

## How to Use this Message Tool

The teachings on Sundays are designed to reach you in your journey with God. They should lead you toward transformation and growth. We invite you to use this tool in your daily walk alone, in your family, or with a small community group. We believe that life change happens in community and hope this tool will develop practices and experiences that reflect this life change; becoming more like Jesus Christ.

**csi** : COMMUNITY SERMON  
: INVESTIGATION



### CSI: Gluttony

1. Are there other forms of gluttony besides overeating?

How else can we be gluttonous?

2. What is fasting?

Why would we practice fasting?

3. In what way is gratitude related to fasting?

4. How, by practicing fasting, are we able to give more away?

### **Further thinking:**

Luke 4/Matt. 4

*-Looking at the temptations Jesus faced, we can notice that all of them were invitations to destroy himself- "through separating himself from God's call, jumping from buildings, and kneeling to evil. Like a nearby tree with forbidden fruit, these three temptations followed Jesus for the rest of his life on earth. They accompanied Jesus even to his last hour. Yet by abstaining, Jesus did what Adam could not. He would be raised up so the world could see God again. On the night before his death, Jesus entered a new garden to wrestle with the same temptations that had been Adam's downfall. As with Adam, Jesus' thoughts were directed toward a tree. The question was not whether he would eat its fruit, but whether he would drink its cup. God's Spirit led Jesus to this garden not to escape the world but to restart it, to be a new kind of human. Like gluttony, this event would take place in and through Jesus' body. But instead of indulging self, Jesus would give himself for others" (Jeff Cook 152).*

**How does this help you process the sermon and the topic and incorporate it in your life this week?**