



Rock Bridge Small Group Discussion Guide
Habits, Vices & Sins, Oh My! - Part 3
LEADER GUIDE

SMALL GROUP LEADERS: - Remember Prayer is your greatest preparation!

Your group's success depends less on you than you might think and more on God than you realize. It's not about your abilities, your personality traits, or getting extensive training. It is about what Jesus said:

"I am the vine; you are the branches. The one who remains in Me and I in him produces much fruit, because you can do nothing without Me." [John 15:5]

So pray, and trust God to do great things in your group!

Ice Breaker: (Choose one)

*What's the best meal you've ever had in your life? Why was it the best?

Into the Word:

*In your own words, how would you define the sin of Gluttony?

Read Philippians 3:17-21

a) How can living for desires such as food and drink cause us to be "enemies of the cross"?

Leader help: Since anything that we pursue passionately robs our passion for Jesus, those desires set us up to resist the cross, which calls us to crucify or kill all desires that get in the way of passion for God.

b) Based on v.19, how do we often make our shame into our glory?

Leader help: when we have set a desire before us as our God, we love it and glorify it and celebrate it as worthy of worship in our lives. This can be food, and obsessing about how wonderful it is, or sports or our jobs, or sex or anything. We should be ashamed of our idolatry, but we blindly turn it into something we glorify.

c) What does it mean to imitate and follow the example of those referred to in v.17? Who is Paul referring to, and what do you think their example is?

d) What is Paul calling us to put at the center of our thinking in order to wage war against our desires?

Leader help: by focusing on our citizenship in heaven, Paul is telling us to remember that we are sons and daughters of God, with an inheritance that will be worth every sacrifice. We must bring destructive desires under control to walk in the new life Jesus has called us to.

Apply the Word:

e) Do your eating habits and exercise habits glorify God?

f) If someone very close to you were to tell us what your functional God was... Would it be your desires of your stomach or God?

g) In what areas does your body call you away from living according to God's will?

h) How can you bring these desires under submission right now...with the help of the holy spirit? What should that look like in your life?

Prayer:

Pray for each other in the group, for God to give each one the strength to overcome gluttony and live free.

Also join us in praying for our big prayer asks listed here:

- *For people to be set free from sins that hold them back from life in Christ.*
- *For our church to be evangelistic - with the result of 400 baptisms this year.*
- *For new people that have recently attended Rock Bridge to continue coming and pursue Jesus.*