

GIVE IT UP

LETTING GO OF THE 7 DEADLY SINS

PART 4

Gluttony

The problem with appetite is not really appetite

Eating is a pleasure God has given us to

Eating is a daily reminder of the presence of God

Eating is an opportunity to connect with others

Jesus uses feasting to describe what the kingdom of heaven is like

The sin of gluttony is when a person loses control of their appetite

The appetite becomes a passion the passion becomes an obsession

What can you do to take back control of your appetite

Look beneath the surface of your appetite

Watch what you set your mind on

Put yourself in position to win

Build discipline through fasting