

Beating Gluttony
Exodus 16:11-31

NEIL TRAINER
November 11, 2018



NOTES

Beating Gluttony
Exodus 16:11-31

Suggested Questions for Individual
Study or Group Discussion*



- What is one of the oddest or most unusual things you have ever eaten? Why did you choose to eat it?
- *Read Exodus 16:11-31.* What are the different ways in which the Israelites respond to the LORD's commands and the presence of the manna? What in their life experience might have lead them to react as they do?
- How would you define "gluttony"? How do the Israelites either illustrate or fail to meet your definition?
- How can the temptation to gluttony be present in our lives apart from overeating?
- What deeper hungers might we try to address by either eating or through other pleasurable activities? How do our gluttonous pursuits do this, at least temporarily? How can they fail to give what we really desire and need?
- What commands and invitations does the LORD present to the Israelites? How does the Lord do similarly with us?
- When have you practiced the spiritual discipline of fasting, forgoing food (or something else we've come to depend upon) in order to feast on God's sustaining presence and power? How can the Holy Spirit use fasting to minister to our hearts as well as our wills and bodies?
- What practical way can you draw upon God's Spirit and address gluttony in your life this week? How can your small group or others pray for you and support you in this?

*Select or adapt questions to fit the needs and makeup of your group.

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