

Questions for Conversations

04.03.22

How has God been speaking to you this last week?

Spend some time review your anger journal (for those brave enough to do it).

How frequently did you become angry? How intense was it? What were your anger triggers? What might they reveal about your expectations, hurts, hopes and plans, your sense of what I deserve, your sense of what you can control? How much of your anger is “good anger”?

What questions about this week’s message do you have?

Is Gluttony such a terrible sin? Should it be among the 7? Why or why not?

How do we as Christians or Americans fall into gluttony? (Rob mentioned a couple of non-food ways).

How is fasting different from dieting? How is feasting different from gluttony?

From Orthodox theologian Kallistos Ware: “While involving self-denial, fasting does not seek to do violence to the body but rather to restore it to health and equilibrium. Most of us in the Western world habitually eat more than we need. . . . The primary aim of fasting is to make us conscious of our dependence on God. . . . If we always take our fill of food and drink, we easily grow confident in our ownabilities, acquiring a false sense of autonomy and self-sufficiency.”

Your group may want to try a joint fast sometime. Give it some discussion.

Share and prayer