

# DEADLY

## Gluttony



1. Which of the four types of intemperance challenged you the most?
2. What does gluttony / intemperance cost us?
3. Who do you admire most for their ability to be content whatever the circumstances? How do you think they obtained contentment?
4. Which of the three ways to practise contentment resonated most with you? Share any stories from your own life where you have seen God at work in them.
5. What are some other methods God has used, to help you become more content?
6. What is one thing you want to implement this week, to say 'no' to intemperance and say 'yes' to contentment?
7. What steps do you need to take to conquer greed sickness?

THINKING POINTS

## 4 TYPES OF INTEMPERANCE

- A Quantity - Wanting more
- B Quality - Needing better / perfection
- C When - Wanting things now
- D Why - Lacking a why

## 3 WAYS TO PRACTISE CONTENTMENT

- A Practicing acceptance
- B Changing the stories we tell ourselves
- C Saying 'no' in order to say 'yes'

“ While gratitude is a measure of our perspective on the things we already have, contentment is a measure of our perspective on the things we don't have. ”

NATASHA CRAIN

## VERSE REFERENCES:

- John 10:10
- Philippians 4:11-13
- Philippians 1:17-18

