_\_.
- Gluttony is NOT just related to \_\_\_\_\_ and \_\_\_\_\_.

**Definition:** *Seeking \_\_\_\_\_ in the gifts of God, instead of in God himself.*

### The Goodness of Food: Food is meant to teach us that true satisfaction is found in God.

- Food is a \_\_\_\_\_ of God's goodness.
- Food is a \_\_\_\_\_ to love others with.
- Food is a \_\_\_\_\_ of our dependence.
- Food is a \_\_\_\_\_ pointing to something more.

### The Danger of Gluttony: Gluttony tells us that true satisfaction is found apart from God.

- Gluttony \_\_\_\_\_ God's goodness by his gifts.
- Gluttony \_\_\_\_\_ our love for others.
- Gluttony \_\_\_\_\_ on the gift.
- Gluttony \_\_\_\_\_ our appetite for God.

### Weapons for War

- Feast \_\_\_\_\_
- \_\_\_\_\_
- Feast \_\_\_\_\_

*"If you don't feel strong desires for the manifestation of the glory of God, it is not because you have drunk deeply and are satisfied. It is because you have nibbled so long at the table of the world. Your soul is stuffed with small things, and there is no room for the great. God did not create you for this. There is an appetite for God. And it can be awakened. I invite you to turn from the dulling effects of food and the dangers of idolatry and say with some simple fast: "This much, O God, I want you!" – John Piper*

**Big Idea:** *The battle against gluttony is won by being satisfied in Jesus.*

- Why is gluttony considered a deadly sin? Are there ways that you have minimized gluttony with how you've understood it?
  
- What are some ways that you enjoy food and drink to the glory of God? How might you use food to teach your children (or others) about how good and generous God is?
  
- What does your typical evening meal time look like? Are there ways you can maximize this time to invest in and love your family or others?
  
- What are some ways you have seen gluttony show up in your own life?
  - How might you measure God's goodness by his gifts?
  - How might a love for God's gifts deter you from loving other people?
  - How do you run to God's gifts to give you comfort, refuge, or happiness?
  - Have you seen ways you avoid God by indulging in his gifts?
  
- What do you think of the idea of throwing a feast? Who could you do this with? How could you make it an intentional time of loving others and celebrating God's goodness?
  
- Is fasting a regular spiritual discipline in your life? Why or why not?
  
- What do you think would be one of the hardest things for you to fast from? Why?
  
- What are some of the ways that you feast spiritually?