



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

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

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.*