

# Crossing out Gluttony to Gain the Glory of Contentment

Philippians 3:12-4:1; 4:12 & 13

March 21, 2008

## 1. Lean In: Introduction Questions

“Give me strength!” “I have no will power.” Have these lines ever crossed your mind or your lips? Under what circumstances? What are the cravings, temptations, urges and desires against which you feel so weak, so done-in, and so ready to just give into and indulge your “hunger for fulfillment”?

## 2. Look Down: Observation Questions

In Philippians 3 and 4, Paul tells Christians to press on toward the goal. What are the key points in this “spiritual pep talk?” What’s the secret of winning this race?

## 3. Look Out: Understanding Questions

*“We suffer spiritually when we overeat and binge. Our focus is on food and all that surrounds it. We think of food when we are sad, reward ourselves with food when we are happy, and tranquilize ourselves with food when we are anxious. We have taken the spot in our hearts and lives that rightfully belongs to God and given it over to food. In many cases food has become nothing less than our idol.”* (The Prism Weight Loss Program by Karen Kingsbury.)

Besides food, what are other gluttonous, undisciplined desires, cravings, urges, and pursuits that people end up making the gods of their life? What are these things “to die for”: Experiences and activities worth giving their minds, bodies, and hearts to in that endless pursuit of trying to find happiness and self-fulfillment?

## 4. Look In: The Application Questions

*“Prone to wander, Lord I feel it, Prone to leave the God I love...”*  
(Come, Thou Fount of Every Blessing)

What areas of your life are prone to being out of control? Rick Ezell writes that “Self-control is one of the best friends we can have.” How might self-control and contentment complement each other? How can you befriend these twin virtues? Have you discovered the secret of self-control and being content?