

### **Warm-up Question or Activity**

Choose one and discuss as a group.

1. Activity 1 – Lightning round – keep it fun.
  - **If, at the birth of a child, you had the ability to name just one food or beverage for which the child would never develop a taste, what would it be and why?**
2. Question 1 – In Western culture increasingly sedentary lifestyles are on a collision course with increasingly ridiculous portion sizes. **If a younger person asked you what has worked best for you in managing that issue in your life, what would you say?**

### **Can You Relate?**

This week's Scriptures advise moderation in the consumption of both alcohol and food – and caution against joining-in with those who consistently overindulge.

1. In Proverbs 25:16 we find the reality that the blessings of physical indulgences are lost when we cross the line into over-indulging.

*"If you find honey, eat just enough — too much of it, and you will vomit."* Proverbs 25:16

- For many of us, with some things we just can't seem to stop at "just enough." As long as that item is in the house, we are going to eat or drink it until it is gone. A few catalysts for thought:

<i>A box of chocolates</i>	<i>Pies @ Christmas/Thanksgiving</i>	<i>Fudge syrup</i>
<i>Whipped cream</i>	<i>A favorite holiday dish</i>	<i>Popcorn</i>
<i>Halloween candy</i>	<i>An open bottle of wine</i>	<i>Desserts</i>

- We're all different. **What's behind this behavior for you?** A few catalysts:

<i>Boredom</i>	<i>Frugality (not wanting to waste it)</i>	<i>Sugar rush</i>
<i>It just tastes good</i>	<i>Procrastination on other things</i>	<i>Savoring saltiness</i>
<i>Getting rid of it before my kids eat it</i>		<i>Comfort food</i>
<i>Need to tell the person who gave it to you that you ate it</i>		

- **Beyond the food & beverage realm, what's an area in which you overdo a good thing?**

<i>Work</i>	<i>Church work/volunteerism</i>	<i>Sport/hobby/yardwork</i>
<i>Social media</i>	<i>Clothing, shopping, collectibles</i>	<i>Time on computer</i>

- **Any stories of finding accountability or discipline to do "just enough" in these areas?**

2. While the warning against overindulging is clear, do you find it interesting that in both 23:20a and 28:7b, the emphasis extends expressly to not joining-in with people who consistently overindulge.

*"Do not **join** those who drink too much wine or gorge themselves on meat."* Proverbs 23:20

*"... a **companion** of gluttons disgraces his father."* Proverbs 28:7b

- **What experience can you share about having to pull away from – or lay down boundaries within – relationships that you have with friends who are crossing lines that you don't want to cross (strip bar-, pornography-, gambling- or drug-habits; movies, concerts, or other events that you should not attend)?**
- **Can you describe a friendship that has positively influenced your choices?**

3. Let's talk about how we each connect emotionally with positive versus adverse consequences as motivators.

- This week's Scriptures highlight just four adverse consequences of overindulging:  
*Drowsiness      Poverty      Nausea      Family disgrace*
- The positives that come from following God's Word in this area are nearly endless. Here are a handful:  
*Better sleep      Less drowsiness      Better able to help others      Longer life*  
*Better love life      Clothes fit better      Better clarity of thought      More agile*  
*Avoid many medical problems      Better fit into airline seats      More energy*
- Our deepest passions and fears have the emotional power to change the choices that we make.

- **Where do you connect emotionally with these motivators?**
- **What passion (positive) or fear (negative) drives you to change for the good?**

Some food for thought: 😊

*Fear of being alone      Fear of death      Fear of becoming bed-ridden*  
*Vanity (delusional)      Fear of disease      Need for success*  
*Desire to minister (overseas, in your old-age)      Fear of becoming a burden*  
*Wanting to "be there" for your children/grandchildren/family      Pride*  
*Fear of pre-deceasing your children?      Fear of pre-deceasing your parents?*

### **Live It Out**

**Let's go into this week committed to peeling back the onion on "why" we do the things we do in the area of eating or drinking beyond our God-given nutritional needs, asking ourselves: Why am I going beyond "just enough"?**

- What do you want to take away from this discussion? How can you apply or build upon it in the weeks or months ahead? Write it down on the paper provided.
- SOAP quiet time journaling is a good starting point for living with more intentionality. This week, consider pledging with one of us to each doing SOAP quiet time for seven days in a row, lifting one another up in prayer, and texting one another for accountability and support as we go through it.
- Praise both expresses our awe for God (*Prov. 1:7a*) and keeps us mindful of him (*Prov. 3:6a*). With these in mind, try this experiment in making every day count a little bit more.
  - **How?** At least one day this week, before you get out of bed, pick up your phone or tablet and play this version of *The Lord's Prayer* by Matt Maher to start your day. Absorb the lyrics. Play them back in your head throughout the day. If you do not have that song on your phone, you can find it easily on YouTube:
  - <https://youtu.be/G2uPU-NY-sc>
  - **Report back** next week on how that went.

***Encourage one another to commit time to praying for one another, encouraging and meeting one another's needs, fellowshiping together, interceding for one another. Contact absent group members and encourage them to continue to meet and to return together at the next scheduled gathering.***