

VI

LIMITING

GLUTTONY



WEEK 6

WEEK SIX

# Gluttony / Moderation

## READ

Galatians 5:16-23

## DISCUSS

Why do you think the spirit and the flesh are opposites? What are some areas where people struggle with the sin of gluttony other than with food? How can the sin of gluttony affect our self-esteem and identity? In what areas of your life do you find it hard to practice moderation?

## ACT

This part of Paul's letter reminds us of the fruit we experience through the power of the Holy Spirit. This week, write down Galatians 5:22-23 on a post-it and place it where it will remind you of what the Holy Spirit can bring out in you. As a bonus, try to memorize it!

## LEARN MORE

Consider learning more about recovery groups at our church by searching [twmc.org/recovery-groups](http://twmc.org/recovery-groups), or reach out to our staff at [caringministries@twmc.org](mailto:caringministries@twmc.org)