

THE DEADLY SINS – *Episode 4: Gluttony and Moderation*



Team Member Name: _____ Date: _____

Game Strategy – We stuff our faces with chips, dips, beer, even candy bars. We’ve got to have the biggest TV and the fastest car. Men, why is it that we can’t seem to get enough?

Be ready to take the field for this workout by completing the **Pregame Film Study**. Your contributions to the Huddle Discussion in our workout are vital to our team success. Remember we win and lose as a team!

Pregame Film Study

1. View or listen to the episode referenced above.
2. Go deep with the Scripture References, Coaching Tips and Catechism Connection on page 2.
3. Reflect upon the **Huddle Up** questions below and jot down your thoughts.

Huddle Up – Use these questions for personal reflection to share with your team at the workout.

Warm-up Questions:

1. What particular point(s) caught your attention the most in this episode?
2. What is something useful that you learned from viewing this episode that you can apply in your own life?

Workout Questions:

1. If someone asked you to explain gluttony, how would you answer them?
2. Overeating is not the only cause of gluttony. What are some other things that fall into the category of gluttony?
3. What is the antidote for gluttony? What are some ways to use moderation to counteract gluttony?
4. Do you think that we struggle with gluttony in this country? Why do you think that is so?
5. How do you think that fasting could be a good remedy for gluttony?
6. What do you think causes the craving for excessive amounts of food, drink, etc.?
7. One of the gifts of the Holy Spirit is self-control (Gal. 5:22-23). At our baptism and confirmation we receive this special gift of the Spirit. Yet gifts have no value if we don’t use them. How do you plan to use this gift of self-control given by the Holy Spirit?

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Team Workout Plan - Watch the Kickoff, Game Plan and Red Zone video segments as a team. Break into huddles for discussion of the questions.

Postgame Recap - Watch the End Zone video segment as a team. Take note of the tips from the CTG team:

1. Jesus is the source of contentment.
2. God wants to set you free.
3. Make a plan to deal with the excesses in your life.

Complete your **Personal Action Item**. 

Scripture References

Galatians 5:19-26
Proverbs 23:19-21
Amos 6:4-7

Philippians 3:19
Matthew 11:19
Ezekiel 16:49-50

Coaching Tips

The word gluttony is derived from the Latin *gluttire* meaning to gulp down or swallow. It means the over-indulgence or over-consumption of food, drink, wealth or other items to the point of extravagance or waste.

Gluttony is an inordinate desire for more of something (created goods) - anything - good or bad.

We became attached and our focus is on the thing we desire and not God. This is Idolatry.

Catechism Connection

2535 The sensitive appetite leads us to desire pleasant things we do not have, e.g. – the desire to eat when we are hungry or to warm ourselves when we are cold. These desires are good in themselves; but often they exceed the limits of reason and drive us to covet unjustly what is not ours and belongs to another or is owed to him.

2536 The tenth commandment forbids greed and the desire to amass earthly goods without limit. It forbids avarice arising from the passion for riches and their attendant power. It forbids the desire to commit injustice by harming our neighbor in his temporal goods.

2548 Desire for true happiness frees man from his immoderate attachment to the goods of this world so that he can find his fulfillment in the vision and beatitude of God. “The promise surpasses all beatitude... In Scripture, to see is to possess... Whoever sees God has obtained all the goods he can convey.”

1811 It is not easy for man, wounded by sin, to maintain moral balance. Christ’s gift of salvation offers us the grace necessary to persevere in the pursuit of the virtues. Everyone should always ask for this grace of light and strength, frequent the sacraments, cooperate with the Holy Spirit, and follow his calls to love what is good and shun evil.

See Also: **1809**

Personal Action Item

Develop a plan of action based upon our prayer and discussion related to the topic. How does the Lord want this topic applied in your life? Keep it simple – one or two action items.

I commit to becoming spiritually fit by...