

# SERMON STUDY GUIDE

March 8, 2026 | Pastor Josh Desch

## “7 Deadly Sins: Gluttony”

1 Corinthians 6:12-13, 19-20

### Sermon Outline:

1. The Temptation of Christian Freedom
2. The Heart of Gluttony
3. Why Indulgence Won't Satisfy Us

### Questions:

1. Do you believe that gluttony is a sin? Does God really care if you eat too many hamburgers? Isn't God concerned about more serious stuff?
2. Do you ever commit the sin of gluttony? If so, have you ever repented of gluttonous actions?
3. What is the heart of gluttony?
4. Christians really are free in Christ, so why can't we enjoy our freedom when it comes to food, drink and other enjoyments?
5. Why won't indulging in certain behaviors, even behaviors that are healthy in moderation, satisfy us?
6. How is Jesus the answer to gluttony?
7. Where does God want you to change? Where do you need more self-control?